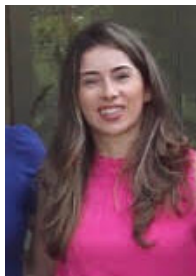


Situations of vulnerability and care in Mental Health

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Mental health care needs to consider the different situations of existing vulnerabilities in order to focus on specific risk and protection factors, promote equality and contemplate the particular needs and experiences underwent by individuals and groups in preventing ailments and promoting recovery, human rights and quality of life. This issue of SMAD gathers articles on diversified conditions of vulnerabilities that promote reflections on mental health care.

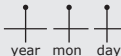

The research entitled “**Records about hearing voices in medical records of a mental health service**” presents an analysis of records about hearing voices from 175 medical charts of users of a mental health service. The study describes experiences related to hearing voices, which can be accompanied by other sensory manifestations and have content linked to commands, calls, noises, sensory experiences with deceased people or unpleasant or disturbing content (pejorative, threatening, provocative voices). The article addresses the impact on the different spheres of a person’s life, with emphasis on reactions linked to fear and changes in lifestyle or behavior. The results are discussed from a cross-cultural perspective, with an emphasis on applying the findings to the clinical practice.

Another documentary study carried out in a health service addressed the exchange of “drugs” for “drugs” when discussing the treatment of people with problems related to the psychoactive substance use. The study analyzed the “**Sociodemographic and pharmacotherapeutic profile of Psychosocial Care Centers III Alcohol and Drugs users**”. In the sample, consisting of 156 users, the majority were male, single, black- or brown-skinned, with Incomplete Elementary Education and unemployed. The drug of choice was marijuana and prescription of medications was identified in 65% of the cases, with emphasis on benzodiazepines and antidepressants. The authors discuss the need for caution when prescribing medications to manage addiction, considering contradictions about the indication of drug treatment, drug interactions, side effects and problems related to medication adherence, among others.

Other manuscripts also explored different issues related to the consumption of psychoactive substances. A survey addressed the “**Data on cocaine seizures in the western region of Pará from 2018 to 2020**” through the analysis of the forensic reports released by the Pará Scientific Police regarding the seizures carried out in the municipality of Santarém and adjacent cities. The study reveals the predominance of male involvement in cocaine

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trafficking and points to an increase in seizures during the period analyzed. It is also noted that the records contain important gaps related to some information, such as age group and schooling.

"The influence of contact with nature in the rehabilitation of people addicted to chemical substances living in Therapeutic Communities" was the topic of a study carried out in 2021 with the participation of 86 male individuals who were in therapeutic communities. In contact with nature, the participants noticed benefits related to a sensation of calm, peace, happiness, well-being, joy and tranquility. Thus, the authors recommend that health professionals promote contact with nature as a resource to promote mental health.

The article called **"Development and validation of an educational game about drug abuse and the risk of suicide"** presents an interesting technological resource that aims at promoting education in the mental health field from a playful and accessible perspective. This is a study on the development and validation of the quiz game called *"SerTão Bom"*. The game has potential to contribute to mental health literacy and to reflections related to harm reduction strategies, and is available offline for Android systems.

A set of articles investigated outcomes related to mental health, substance use and other health-related behaviors in the COVID-19 pandemic context. In the paper entitled **"Investigation of alcohol consumption in a hospital during the COVID-19 pandemic"**, the alcohol consumption pattern among 271 health professionals during the COVID-19 pandemic was investigated. The study was developed through by applying a sociodemographic questionnaire and the Alcohol Use Disorder Identification Test. The sample was mostly female and reported drinking alcoholic beverages, with a frequency of two to four times a month and intake of one to two shots. Leisure, recreation and relaxation were mentioned among the main reasons for consumption. It is also noted that part of the sample reported having initiated or increased alcohol consumption during the pandemic, and risky use was higher among people with family members who consumed alcohol.

The research called **"Generalized Anxiety Disorder in Brazilian university students during the COVID-19 pandemic"** was carried out in 2020 with 1,837 university students from all regions of the country and revealed that a minority (24.93%) of the participants had their anxiety levels classified as normal. The risk for anxiety was increased among women, Humanities students, people considered to be at risk for COVID-19 complications, and among students who considered themselves well-informed on the subject matter. Anxiety was lower among people who lived in the Northeast of the country, were older or earned more than four minimum wages.

The paper entitled **"Impacts on medical students' mental health in the Coronavirus pandemic: An integrative review"** included 21 articles developed in different countries that addressed outcomes related to medical students' mental health. The literature review points out that, during the pandemic, the students were exposed to greater psychological overload and suggests that there was worsening in mental symptoms or disorders, such as depression, anxiety, stress, psychological distress, behavioral changes and problems related to engaging in activities academic. The authors reinforce the importance of implementing mental health support strategies during medical training.

The manuscript entitled **"Sociodemographic profile, health conditions and social distance of people with diabetes during the COVID-19 pandemic"** addresses the sociodemographic profile, health conditions and social distancing of people with diabetes during the COVID-19 pandemic. The survey was carried out from August 2020 to January 2021 with 111 participants of Virtual Communities on diabetes mellitus. Most of the participants were women, diagnosed with diabetes more than six years ago and who reported adhering to oral medication and physical activity but not to the health recommendations related to social distancing, although they considered themselves well-informed on the subject matter. Most of the interviewees denied flu symptoms in the last thirty days, complications related to diabetes or mental disorder diagnoses. The authors recommend the development of more optimized and specific health education practices.


Two studies focused on pregnant women's mental health. The research entitled **"Nursing care for pregnant women with depression: An integrative literature review"** analyzed the diverse evidence available in the scientific literature on Nursing care for pregnant women with depression published from January 1st, 2010, to January 1st, 2020. The review included 7 studies that addressed the potential of Nursing care for the prevention and reduction of depressive symptoms, characteristics of the interventions for the care of pregnant women, and the theories and models underlying the Nursing care interventions. The authors emphasize the importance of implementing protocols for screening and care related to depression during pregnancy, as well as the need for training.

Care for pregnant women was also addressed in the research entitled **"Care Network for pregnant crack users: an integrative review"**, which analyzed studies published between 2015 and 2021 on the performance of the Care Network for pregnant women who use crack. The literature review included 8 articles that prioritize the epidemiological situation and the consequences of drug use during pregnancy. However, the production of knowledge about the care network for pregnant women who use crack/cocaine is still limited, showing the importance of studies that can fill this gap.

Another condition of vulnerability addressed in this volume was homelessness. **“Staying on a street situation - A phenomenological look at the person-street relationship”** is a survey that used case studies with men and was guided by the following question: “What do you find on the street that makes you stay there?” The study points out that onset of the condition of living on the street coincides with the breakup of family ties. Living on the street is an experience marked by violence and delegitimization of rights, options related to drug use and access to social devices for support; staying on the street is justified by welcoming, help, absence of social demands and freedom perceived by individuals.

The research study called **“Coping styles of Guyanese nurses in the face of patients’ deaths: A cross-sectional study”** was carried out between 2019 and 2020 with 85 Registered Nurses from a Guyanese hospital and addresses nurses’ strategies for dealing with a patient’s death, noting that the most frequently used coping strategies were related to problem solving, self-control and positive reappraisal to deal with the death of patients. The number of years as a nurse were associated with the coping styles of problem solving, positive reappraisal, social support and distancing related to the patient’s death. People professing the Hindu religion had higher scores in the escape-avoidance coping mode. The study also discusses the relationship between cultural beliefs and the coping methods used by nurses when faced with the death of a patient.

The publications that comprise this issue of SMAD contemplate specific situations that need to be considered for the care of individuals, groups and communities. Thus, they contribute to the knowledge about different mental health care interfaces.

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