



Impact of Social Determination Mental Health

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ABOUT THE STUDY

Mental health is a complex and multifaceted phenomenon that is influenced by a variety of factors, including genetics, biology, and environment. One area of research that has gained significant attention in recent years is the impact of social determinants on mental health. Social determinants refer to the economic, social, and environmental factors that shape the conditions in which people live, work, and play. These factors have been shown to have a significant impact on mental health, including the development and course of mental disorders.

One of the key social determinants of mental health is poverty. Studies have shown that individuals living in poverty are at an increased risk of developing mental disorders, such as depression, anxiety, and post-traumatic stress disorder. This is likely due to the multiple stressors associated with poverty, such as poor living conditions, lack of access to basic needs, and financial insecurity. Additionally, poverty can limit access to mental health services, making it more difficult for individuals to receive the treatment they need.

Another social determinant of mental health is education. Studies have shown that individuals with lower levels of education are at an increased risk of developing mental disorders. This is likely due to the fact that lower levels of education can limit access to employment and financial stability, as well as limit access to information and resources that can promote mental health.

Workplace conditions and employment status are also key social determinants of mental health. Studies have shown that individuals in low-paying and unstable jobs are at an increased risk of developing mental disorders, such as depression and anxiety. Additionally, poor working conditions, such as long hours, high stress, and lack of control over the work

environment, can contribute to the development of mental disorders.

The impact of social determinants on mental health is also seen in the disparity between different racial and ethnic groups. Studies have shown that individuals from marginalized communities are at an increased risk of developing mental disorders, such as depression and anxiety, due to the impact of systemic racism and discrimination. This can be seen in the higher rates of mental health issues within communities of color, as well as in the lack of access to mental health services for these communities.

It's important to note that these social determinants of mental health are interconnected, and addressing one aspect of poverty or education will not necessarily alleviate mental health issues. Addressing social determinants of mental health requires a holistic approach that addresses the complex web of economic, social, and environmental factors that impact mental health. This may include policies and programs that address poverty, increase access to education and employment, and promote racial and ethnic equity.

Inequalities in the effects of social variables on mental health also affect racial and ethnic minorities more than other groups. According to studies, minorities have a higher likelihood of being poor, having lower levels of education, and experiencing discrimination at work. These factors contribute to an increased risk of mental disorders and limited access to mental health services. Another social determinant of mental health is housing. A secure and safe living environment is crucial for mental well-being. Homelessness and poor housing conditions can lead to increased stress, anxiety, and depression. Furthermore, lack of access to affordable housing can be a significant barrier to mental health treatment and recovery.

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