



# Mental Health

In the year 2003, 10 males and 3 females committed suicide per day

Thailand is rapidly changing from a society in which people help one another to one in which people compete in everything. To escape from the problems that these changes create, many people commit suicide.

## Prevalence of suicide in men and women



Source: Bureau of Policy and Strategic, Ministry of Public Health, 1981-2003

## Data about those with suicide attempt or committed suicide

Suicide attempt	Committed suicide
Female (66%)	Male (72%)
Young age	Working age (39.4 years)
No physical or mental health problem	Have physical or mental health problem
Methods used not severe	Severe methods used
No early planning	Advance planning

## Factors related to suicide

### Leading factor

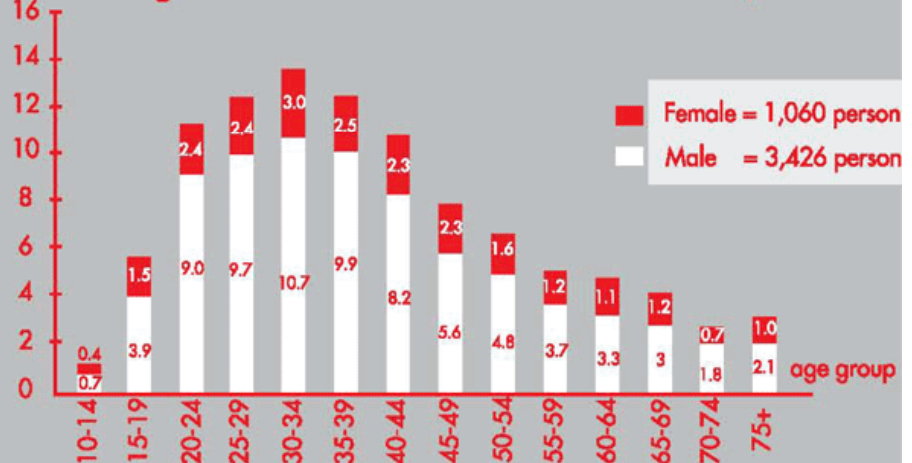
Chronic disease/ AIDS  
 Psychotic disorders  
 Alcoholic  
 Depression  
 Substance addict  
 (In case of successful suicide)

### Promoting factors

Was blamed /scolded, had arguments  
 Problems with love/ jealousy  
 Family problems  
 Poor, difficult life, unemployed  
 Divorced, separated, living alone  
 (In case of suicide attempt)

Source: Epidemiology of harm self behavior and suicide, 2002-2003

## Age and sex of those committed suicide, 2003



Source: Bureau of Policy and Strategic, Ministry of Public Health, 2003

## Symptoms suggesting psychosis

### Anxiety<sup>1</sup>

- Have anxiety everyday or almost everyday or continuously for month and affected work
- Feeling weak, poor appetite, sleepless
- Nervous, short of concentration
- Fear of improper things like afraid of chicken
- Compulsive recessive behaviors

### Emotional disorders<sup>2</sup>

- Occurred in both men and women
- Severe depression, want to die sometimes without a reason, frequent crying, live in isolation or bored of living, self blaming
- Mood swing (sad and ecstasy) sometime in very good mood, like to tease others, talkative
- Have too many projects/ ideas, high self confidence, have illusion or hallucination

Having only one symptom does not suggest psychiatric problems which contain of several problems

Source: 1. Rewrite from interview with Dr.Manote lawtrakul, Psychiatrist at Faculty of Medicine, Ramathibordi Hospital, U-Life Show, 30 July, 2002  
 2. Dr. Vittaya Narkvatchara, 2003

## Prevalence of mental disorders by region (only those aged 15-59 years)

	Male (%)				Female (%)				Total	
	Central	Northern	North eastern	Southern	Central	Northern	North eastern	Southern	%	Amount (persons)
Alcoholic	65.9	44.9	60.6	38.9	13.6	13.5	11.5	1.6	28.5	7.8 million
Emotional disorders	3.3	3.7	10.8	3.8	8.7	6.3	12.6	4.9	5.7	1.6 million
Generalized anxiety disorder	1.2	2.6	5.0	1.5	3.6	3.5	9.3	2.9	3.2	8.4 thousand
Psychotic disorders (lifetime)	1.3	1.2	2.4	0.6	1.3	1.2	2.2	1.0	1.2	3.2 thousand
Psychotic disorders (current)	0.8	0.5	1.0	0.3	0.9	0.4	1.2	0.3	0.6	1.6 thousand

Source: Porntape Siriwanarangsana and Others, 2004

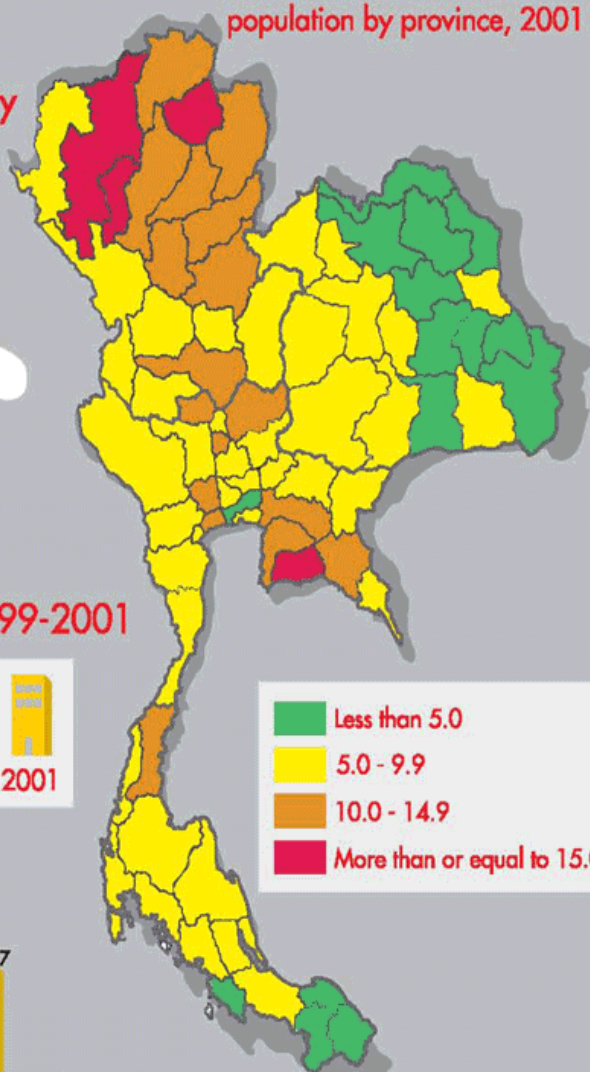
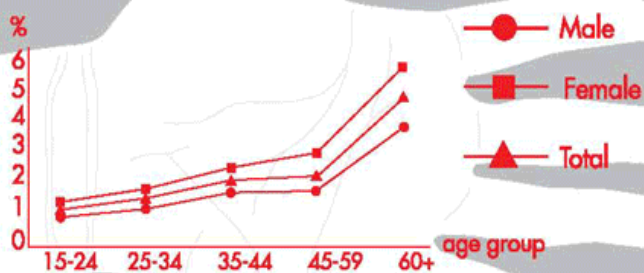
Thailand is rapidly changing from a society in which people help one another to one in which people compete in everything. This problem has deep roots in Thai society. The education system forces people to compete in exams, from kindergarten onwards. People must compete to obtain jobs that are secure and pay well. People have to compete to receive love and attention from their families and acquaintances. To live in such a competitive society, people must be alert all the time. They accumulate stress, and lose self control easily.

Suicide rates are an indicator of increasing social fragility. Most people who commit suicide feel that they are unloved and ignored, and that they have no other means of escape. Many people have feelings of anger or resentment, and have no one to talk to about their difficulties. In reality, suicide has many causes, and results from the combination of many difficulties at the same time. These problems can be avoided through living in a genuinely Thai way. People can consult others and talk to relative. They can meditate or living according to religious precepts. They can rest and relieve tension. They can look after themselves in a holistic way, attending to physical, mental, social, and spiritual health. In this way they can learn to face mental problems, and not choose suicide.

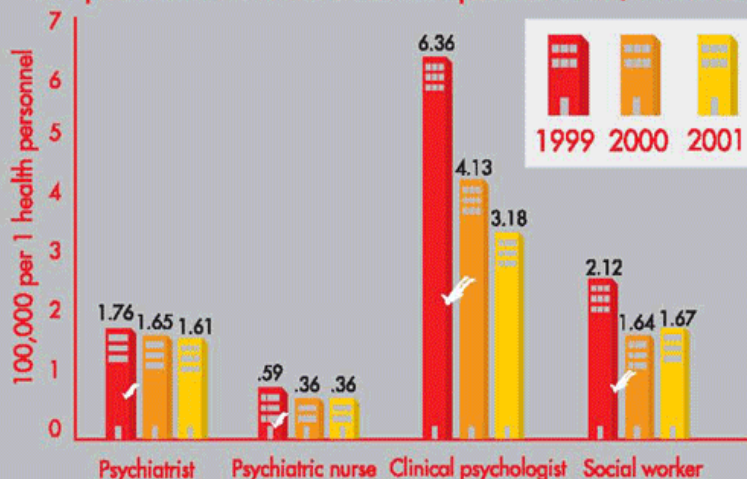
Suicide rate per 100,000 population by province, 2001

## Prevalence of people with depression or anxiety (severe to most severe)

Source: Report of 2003 Health and Welfare Survey, 2003



## Proportion of mental health personnels, 1999-2001



Source: Thai Mental Health, 2002-2003