Key mental health priorities for men in Dubai, 2017-quantitative and qualitative approach (Public Health and Safety Department-Dubai Health Authority)

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Purpose: To provide a baseline of the current picture of major mental health challenges among men in Dubai, which can then be used to measure the impact of interventions or service development.

Method: We have used mixed methods evaluation approaches. This was used to increase validity of findings by using a variety of data collection techniques. We have integrated qualitative and quantitative methods in this piece of work. Conducting the two approaches is to explore issues that might not be highlighted enough through one method.

Results: The prevalence of people who suffer from different types of mental disorders remains largely unknown, many men are unwilling to seek professional help because of lack of awareness or the stigma attached to it. According to the Dubai Household Health Survey DHHS (2009) 14.5% of respondents reported moderate to severe depressive symptoms over a 2-week period. It was predicted in 2014 that there would be 37,933 people suffering from psychotic disorders of which 29,747 were males. It is estimated there would be 19,117 adults between the ages of 20 and 64 years with ASD in Dubai for 2014. It was estimated around 548 residents in Dubai aged 60 years or more in 2014 had dementia (of which 338 were men).

Conclusion: Work is required with primary health care in order to identify men with undiagnosed mental illnesses. Further work is undertaken within primary health care to assess disease registries with the aim of helping GP practices to improve their disease registers. It is important to conduct local psychiatric morbidity surveys in Dubai to obtain data and assess the prevalence of essential mental health symptoms and conditions.

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