

Understanding The Rising Burden Of Mental Health Disorders In Modern Society

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Abstract: Mental health illness is one of the greatest public health problems of the 21st century. Depression, anxiety disorders, stress related conditions, substance abuse and psychological distress are becoming a common problem in developed and developing countries and are causing social, economic and health care problems. Rapid urbanisation, technological change, changing lifestyles, social isolation, economic insecurity, academic stresses, unemployment, family breakdown and pandemic related psychological impacts among all ages have worsened the mental health vulnerabilities. The present study concentrates on mental health disorders in the contemporary society and literature based research and analysis approach is given. The study evaluates the prevalence, the factors associated with mental illnesses, the distribution of mental illnesses among the population, the socio-economic effects and the burden of mental illness on health systems. International health reports, peer reviewed journals and public health database were used for secondary data collection and analysed using descriptive and comparative statistical techniques. Results indicate an overall increase in anxiety and depressive disorders in the past 20 years, particularly in adolescents, young adults, women and socio-economically disadvantaged individuals. The study also points to the absence of health facilities, social stigma, lack of knowledge on mental health, and the limited provision of psychiatric services as major challenges to the successful treatment. A numerical analysis is provided to show how the burden of mental disorders as DALEs, unmet treatment needs and lost productivity is increasing. The study says mental health disorders are a multi-dimensional crisis and requires comprehensive policy interventions, awareness campaigns and initiatives, digital mental health healthcare systems, early diagnosis strategies, and community based mental health support systems. International collaboration and sustainable governance of mental health is critical to reduce the burden of mental illness in the future and help improve social health. Every day, over one billion individuals around the world are afflicted with mental disorders and anxiety and depressive disorders are rising in different parts of the world.

Keywords: Mental health disorders, depression, anxiety, psychological stress, mental healthcare, public health, social determinants, psychiatric disorders, global burden, healthcare policy.

Introduction

Mental health is an integral component of individuals' health and social functioning. It impacts on emotional, cognitive, social and work functioning and quality of life. In today's society, there have been significant changes in the socio-economic status, urbanization, dependence on technology, changing family structure, work stress and social insecurity which has contributed to the high incidence of mental illnesses (Wu et al., 2023). The prevalence of mental diseases has left a devastating effect on the health, education and work life of people as well as interpersonal relationships in the community.

Global health estimates show that there are currently some one billion people suffering with mental health disorders around the world. The most prevalent causes of this burden are anxiety disorders and depression and millions of new cases are diagnosed every year. Mental disorders are a substantial share of DALYs and YLDs, particularly among adolescent and young adults. As psychiatric disorders have become more common, mental health has become a significant public health problem in need of prompt action (Ray et al., 2022).

Social and technological transformations have taken place in significant proportions in modern society over the last few decades. Psychological stress has increased even more due to industrialization, urbanization, digitalization, the competition in education and the rising work stress, as well as the lack of interpersonal relations and economic insecurity (Arias *et al.*, 2022). This rise in the use of social media and digital technologies has also had an impact on emotions, sleep problems, social comparison, cyberbullying and face-to-face interactions. These changes have affected the mental health of the individuals and coping and mental illness has increased.

The crisis in the world's mental health was worsened during the COVID-19 pandemic. Lockdowns/Social isolation, unemployment, bereavement, academic disruption and uncertainty, had a significant impact on anxiety, depression, trauma-related disorders and suicidal tendencies. The pandemic has been shown to have led to a significant increase in depression and anxiety rates, particularly among children and young people, and healthcare workers.

Biological, psychological, environmental and socio-economic risk factors contribute to mental disorders. Factors that make people mentally vulnerable are poverty, inequality, violence, unemployment, discrimination, substance abuse, and family conflict (Barhalescu, 2025). The World Health Organisation has identified social factors such as poverty, inequality, violence and disability as important, which is why they are a focus on this chapter. In low and middle income countries the lack of skilled health care providers and poor health care infrastructure contributes to the treatment gap.

Adolescents and young adults are one of the vulnerable groups. Education, career uncertainty and the use of digital devices, combined with social pressures, has caused a degree of mental strain among young people. The mental strain that youth has endured through education and career uncertainty, as well as the reliance on digital devices and the social pressures they have had, has increased (Kieling *et al.*, 2024). The study reveals that 12% of all adolescents in the world suffer from a mental disorder and that one of the top ten causes of adolescent deaths is suicide.

Women are also more vulnerable to mental disturbances than men because of their hormonal changes, discrimination against women, domestic violence, child rearing responsibilities and socio-cultural inequalities (Heeren and Asmundson, 2023). In most parts of the world, women are more likely to be diagnosed with depression and anxiety compared to men. Some emotional and mental issues may be attributed to Social Isolation, chronic disease, Retirement and loneliness that are common amongst older adults.

The economic cost of mental illness is huge. The repercussions of such an impact on productivity, absenteeism, health care expenses, unemployment and dependence upon society all result in significant economic costs for the country. Improper management of mental disease has detrimental effect on educational performance, job performance and family stability (Fan *et al.*, 2025). Furthermore, stigma and discrimination can prevent persons from receiving professional support, which can also contribute to the worsening of the disease.

However, mental health services are poor in many countries, particularly given the increasing burden (Castelpietra *et al.*, 2022). There are not enough psychiatric facilities, psychiatrists, other mental health workers or funding, nor is there enough awareness to ensure effective delivery of treatment. In developing countries, where the mental health care system is less developed, the situation is worse especially in treatment gaps.

The present study seeks to investigate in greater depth the prevalence trends, determinants, socio-economic distribution, health care problems and implications of mental disorders in the modern world. This study aims at displaying the analysis of the growing mental health concern and providing the solutions moving forward for effective prevention and management.

Objectives of the Study

Primary Objective

The main objective of the research is to discuss the growing mental health challenges in the current society and socio-economic and health impacts of these problems.

Secondary Objectives

The goal of this study is to assess the extent of the various mental health conditions in various groups of people. It additionally assesses how mental health diseases are affected by social, economic, technical and ecological factors. Another goal is to evaluate the unmet treatment need and psychiatric healthcare problems. The study also aims to examine the economic and social impact of mental illness and development of strategies for intervention.

Literature Review

The burden of mental disorders has also increased enormously between 1990 and 2019, and is associated with substantial changes in demographic structure, socio-economic factors and health care problems in different geographical regions of the world (Wu, 2023). The author outlines the extent and reasons why mental disorders have led to a substantial contribution to disability adjusted life years and years lived with disability at a global level. The study emphasizes population growth, urbanization, ageing of the population, social inequalities and technology change in both increasing the psychological stress and enhancing vulnerability to psychiatric diseases. While depression and anxiety disorders are still among the primary causes of disability in the world, particularly among adolescents, women and the less affluent in society, Wu points out. The study also shows mental ill-health burden is significantly different across regions, with higher prevalence in LMICs where mental healthcare infrastructure and access to psychiatric services is less developed. Another significant finding of the study is the predictive element for the next 25 years, suggesting that mental disorders will continue to increase unless preventive and treatment measures are taken. The author also notes the effects on psychological health in today's society such as social isolation, unemployment, academic stress, digital addiction and occupational stress. The COVID-19 pandemic also exacerbated the mental health challenges, by bringing additional uncertainty, fear and emotional instability to those around the world, the study says. However, mental health systems are still not well equipped to address this growing burden, as they lack resources, financial support and stigma associated with mental health care, according to Wu. The authors provide a conclusion that suggests a need for a more robust mental healthcare policy, better early diagnosis systems, greater public awareness, and greater community based mental health interventions in order to decrease the loads of psychiatric disorders in the future.

Arias (2022) also states that mental disorders are not only a grave public health problem but also a significant economic burden, impacting the productivity of the nation, health care spending, and global economic development. The author attempts to quantify the economic value of mental disturbances and exemplifies the economic burden of psychiatric illnesses in society. It claims that depression and anxiety disorders, schizophrenia and substance use disorders are all important contributors that significantly reduce workforce participation, absenteeism and labour productivity. Mental illnesses are not given treatment, which results in the country's long-term economic instability, says Arias, since people with mental illness are unemployed, have a lower earning potential and are socially dependent. The study highlights that mental health problems disproportionately affect the working-age population, with the economic consequences of mental health problems being a major concern to the country's economic growth and development (Arias *et al.*, 2022). The other significant result of the study is that the healthcare systems have significant expenses for psychiatric hospitalization, medication, emergency care and rehabilitation services. The author makes an explanatory link that lack of investment in the mental health system has a cost implication because mental conditions eventually decrease. The study also states that the psychiatric services are inaccessible to most of the population in low income countries, which is the treatment gap. Investing in mental health should be taken as not only a health care investment, but an economic investment,

says Arias. Preventative healthcare for mental health, early treatment programs, workplace counselling, and community interventions all have a significant impact on reducing, and improving, long term economic losses and the productivity of people. The study ends by recommending a brain health plan to incorporate mental health into national economic planning for sustainable development and better public health. Finally, the author underlines the need for mitigating stigma and promoting mental health literacy, in order to foster treatment-seeking and better social outcomes.

Barhalescu (2025) feels that mental health is one of the most important factors of human well-being and social stability in today's society. The study discusses how the fast pace of modernization, high dependence on technological development, competition and shifting social relations have posed new psychological problems to the individuals of all age groups. In the field of mental health, Barhalescu emphasizes the importance of not thinking only of psychiatric illness, of mental health as a disease, but rather as a feeling of emotional, psychological and social well-being that enables the person to function effectively in society. Stress, anxiety, loneliness and emotional instability caused by modern lifestyle, which is characterized by work stress, social isolation and digital over-exposure is discussed. The study was about the negative impacts of excessive social media usage, cyberbullying and the absence of interpersonal relationships on emotional well-being (Barhalescu, 2025). Mental health disorders also have substantial impacts on family relationships, educational outcomes, work productivity and community life, says Barhalescu. The other factor is discussion on stigma about mental illness, which is also important. The author thinks that it is a lack of trust in psychiatric help due to the fear of stigmatization and the negative attitude of the society. The study emphasizes the importance of mental health education, awareness, and social support to promote mental health. Barhalescu also sees a need for governments and health care institutions to focus more on the mental health care sector, to make the sector more accessible, affordable, and quality psychiatric treatment. Finally, the study indicates that psychological well-being will be an integral part of a sustainable human development programme and that the concerted effort should be directed at offering a holistic approach that includes both health and education, social services and public awareness, to meet the growing psychological needs of the modern world.

According to Kieling (2024) mental disorders among children and adolescents are a substantial public health issue and affect the life development of children and adolescents, as well as the functioning of society. The study reviews the global prevalence and psychiatric disorders' disability burden in children and adolescents in the light of the evidence of Global Burden of Disease Study. Mental disorders in early life stages are found to have a huge impact on educational performance, emotional development, social relationships and future occupational outcomes, explains Kieling. Some of the most common psychiatric disorders among young people are anxiety disorders, depressive disorders, behavioral disorders and attention-deficit disorders. The author's point is that a large proportion of the adolescent population, around 1 in 7, suffers from a mental disorder with a great need for mental health care interventions for prevention (Kieling *et al.*, 2024). The study also reveals that in several countries, youth mental illnesses are a substantial contributor to disability adjusted life years (DALYs) and years lived with disability (YLDs). Kieling speaks about the family disruption, educational stress, bullying, social media presence and socio-economic differences that increase children and youth's psychological susceptibility. The most significant finding of the results is that there are significant disparities between high and low income neighborhoods on the access to mental health services. The author notes that many youth are under-treated because there is limited mental health care for children, and that few schools have child mental health services, and that there is social stigma. The research also highlights the importance of early identification and treatment, as left untreated, childhood mental health disorders can persist into adulthood and lead to substance abuse, unemployment and even suicide. Kieling recommends that governments and schools should implement improved school counselling opportunities, community support networks and mental health policies for youth to reduce the increasing burden of psychiatric disorders in the younger age group.

Castelpietra (2022) reports that mental disorders, substance use disorders and self-harm among Europe's youth has greatly risen from 1990 to 2019, posing significant health and social issues in the region. Analyses have been carried out on the data from the Global Burden of Disease Study, and psychiatric conditions are seen to be one of the significant causes of disability in Europe's youth. Depressive disorders, anxiety disorders, alcohol and drug dependence and self-harming behaviors are all important factors in the morbidity and mortality of adolescents and young adults, Castelpietra explains. The author points out the impact of the European Union on its youth's lifestyle and the educational conflicts with parents, the economic insecurity, the unemployment and the polarization of society on their mental health. The study also mentions higher prevalence of alcohol and drug related substance abuse disorder. Anxiety and depression often co-occur with substance use, which can be more harmful to both mental and physical health, Castelpietra says (Castelpietra *et al.*, 2022). The study also highlights the issue of self-harm and suicidal behavior as important public health issues that need urgent policy intervention. The birth of social isolation, family conflict, discrimination and dependence on digital technologies exacerbates young people's emotional instability and self-destructive behaviour, the writer explains. Moreover, the study uncovers regional disparities in Europe, with less economically favourable regions having higher disparities in treatments and fewer resources in the provision of mental health services. Castelpietra argues that EU-level youth mental health policies, education, prevention of substance use and abuse and provision of counselling services are all important in tackling the increasing prevalence of psychiatric disorders and self-harm in Europe.

According to the World Health Organization (2022), mental health is everyone's right and an integral component of public health and sustainable development. The World Mental Health Report provides a description of the fact that mental disorders are not just a problem of any single country, age group or socio-economic category, but have significant social, economic and health impacts. The report emphasizes that around one billion people suffer from some form of mental illness and depression and anxiety disorders are the leading cause of psychological disability. The organization recognizes that COVID-19 has deeply affected the already serious challenge of mental health all over the world and brought with it the added stresses of fear, grief, and social isolation. Also emphasized in the report is the high level of treatment gap, particularly psychiatric care, which is limited and unavailable in many countries especially in the low-income areas (World Health Organization, 2022). According to the report, stigma, not enough professionals and insufficient financial resources allocated to mental health services are all obstacles to mental health services globally. Poverty, violence, inequality, unemployment and humanitarian crises, are also discussed in relation to psychological health by the World Health Organization. The report highlights the need for a shift in the delivery of mental health services to community-based models, using prevention strategies and human rights-based approaches. The organisation recommends that by embedding mental health care into primary healthcare systems, access to mental health care may be expanded and institutionalisation reduced. The other recommendations that are meaningful are to expand the mental health education in schools, counseling in the workplace, and the provision of digital mental health services. Recommendations include increased funding for mental health services, the development of the mental health workforce and public understanding of mental health services, to ensure that access to quality psychiatric services is equitable for all.

Youth Mental Health is one of the most critical public health issues of our times, as the prevalence of youth mental disorders continues to rise to an unprecedented high, McGorry (2024) reported. The Lancet Psychiatry Commission highlighted the particular vulnerability of the adolescent and young age group, as a period when psychiatric morbidity is the most likely to have its origin. The most prevalent of these anxiety disorders, depression, psychosis, eating and substance abuse disorders tended to persist into adulthood if not treated when young, McGorry explained. The findings suggest that the following factors affect the mental health of young people: academic stress, lack of employment opportunities, dependency on digital technology, social pressure, climate anxiety and economic insecurity. The other significant result is that the design of mental health care systems in many countries continues to be poorly geared to the needs of adolescents and young adults. A large proportion of youth

do not get psychiatric help on time because of the poor support in the health care system, late diagnosis and poor community support, says McGorry (McGorry *et al.*, 2024). The study also examines the impact of social media and the digital world on a person's mental health and the dangers of cyberbullying, loneliness and dissatisfaction with life. The commission spreads the message to support a broader transformation in the system of delivering youth mental health services through early intervention, community-based services, school-based counseling networks, and digital health tools. Another key point that McGorry raises is the importance of integrating a mental health care policy agenda into education and health care policies. The study reveals that investments in youth mental health can have large long-term benefits in improving school and education outcomes, improving workplace productivity, and helping to reduce social instability.

The GBD 2019 Mental Disorders Collaborators (2022) estimate that mental disorders make up one of the top ten causes of disability and public health burden in 204 countries and territories. The systematic analysis shows that depression disorders, anxiety disorders, schizophrenia, bipolar disorder, eating disorders, autism spectrum disorders, and attention-deficit disorders are a major cause of years lived with disability globally. Population growth, demographic changes, urbanization, and changes in social factors have all been contributing to the rising burden of mental illness over the last 30 years, the study found. The authors point out that the greatest burden of psychiatric disability in the world is due to depressive disorders and anxiety disorders, especially in women and younger people. The other important finding of the study is that there are significant variations in prevalence and treatment availability across regions. There are serious deficiencies in psychiatric services and mental health facilities in low-income countries, and even greater under-resourcing of psychiatrists and psychologists (GBD 2019 Mental Disorders Collaborators, 2022). The study also takes into account social determinants of mental wellbeing like poverty, lack of employment, violence, drug abuse, discrimination, educational disparities, and others. The co-occurrence of mental disorders with physical diseases is emphasized by the authors, increasing complexity of health care and risk of death. Stigma and discrimination also are a major barrier to psychiatric services, the study adds. The GBD collaborators call for increased public health system investment in mental health, policy changes to ensure mental health is prioritized, greater training of individuals to provide mental health services, and greater targeting of individuals for early intervention. The study calls for providing mental health care services, engaging in community participation, and continued investment in mental health services globally to diminish the burden of mental disorder.

Research Methodology

Research Design

The study is descriptive and analytical research aims to analyze the increasing problem of mental health disorders in today's society (Hay *et al.*, 2023). The study aims to provide knowledge of the prevalence pattern, demographic distribution, socio-economic determinants, health care challenges and treatment gaps among mental illnesses.

Nature of Data

This study will use secondary data from global health agencies, peer-reviewed journals, public health databases, mental health reports, and government publications (Moitra *et al.*, 2023). Information sources include scientific journals as well as public health research studies, Global Burden of Disease reports and World Health Organization.

Sampling Framework

Research is based on global statistics of mental health and multiple country/regional estimates. Data concerning prevalence rates, age distribution, gender distribution, healthcare expenditure, and disability burden were included in the analysis.

Analytical Techniques

Prevalence trends and demographic patterns were analyzed using descriptive statistical methods. Comparative analysis was done to assess the burden of mental health problems in age groups, gender groups and socio-economic areas (Kirkbride *et al.*, 2024). The variations in mental health indicators were analysed in percentages and presented in tables.

Scope of the Study

The study targets the key mental health conditions such as depression, anxiety disorders, stress-related disorders, bipolar disorder, and psychological distress. The study explores the impact of contemporary social determinants of mental health and considers the consequences for health care systems and public policy (Bell *et al.*, 2023).

Limitations of the Study

The study has used secondary data which is derived from published reports and databases. Variations in diagnosis, reporting systems and health care facilities between countries could account for statistical inconsistencies (Alhuwaydi, 2024). Prevalence estimates may also be influenced by the cultural stigma and by under-reporting of mental disorders.

Results and Analysis

Global Prevalence of Mental Health Disorders

The analysis suggests a significant rise in mental health conditions throughout the world in the past three decades (Ball and Darby, 2022). Anxiety disorders and depression are still the most common psychiatric illness in the world. Currently, over a billion people suffer from one or more mental illness.

Table 1: Global Mental Health Disorder Burden

Mental Health Disorder	Estimated Cases (Millions)	Percentage Increase Since 1990
Anxiety Disorders	359.2	18.2%
Depressive Disorders	332.4	13.4%
Bipolar Disorders	46.0	10.5%
Schizophrenia	24.0	8.7%
Stress-Related Disorders	210.0	21.6%

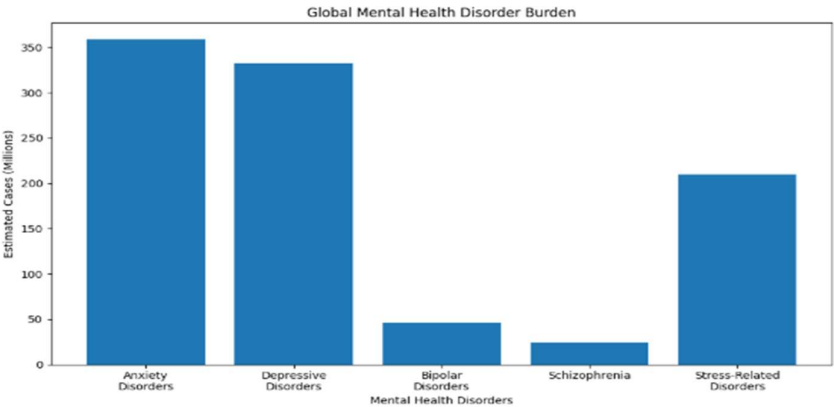


Figure: Global Mental Health Disorder Burden

The data used to produce the source estimates is from global burden estimates and WHO reports (McGorry *et al.*, 2025). As seen in the table, anxiety and depressive disorders are the biggest categories of mental illnesses all over the world. Rapid growth is also seen in stress-related disorders due to rising social and occupational pressures.

Age-Wise Distribution of Mental Health Disorders

Young people are one of the most vulnerable groups of people. As adolescents and young adults, they are facing greater psychological stress due to the uncertainty of employment, rising pressures of learning and dependency on digital technology.

Table 2: Age-Wise Prevalence of Mental Health Disorders

Age Group	Estimated Prevalence Rate
Below 15 Years	8%
15–24 Years	22%
25–44 Years	31%
45–64 Years	24%
Above 65 Years	15%

Analysis reveals that the age group of 25-44 years has the maximum prevalence due to occupational stress, financial burden of responsibilities and living in urban areas. Psychological vulnerability is another characteristic of adolescent and young adults.

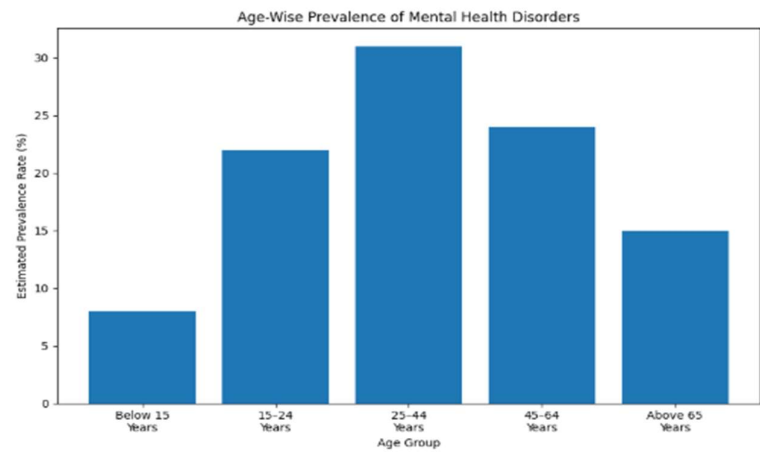


Figure: Age-Wise Prevalence of Mental Health Disorders

Gender Distribution of Mental Disorders

Anxiety disorders (and depressive disorders) are prevalent among women more than men. This imbalance is due to hormonal factors, social inequality, domestic violence and the responsibility for caring for the children (Javaid *et al.*, 2023).

Table 3: Gender-Based Mental Health Prevalence

Disorder Type	Male Prevalence	Female Prevalence
Depression	4.1%	5.7%
Anxiety Disorders	3.9%	6.2%
Stress Disorders	5.3%	7.1%
Bipolar Disorder	1.2%	1.5%

Women consistently have higher prevalence rates for all of the major mental health disorders.

Socio-Economic Determinants of Mental Health

There is a strong link between socio-economic inequality and mental health outcomes. Chronic psychological distress is caused by poverty, lack of employment, lack of shelter, educational stress, and financial insecurity Joynt Maddox *et al.*, 2024).

Table 4: Major Determinants of Mental Health Disorders

Determinant	Impact Level
Unemployment	High
Poverty	High
Social Isolation	High
Academic Pressure	Moderate
Workplace Stress	High

The results indicate that one of the leading causes of mental disorders is economic insecurity and social instability.

Discussion

Results from the study show that mental health problems are one of the most serious public health problems of the modern world. The sharp rise in anxiety, depression and stress related disorders and psychological distress is a reflection of social and economic changes happening in the world (Fried, 2022).

Traditional social structures have been disrupted and competitive life styles have been increased with urbanization and industrialization. Chronic stress exposure has risen due to the modern working environment, academic stress, financial insecurity, and less interpersonal interaction. Relationships to the community have been replaced with highly socialised environments, impacting emotional support systems and loneliness.

Psychological wellbeing has been greatly affected by technological change. Despite the advantages digital technology brings to communication and the availability of information, over-exposure to digital media can lead to feeling anxious, feeling like they are being compared to others, feeling unhappy with themselves, and feeling bullied online. Sleep patterns and cognition have also been impacted by digital addiction and excessive screen time.

Educational competition, career insecurity, peer pressure and issues of identity create unique mental health issues for youth (Hammoudi Halat *et al.*, 2023). Adolescents and young adults are sensitively developmental, and their psychological vulnerability is high. The rising incidence of mental disorders in the youth is of concern to future productivity, educational outcomes, and social stability.

The gender differences found in the study suggest that socio-cultural and biological factors can have an impact on mental health outcomes. Depression and anxiety are more common in women due to gender discrimination, domestic violence, caring duties and hormonal changes. Gender responsive prevention and treatment approaches, therefore, need to be included in mental health policies (Thompson *et al.*, 2023).

Another important factor in mental illness is economic inequality. Chronic stress is associated with psychiatric disorders, and poverty, unemployment, housing insecurity and social exclusion contribute to living in a state of chronic stress. People in low-income areas are less likely to have access to health care and psychological resilience.

COVID-19 has greatly exacerbated the global mental health crisis. Psychological distress was amplified by all of the factors of social isolation, grief, unemployment, and uncertainty. The COVID-19 pandemic period caused a significant emotional burden for healthcare workers, students, elderly, and people who already had mental health issues.

A further key finding of the study is the stark inequalities in the treatment available in the world's mental healthcare systems (Khatib *et al.*, 2023). Although the disease burden of psychiatric conditions is growing, many countries invest inadequate funds in psychiatric services. Access to treatment is further constrained by the lack of trained psychiatrists, psychologists and counselors. The social stigma of mental illness deters people from getting professional support which leads to delayed diagnosis and exacerbation of the illness.

There is also a need for community-based interventions and public awareness campaigns to promote mental health literacy and combat stigma. Mental health education/counselling services should be incorporated into school, university, workplaces and the community. Preventive mental health care can significantly decrease disability burden if diagnosed early.

Digital mental healthcare systems provide valuable opportunities to increase psychiatric support services (Schweizer *et al.*, 2023). There are a number of ways to increase access to mental health care, such as telepsychiatry, online counseling services, and mobile mental health apps, especially in underserved and rural areas. Digital interventions should not be used instead of psychiatric professionals, though.

Mental health should be a key component of government policy frameworks and be included in national health agendas. There is a need for greater investment in psychiatric infrastructure, mental health research and training of the healthcare workers for sustainable healthcare development (Hambleton *et al.*, 2023). Greater cooperation and collaboration between countries and the public health sector can also enhance global mental health systems.

Conclusion

Mental health disorders have become a significant public health problem for people, families, health services and national economies worldwide. Rising rates of anxiety disorders, depression, stress-related disorders and levels of psychological distress exemplify the significant social, technological and economic changes that have taken place in the modern world.

The study shows that populations are on average more psychologically vulnerable than before due to urbanization, unemployment, social isolation, academic competition, dependence on the digital world, inequality and stress associated with the pandemic. Mental health risks are especially high for adolescents, young adults, women and economically disadvantaged groups.

The findings also show that mental disorders have a significant economic cost due to lower productivity, higher health care costs, disability and absenteeism on the job. Treatment gaps are large and continue to increase despite the growing prevalence, due to poor health service quality and coverage, limited mental health specialists, cost restrictions and social stigma.

Public health efforts to manage the mental health crisis need to be integrated, focusing on prevention, awareness, early detection, available treatment, and community resources. It is time that the education, the workplace, and the health and welfare systems and governments work together to establish psychologically supportive social conditions in schools.

Increased digital mental health services, investment in psychiatric facilities and the creation of community mental health programs have the potential to greatly enhance the accessibility of healthcare services. Equally important are policy changes in the areas of social protection, employment security, and youth mental health and gender-sensitive interventions.

Mental health should be seen as a basic part of the human development and social wellbeing. A sustainable healthcare policies, international collaboration and investment in mental health promotion for the future will reduce psychiatric disorders burden and enhance the quality of life.

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