



LABORATORY FOR INTEGRATIVE
AND TRANSLATIONAL RESEARCH
IN POPULATION HEALTH



EPIUnit
EPIDEMIOLOGY
RESEARCH UNIT



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26.05.2022

Mental health literacy, wellbeing, depression and suicide prevention

L2 - Syndemics, health inequalities and vulnerable populations

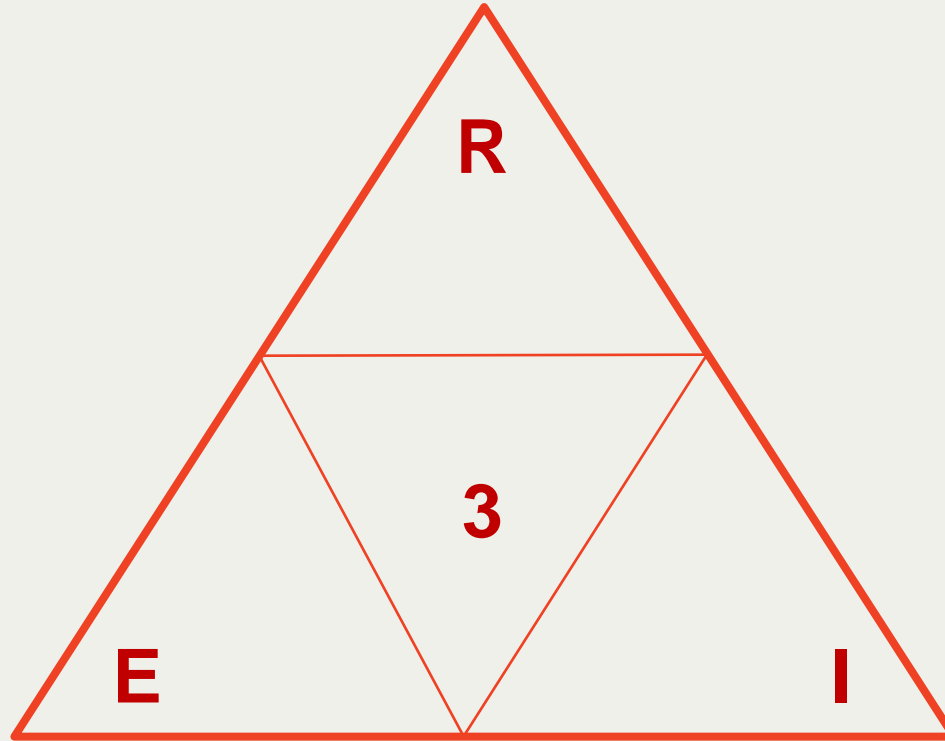


Ultimate goal

To **promote mental health** and **prevent mental disorder** thus fostering **wellbeing** and reducing the **burden** of mental disorders



Our mission





How we do it

Involves entangled activities:

1. **research** that is **useful and relevant**
2. **educational activities** tailored to **different needs and audiences**
3. **community interventions** where the people are and **synergies** can be created



Main research objectives

To foster knowledge on **how to** address specific individual and group needs and circumstances through **curricula** and **educational methods** to impact:

- individuals **self-care** competencies and **help-seeking** behaviour
- clinicians **best practices** and **services organization**



Conceptual Framework

Biopsychosocial

Liaison psychiatry

Community psychiatry

Psychiatric epidemiology

Implementation science

Public mental health



Framing ‘mental health’

Conceptual framing is paramount to avoid contamination arising from diversity of themes and pluralism of approaches as well as *misconceptions* and *semantics fuzziness*





- a state of **wellbeing**
- not just **the absence of illness**
 - coping with normal stresses of life
 - work productively and fruitfully
 - able to make a contribution to his or her community

- ***‘mental health’*** as a synonym of ***‘chronic severe mental disorder’***
 - services organization
 - human rights
 - deinstitutionalization
 - equity



Mental health literacy

Mental Health Literacy 4-components

1

**Protect
own mental
health**

healthy
lifestyle

2

**Know about
mental
disorders**

basic
knowledge and
recognition

3

**Know
about
stigma**

be aware of
barriers

4

**Seek help
when need**

know where
and who to go
AND where
not to go



Stigma, help-seeking, university setting

Conceição et al.
Health and Quality of Life Outcomes (2022) 20:42
<https://doi.org/10.1186/s12955-022-01945-7>

Health and Quality of Life Outcomes

RESEARCH Open Access

Psychometric properties of the Depression Stigma Scale in the Portuguese population and its association with gender and depressive symptomatology

Virginia Conceição^{1,2*}, Inês Rothes^{3,4}, Milton Severo^{1,2,5}, Kathleen Griffiths⁶, Ulrich Hegerl⁷ and Ricardo Gusmão^{1,2,5}

frontiers
in Psychiatry

ORIGINAL RESEARCH
published: 14 December 2021
doi: 10.3389/fpsyg.2021.783776

The Association Between Changes in the University Educational Setting and Peer Relationships: Effects in Students' Depressive Symptoms During the COVID-19 Pandemic

Virginia Conceição^{1,2*}, Inês Rothes^{3,4} and Ricardo Gusmão^{1,2}

PLOS ONE

RESEARCH ARTICLE

The association between stigmatizing attitudes towards depression and help seeking attitudes in college students

Virginia Conceição^{1,2*}, Inês Rothes^{3,4}, Ricardo Gusmão^{1,2,5}

Psychiatry Research 308 (2022) 114356

Contents lists available at ScienceDirect

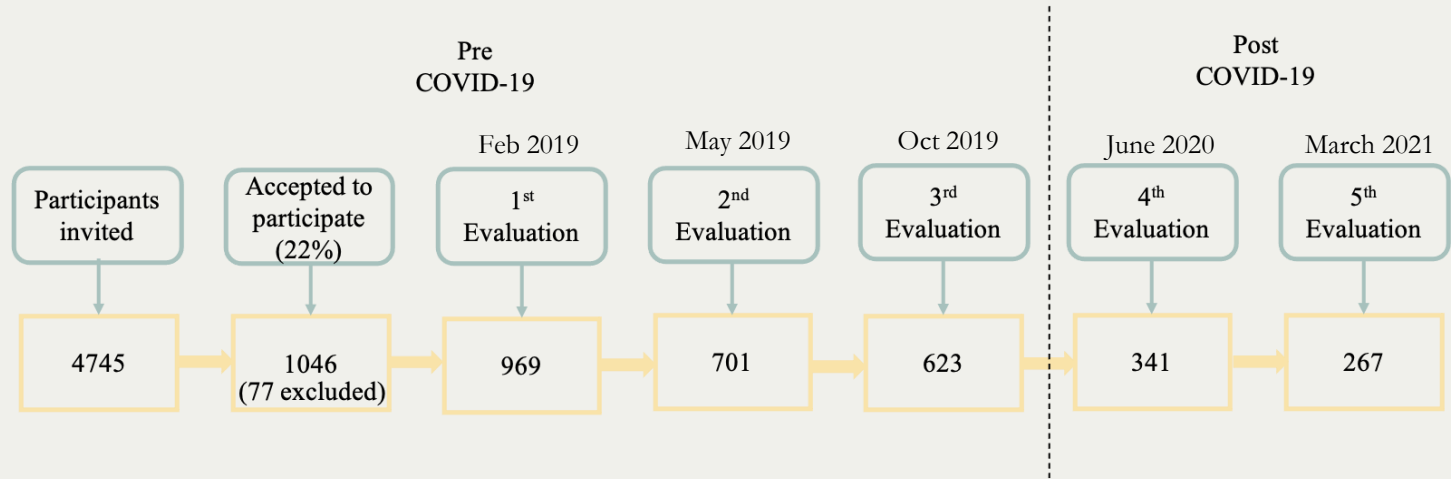
Psychiatry Research

journal homepage: www.elsevier.com/locate/psychres

The effects of a video-based randomized controlled trial intervention on depression stigma and help-seeking attitudes in university students

Virginia Conceição^{a,b,*}, Inês Rothes^{c,d}, Ricardo Gusmão^{a,b,e}

Stigma, help-seeking, university setting





Stigma, help-seeking, university setting

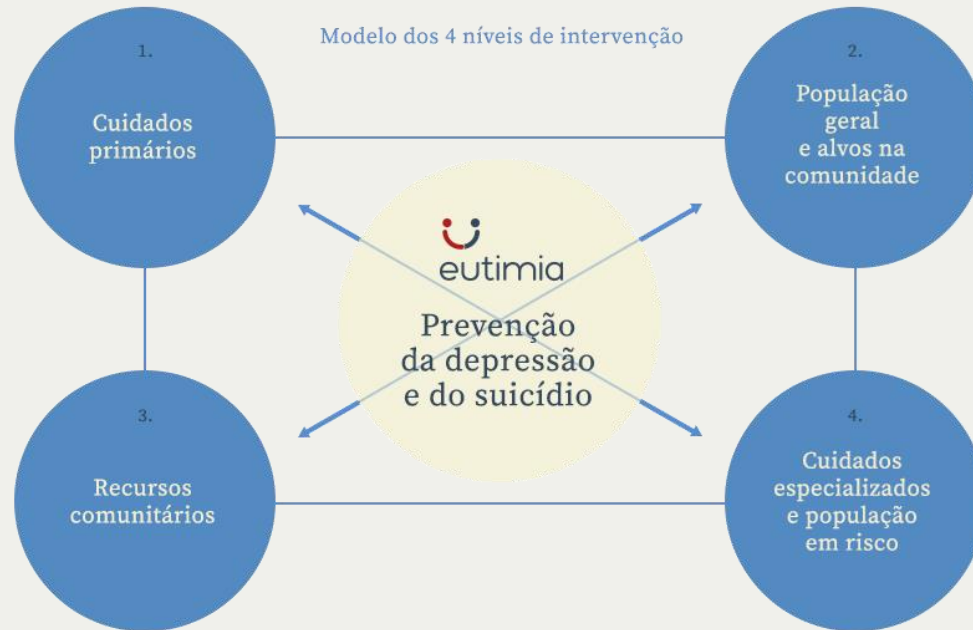
Work under review:

- Depression and anxiety before and during the COVID-19 lockdown: a longitudinal cohort study with university students
- Effects on university students help-seeking behaviours of a depression stigma reduction intervention: an RCT spanning the period pre and post COVID-19 pandemic



Depression and suicide prevention

4-level intervention





Depression and suicide prevention

 PLOS ONE

RESEARCH ARTICLE

Prevention of suicidal behaviour: Results of a controlled community-based intervention study in four European countries

Ulrich Hegerl ^{1*}, Margaret Maxwell ², Fiona Harris², Nicole Koburger³, Roland Mergl⁴, András Székely⁵, Ella Arensman⁶, Chantal Van Audenhove⁷, Celine Larkin⁶, Mónika Ditta Toth⁵, Sónia Quintão⁸, Airi Värnik⁹, Axel Genz¹⁰, Marco Sarchiapone¹¹, David McDaid¹², Armin Schmidtke ¹³, György Purebl⁵, James C. Coyne¹⁴, Ricardo Gusmão ^{8,15}, on behalf of The OSPI-Europe Consortium[†]

Depression and suicide prevention

Journal of Affective Disorders 291 (2021) 65–75

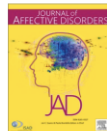
Contents lists available at ScienceDirect

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



ELSEVIER



Research paper

Suicide time-series structural change analysis in Portugal (1913-2018):
Impact of register bias on suicide trends

Ricardo Gusmão^{a,b,c}, Carlos Ramalheira^{c,d}, Virgínia Conceição^{a,c,e}, Mílton Severo^{a,b,c},
Edgar Mesquita^{a,c}, Miguel Xavier^{e,f}, Henrique Barros^{a,b,c}

frontiers
in Psychiatry

ORIGINAL RESEARCH
published: 05 January 2022
doi: 10.3389/fpsy.2021.765128



A Naturalistic, European Multi-Center Clinical Study of Electrodermal Reactivity and Suicide Risk Among Patients With Depression

Vladimir Carli^{1†}, Gergo Hadlaczky^{1†}, Nuhamin Gebrewold Petros¹, Miriam Isoué¹,
Patrizia Zeppegno², Carla Gramaglia², Mario Amore³, Enrique Baca-García⁴, Anil Batra⁵,
Doina Cosman⁵, Philippe Courtet⁷, Guido Di Sciascio⁸, Joakim Ekstrand⁹,
Hanga Galfalvy¹⁰, Ricardo Gusmão^{11,12}, Catarina Jesus¹¹, Maria João Heitor¹³,
Miguel Constante¹³, Pouya Movahed Rad⁹, Pilar A. Saiz¹⁴, Marcin Wojnar¹⁵ and
Marco Sarchiapone^{16*}

OPEN ACCESS

Edited by:
Michele Fornaro,

GLOBAL
PSYCHIATRY

GLOBAL PSYCHIATRY – Vol 4 | Issue 1 | 2021

Marco Sarchiapone^{1,2}, Jorge Lopez-Castroman¹, Carla Gramaglia¹, Enrique Baca-García^{1,4}, Francesca Baralla¹, Maria Luisa Barrigón¹, Silvia Bartolino¹, Julian Beezhold^{10,11}, Julio Bobes¹², Raffaella Calati^{13,14}, Narcis Cardoner¹⁵, Erminia Colucci¹⁶, Philippe Courtet¹⁷, Lavinia Duica¹⁸, Christine Dunkley¹⁹, Laura Dunkley²⁰, Ricardo Gusmão²¹, Catarina Jesus²², Fabrice Jollant^{23,24}, Alexandr Kasa^{25,26}, Anisur Rahman Khan²⁰, Philip Jules Simon Michielsens²¹, Péter Osváth²², Stephen Palmer^{23,24}, Nuhamin Petros²⁵, Mihai Pirtlog²⁶, Anna Plaza Estrada²⁷, Pilar Saiz²⁸, José Carlos Santos²⁹, Alexandra Tubiana Potiez²⁹, Christina Van Der Feltz-Cornelius³⁰, Tereza Vitcheva³⁰, Petr Winkler³⁰, Patrizia Zeppegno³¹

Increased risk for mental disorders and suicide during the COVID-19 pandemic.
Position statement of the Section on Suicidology and Suicide Prevention of the
European Psychiatric Association



Aging & Mental Health

ISSN: 1360-7863 (Print) 1364-6915 (Online) journal homepage: <https://www.tandfonline.com/loi/camh20>

A systematic review of older adults' request for or attitude toward euthanasia or assisted-suicide

Dolores Angela Castellì Dransart, Sylvie Lapiere, Annette Erlangsen, Silvia Sara Canetto, Marnin Heisel, Brian Draper, Reinhard Lindner, Stephane Richard-Devantoy, Gary Cheung, Paolo Scocco, Ricardo Gusmão, Diego De Leo, Ken Inoue, Vincent De Teclerterman, Amy Fiske, Jin Pyo Hong, Marjolaine Landry, André-Anne Lepage, Isabelle Marcoux, Peter Jongho Na, Eva Neufeld, Deborah Ummel, Jan-Henrik Winslov, Christine Wong, Jing Wu & Marilyn Wyart

Routledge

frontiers
in Psychiatry

OPINION
published: 09 April 2021
doi: 10.3389/fpsy.2021.687329



A New Viewpoint on the Etiopathogenesis of Depression: Insights From the Neurophysiology of Deep Brain Stimulation in Parkinson's Disease and Treatment-Resistant Depression

Amílcar Silva-dos-Santos^{1,†}, Miguel Sales¹, Ana Sebastião¹ and Ricardo Gusmão^{1,4*}



Researchers



Small team

Phd students





Research networks

National

- NGO Eutimia
- Hospitals
- Health care centres
- Municipalities
- Schools
- SPPSM

International

- EAAD
- GAMIAN
- IASP
- EUPHA
- Hospitals & Research centres





(action) Projects & Funding



MH Literacy AMP



WhySchool 2.0





Strategic Plan 2021-2025

Research funding



HORIZON-HLTH-2022-STAYHLTH-01-two-stage
HORIZON-HLTH-2022-STAYHLTH-01-one-stage
FCT
More opportunities

Papers – 4-5 per year Q1

Admit new members

Trainings

Cooperation and consultancy within ITR

Attain excellence on public mental health research



Increasing number of labs and papers in ITR

...mental health...

the new zeitgeist



Mental health literacy, wellbeing, depression and suicide prevention

Thank you

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