

MENTAL HEALTH LITERARY IN AN INDONESIAN CONTEXT: A SCOPING REVIEW

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1. Background

Mental health literacy is commonly recognized that it could reduce stigma towards mental illness and promotes help-seeking behaviors. To date, studies on mental health literacy in non-Western countries are relatively scarce including Indonesia.

2. Aims

This scoping review aims to identify gaps in existing research literature on mental health literacy in Indonesia. The specific objective of this review is to better understanding of mental health literacy among lay people and clinicians (healthcare worker, mental health professionals) in Indonesia.

3. Methods

A scoping review of studies on mental health literacy in Indonesia was conducted. A search of relevant literature published between the period from 2000 to 2019 was followed and sourced from Pubmed, PsyINFO, Embase, CINAHL, Cochrane Library, ERIC, and Google Scholar databases.

4. Results

Twenty-three articles were identified. Findings revealed that people barely recognized the symptoms of mental illness. Clinicians and the family have different views in recognizing type of mental illness. Family often cannot completely identify the symptoms of mental illness that experienced by their family member. Findings showed that the most common responses about causal attribution to mental illness are related to supernatural factors. People with mental illness commonly had undergone traditional healing as the first step to seek help. Findings also showed low mental health literacy within the community and negative attitudes toward mental illness caused people delayed help-seeking for the care treatment.

5. Discussion

This scoping review suggests that knowledge about mental illness as medical circumstances may be commonly poorly understood. Formal mental health care is still not considered as the primary pathway to care for seeking help. There are urgent needs to develop and implement culturally appropriate psychoeducation program to increase mental health literacy in Indonesia.

Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Describe mental health literacy in an Indonesia context
2. Identify the essential to develop and implement culturally appropriate psycho-education program to increase mental health literacy in Indonesia