Implementing mobile health services in mental health

Tanjir Rashid
Cyberpsychology Research and Consultation Center, Bangladesh

Mobile health service is expanding in Bangladesh. People are able to seek health service from a registered physician at anytime from anywhere of the country. Both public and private sectors are providing mobile health service. People seek advice for emergency health, contraception, common health problem, substance abuse related problem with other psychiatric problems and sexual problems. This service has opened a new horizon regarding the sexual problem and psychiatric disorders. Psychiatric diseases are highly stigmatized in the Bangladeshi culture and people are very reluctant to seek psychiatrist’s help. People feel free to talk about psychiatric and sexual problem over phone due to anonymity and easy access. Sixteen percent of the people are suffering from psychiatric illness in the country. However, there are only 223 qualified psychiatrists in the country for 160 million of people. The psychiatrists developed online Bangla screening test like DAWBA, PHQ etc. However, they are yet to start providing online psychotherapy. The Bangabandhu Sheikh Mujib Medical University and few other centers have started a hot line for suicide prevention and support. Cyber Psychology Research and Consultation Center is trying to create awareness regarding problematic Facebook use, cyber bullying, Facebook addiction and porn addiction. The center is also providing advice and treatment. However, most of the people of the rural area are not informed about these services. We experience occasionally people provide wrong information about their health, make indecent comments and use the mobile health service to take their intended drug as a reference center. Moreover, there is no national ethical guideline for mobile health and internet based health service. A universal guideline regarding mobile and internet based mental health service will be beneficial for all.

Biography
Tanjir Rashid completed his MBBS from Dhaka University in 2007, and he obtained his MPH in 2012. He has completed his MD residency in Psychiatry. Currently, he is working as a founder and principal investigator in Cyberpsychology Research and Consultation Center. Previously, he worked in ICDDR,B as research physician. He is the author of 10 national and international scientific papers and he is also working as a reviewer for various international journals. He is interested in behavior addiction like internet and Facebook addiction, cyber bullying and porn addiction.

tanjirsoron@yahoo.com