

Identification of demands and paths for mental health care among different populations and in times of crisis

Ana Carolina Guidorizzi Zanetti¹

 <http://orcid.org/000-0003-0011-4510>



The importance of disseminating scientific production in the field of Mental Health is increasingly recognized, especially in the face of the epidemic caused by the coronavirus 2 (SARS-CoV-2) severe acute respiratory syndrome. This issue expresses the researchers' search for coping resources based on scientific evidence to assist students and the Nursing team in understanding the care demands and adding new knowledge to the clinical practice.

The editorial, authored by Andrés Eduardo Aguirre Antúnez, Full Professor at the Department of Clinical Psychology at the University of São Paulo (USP) and Coordinator of the Mental Health Office linked to the Undergraduate Dean of the USP, discusses on the consequences of the pandemic in relation to people's mental health and, especially, those who already had some mental disorder, highlighting the importance of care that considers ethics, empathy and compassion. In addition to this, it reflects on actions that can be developed for mental health care and reports on experiences with students and employees of a higher education institution during the pandemic.

In the article entitled: **Social distancing and COVID-19: Strategies adopted by Nursing students**, the readers will have the opportunity to learn about the strategies adopted by 148 Nursing students in Brazil to cope with the disease through social distancing during the COVID-19 pandemic. The results of this study underscore the importance of considering guidance to the students by qualified professionals and the contribution of university institutions in structuring mental health actions for students.

Also in relation to the target population, undergraduate students in the health area, the study on **Use of legal substances among Speech Therapy students of a public university** shows the consumption of alcohol and tobacco by students in the Speech Therapy Area. When considering that the use of these substances is aggressive to the vocal mechanism, the authors emphasize that knowledge of the possible

¹ Universidade de São Paulo, Escola de Enfermagem de Ribeirão Preto, PAHO/WHO Collaborating Centre for Nursing Research Development, Ribeirão Preto, SP, Brazil.

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alterations caused by the use of legal substances are important for future professionals to obtain successful actions on basic notions of health for the community.

The article entitled **Satisfaction, overload and opinion about mental illness of health professionals** brings its contribution to the advancement of knowledge by investigating the attitude, satisfaction and overload of 46 professionals from the teams of the Psychosocial Care Network of a city in North Paraná. This study leads us to reflect on the importance of the quality of mental health services through training, improvement, continuing education and infrastructure that favors conditions and organization of the work process suitable for mental health professionals.

The article entitled **Mental well-being of nurses in an urgency and emergency hospital** analyzes the nurses' self-perception about the factors that interfere in mental well-being during the work process in an urgency and emergency hospital. It is recognized that mental well-being is related to a systemic response that the body expresses when subjected to certain life situations such as satisfaction, happiness, yearnings, illness, affect, cognition, emotions, feelings, experiences and individual perspectives. Therefore, the nurses who work in urgency and emergency units may be prone to mental wear out due to the negative aspects related to this work environment. Improvement of the nurses' working conditions and mental well-being is recommended.

The article entitled **Depression in patients treated at a mental health service: Prevalence and associated factors** identified that factors such as insomnia, suicide risk and female patients are predictors of depression. In this sense, the study in question highlights the need for early identification of possible factors, as well as Nursing diagnoses in order to favor the implementation of effective care measures for patients seen in a Psychosocial Care Center.

The study entitled **Reasoning games as a therapeutic resource in the treatment of adolescents dependent on psychoactive substances** proposes expanding the intervention resources for the recovery and rehabilitation of adolescents in situations of dependence on psychoactive substances. The authors show that the impact of applying a program through reasoning games based on the Mind Lab methodology on the executive functions of attention, flexibility and planning in adolescents in situations of dependence on psychoactive substances improves the executive functions and reinforces the importance of applying new strategies and resources in the treatment of this clientele.

The prevalence of major depressive disorder in 183 individuals with chemical dependence belonging to two Therapeutic Communities for the Welcoming of Chemical Dependents, in South Santa Catarina, was addressed in the article **Prevalence of major depressive disorder in people with chemical dependence**. The results of this study showed that prevalence was high. The authors recommend that therapeutic strategies be more assertive and effective.


The study entitled **Associations between alcohol use and sociodemographic profile of undergraduate Nursing and Nutrition students**, conducted with 170 university students, showed that there was an association between students aged 17 to 23 years old, age at first contact with alcoholic drinks between 10 and 17 years old and living with friends, with the low-risk and harmful patterns for alcohol use. In addition to that, the use of fermented beverages has been associated with the low-risk pattern.

Another study also conducted with undergraduate Nursing students entitled **Fatigue and alcohol use by undergraduate Nursing students** analyzed the use of alcohol in the binge drinking pattern and the levels of fatigue in this clientele. "Binge drinking" or "episodic heavy drinking" is a consumption pattern that exposes the individual to greater risk for social and health harms, such as losses in academic and work activities, being common among young people. This study showed that 33.7% of the participants reported binge drinking, and this pattern was associated with the presence of fatigue and to academic performance.

The last article, **Aspects aligned with the patient safety culture**, proposed an integrative literature review from the perspective of patient safety. The 12 articles analyzed evidenced that continuing education, education in health, and care coordination with case management are essential factors to ensure the safety of people with mental disorders. On the other hand, it is acknowledged that the health of the professionals and their engagement with the patient are important factors to ensure the quality of care provided and patient safety.

The articles contribute to the advancement of knowledge in the Mental Health Area by pointing out strategies to cope with social distancing and COVID-19, use of legal substances, alcohol consumption patterns and associated factors among undergraduate students in the health area, the comorbidities associated to the use of substances, possible therapeutic resources and conditions related to the health professionals in their work environment, fundamental elements for prevention and promotion in Mental Health. The material presented is expected to

inspire the readers for their performance in the clinical practice and development of future research studies in Mental Health.

Autor de correspondência:
Ana Carolina Guidorizzi Zanetti
E-mail: carolzan@eerp.usp.br
 ORCID: <http://orcid.org/0000-0003-0011-4510>

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