

TREATMENT DELAY FOR MENTAL DISORDERS TOO COMMON

Many people with mental disorders go for years or even decades before they first seek treatment, according to the finds of a new survey. Some fail to make contact with a health-care provider altogether. "An understudies crucial step in the help-seeking process is making prompt initial contact with a treatment provider after first onset of a mental disorder," notes lead author Dr. Philip Wang of Harvard Medical School.

To investigate the patterns and predictors of failure or delay in making initial treatment contact, the researchers analyzed data from the U.S. National Comorbidity Survey Replication, which was carried out between 2001 and 2003 and included interviews of more than 9000 respondents.

Fewer than half of the individuals in any category [mood disorders, anxiety disorders, impulse control disorders and substance disorders] made treatment contact during the year of onset. The average delay ranged from 6 to 8 years for mood disorders to 20 to 23 years for some anxiety disorders. Nearly half of the subjects diagnosed with substance or impulse control disorders failed to make any treatment contact whatsoever.

The findings reported in this study suggest that more effort is needed to increase prompt initial treatment contact among people with incident episodes of mental disorders," the authors write. They suggest that public education and screening programs, as well as training of non-healthcare professionals to recognize mental disorders and make referrals, could help reduce the burdens and hazards of untreated mental disorders.

Source: Archive of General Psychiatry, June 2005.

PERSONAL NOTE:

To further assist with mental health screenings, I have created the [Health Stress and Concerns Questionnaire \[HSCQ\]](#), which is mostly an *internal screening* on the impact of stress. I also make available the highly acclaimed [Life Stress Scale](#), which is mostly an *external screening for the life event stressors* that have occurred within the past 1 – 1½ years.

Both of these are immediately available to you now by clicking on www.roynash.com. You can access both items by clicking on [Life Stress Scale](#) and [Health Stress and Concerns Questionnaire](#). An interpretative [HSCQ Code Sheet](#) is available upon request. Contact me by email or phone and I can email you one for your personal use or those you recruit for mental health screening.

I strongly recommend that whenever someone approaches you with personal or relationship struggles, i.e., angry, fearful, regretful, sad, husband/wife, parent/child, etc., invite them to complete these two screening items. They take no more than 15 minutes to complete both and instantly you have a very good idea what is going on in their life, and how intense they are experiencing their stress circumstances.

***“Feelings & behaviors are feedback on the way one thinks !!!
.....RBN***