

4th International Conference on

Mental Health and Human Resilience

April 26-27, 2018 | Rome, Italy

Let's talk before the onset of depression in Thai troops: situational analysis and developmental program for mental health promotion

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Improving mental health and preventing mental illness such as depression are complementary strategies which, along with the treatment and rehabilitation of people with mental disorders, can significantly improve health and well-being. This is a combined study between the Mental health Center 10 and Fort Sunpasitthiprasong Hospital. It aims to describe the situation of mental health problem in Thai troops who are in deployment at the Thai-Cambodia border and to develop a program for mental health promotion. Severe depression, stress, and suicidal attempts are major mental health problems in Thai troops who are currently deployed in the field. Moreover, successful suicides have a great demoralizing effect on the rest of the troops. Therefore, stakeholders such as military doctors, nurses, medical corps, and troops have gathered to discuss and analyze the root cause of these problems. The resultant finding shows that there is a lack of sufficient psychological preparation for the troops before deployment. Currently, there are only screening tests for stress, depression, and suicidal tendency. Thus, the stakeholders have set up a program for building psychological resilience in pre-deployed Thai troops, namely, LIFE. (L=living with purpose, I=in positive ways, F=friendly connections E=Empowerment for all). Preliminary implementation of this program has shown to be effective in providing troops with the appropriate psychological support during deployments. Further adjustment would be needed in order for us to come up with a comprehensive and complete manual for this program.

Biography

Supaporn Sritanyarat is working at Mental Health Center, Thailand. Her research mainly based upon Mental Health and Human Resilience.

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