

International Workshop on Psychiatry and Mental Health (WPMH2022)

Public Mental Health Promotion in China

Dear colleagues,

On behalf of the Organizing Committee, it's my privilege and pleasure to welcome you to the 2022 International Workshop on Psychiatry and Mental Health (WPMH2022) which held as a virtual conference during December 29-31, 2022.

Mental health is an important part of human health in the process of growth and development, cognitive rationality, emotional stability, appropriate behavior, interpersonal harmony, adapt to changes in a good state. At present, the number of common mental disorders and psychological behavior problems in China is increasing year by year, and vicious cases caused by personal extreme emotion occur from time to time. At the same time, the public's awareness rate of common mental disorders and psychological and behavioral problems is still relatively low, more lack of prevention and treatment knowledge and initiative to seek medical attention, some patients and their families still feel stigmatized. Strengthening mental health promotion is conducive to promoting social stability and interpersonal harmony, and enhancing public happiness.

Experts analyzed that the prevalence rates of anxiety disorders, depression, insomnia and other common mental disorders and psychological behavior problems are on the rise. According to The State Council's Opinions on Implementing the Healthy China Action Plan, the level of mental health literacy of residents should be raised to 20 percent and 30 percent by 2022 and 2030. The rise in psychology-related illnesses slowed. Lei Zhenglong, deputy director of the Disease Control and Prevention Bureau of the National Health Commission, said, "In view of the lack of mental health services in medical institutions at all levels, medical institutions at all levels are required to provide standardized diagnosis and treatment services for people with mental behavior problems, provide psychological support services for patients with physical diseases prone to mental behavior problems, and encourage the development of sleep-related diagnosis and treatment services. We will require organizations, enterprises and schools to form mental health service teams or purchase mental health services for employees and students. This year, the World Health Organization included gaming disorders in its criteria for diagnosing mental disorders. Lu Lin, an academician of the Chinese Academy of Sciences and president of Peking University Sixth Hospital, said that this does not mean that gaming is a gaming disorder or a mental problem, which needs strict definitions and standards. However, Youth gaming disorder is a very serious problem all over the world, and its incidence rate is gradually increasing in our country. Lu Lin said: "The excessive use of electronic products or addiction to games has a great impact on the child. It will affect his normal rest, normal life, normal physiological development, and even affect the healthy development of the brain. "Reducing excessive use of electronic devices and gaming addiction is important for healthy mental and physical development of young people."

For individuals and families, raise mental health awareness and pursue mental and physical health. Everyone may encounter a variety of mental health problems in their life, take the initiative to learn and understand mental health knowledge, scientific understanding of the mutual influence between mental health and physical health, maintain a positive and healthy mood, to avoid continuous negative emotions to physical health harm. Advocate the concept of nourishing morality and keeping healthy, maintain the way of neutralization, and improve psychological resilience. In the treatment of physical diseases, attention should be paid to the role of psychological factors. When self-adjustment cannot be alleviated, psychological counseling and psychotherapy can be chosen to timely channel emotions and prevent the occurrence of psychological behavior problems and mental disorders. Use scientific methods to reduce stress. Keep an optimistic, open and open-minded attitude towards life and set your goals reasonably. Pay attention to sleep health. Ensure adequate sleep time every day, work, study, entertainment, rest should follow the regular schedule, pay attention to regular life. Develop the habit of scientific exercise. Choose and develop suitable sports hobbies, and actively play the regulating role of sports on emotions. When mild emotional distress occurs, sports can be combined to promote emotional relief. Correct understanding of depression, anxiety and other common emotional problems. Seek help in time for psychological and behavioral problems. Treat mental illness as prescribed by your doctor. Care and understand people with mental illness to reduce discrimination. Pay attention to the psychological status of family members. For society, medical institutions at all levels and of all types and professional mental health service institutions shall provide standardized diagnosis and treatment services for individuals found to have psychological and behavioral problems, alleviate the psychological pain of patients and promote their recovery. Give full play to the role of mental health medical institutions, conduct mental health knowledge and skills training for medical staff in various clinical departments, popularize the application of psychological counseling and treatment techniques in clinical diagnosis and treatment, and improve the ability to screen, identify and deal with psychological and behavioral problems and common mental disorders such as depression, anxiety, cognitive disorders, autism. For government, make full use of radio, television, books, cartoons and other forms, and widely use portal websites, wechat, Weibo, mobile client and other platforms to organize the creation and broadcast of mental health publicity and education products and public service advertisements, so as to spread the

modern civilization concept of self-esteem, confidence, optimism and mental health knowledge. Rely on the comprehensive service management institutions and facilities such as urban and rural community comprehensive treatment centers to establish psychological counseling rooms or social studios (stations), with full-time and part-time mental health counseling personnel or social workers, and build a grassroots mental health service platform. Strengthen the training of applied mental health workers, and promote colleges and universities to set up related majors. Political and legal departments and health departments at all levels shall jointly establish a comprehensive mental health management mechanism with public security, civil affairs, judicial administration, disabled persons' federations and other units, provide services such as daily discovery, registration, follow-up, risk assessment and medication guidance for patients with severe mental disorders through multiple channels, and mobilize community organizations and patients' families to participate in home-based patient management services. To establish a community rehabilitation service system for mental disorders that connects mental health medical institutions, community rehabilitation institutions, social organizations and families, and strengthen the technical guidance of mental health medical institutions to community rehabilitation institutions. Pay attention to and carry out psychological crisis intervention and psychological assistance.

By 2022 and 2030, the level of people's mental health literacy should be raised to 20 percent and 30 percent. The incidence of insomnia, anxiety disorder and depression decreased. To establish a community rehabilitation service system for mental disorders connecting mental health medical institutions, community rehabilitation institutions, social organizations and families, and to establish and improve a mode of psychological crisis intervention and psychological assistance service connecting and cooperating with mental health education, psychological hotline service, psychological evaluation, psychological consultation, psychological treatment and psychiatric treatment. The average sleep time for adults is 7 to 8 hours per day. Encourage individuals to correctly understand the symptoms of depression and anxiety, master the basic emotional management, stress management and other self-psychological adjustment methods; All kinds of clinical medical staff take the initiative to master mental health knowledge and skills, and apply them in clinical diagnosis and treatment activities.

WPMH2022 focuses on the basic concept, scientific research design, production technology and clinical application in the field of mental illness and psychological disorders; while focusing on the comprehensive, basic and practical scientific and technological achievements and advanced experience, and providing a professional platform for researchers and practitioners at home and abroad to promote information exchange and communication in public mental health in China and related fields.

Subsequently, this conference has invaluable insight for psychiatrists, therapists, clinical social workers, psychotherapists and all researchers in the field of mental health. The main objective of the conference is to serve a forum for scientists, researchers, physicians, Surgeons and other health professionals to find current advances in the areas of Psychiatry and Mental Health Research. Meantime, it also provides an extensive platform for scientists, researchers and scholars to present their research results and newest findings in multi-disciplines which are related with psychological science.

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