



WELL-BEING AND MENTAL HEALTH - TOWARDS AN INTEGRATED POLICY APPROACH

28 SEPTEMBER 2022

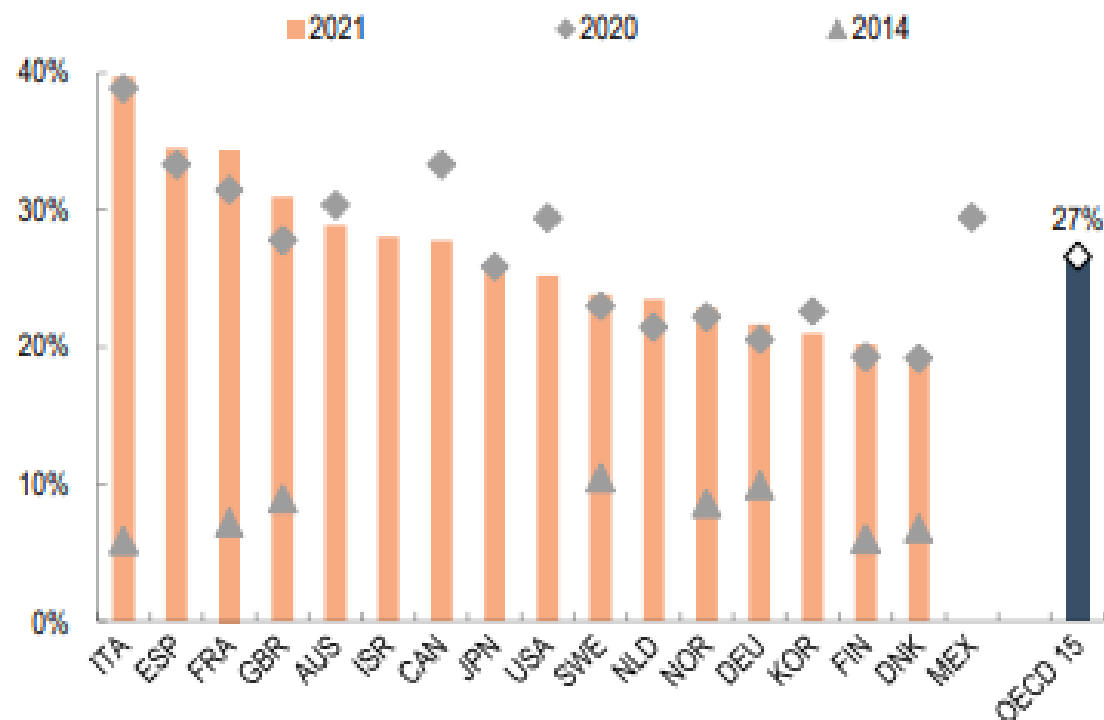
“HEADWAY - A NEW ROADMAP IN MENTAL HEALTH” FORUM

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OECD WISE CENTRE

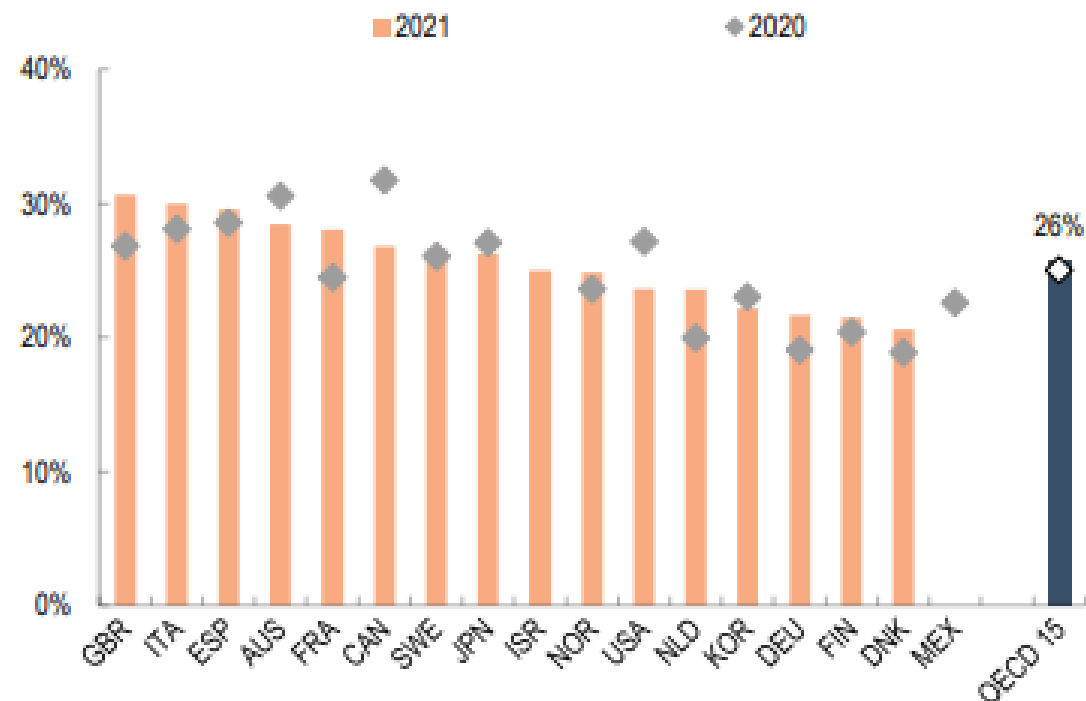
The pandemic made clear that everyone has mental health

Share of people at risk of depression



Note: Risk of depression is measured using the PHQ-4 instrument. In 2020 and 2021, the share of people at risk of depression was 27% for both years for the OECD 15 on average. Data for 2014 are not strictly comparable with later years, as they come from a different source.

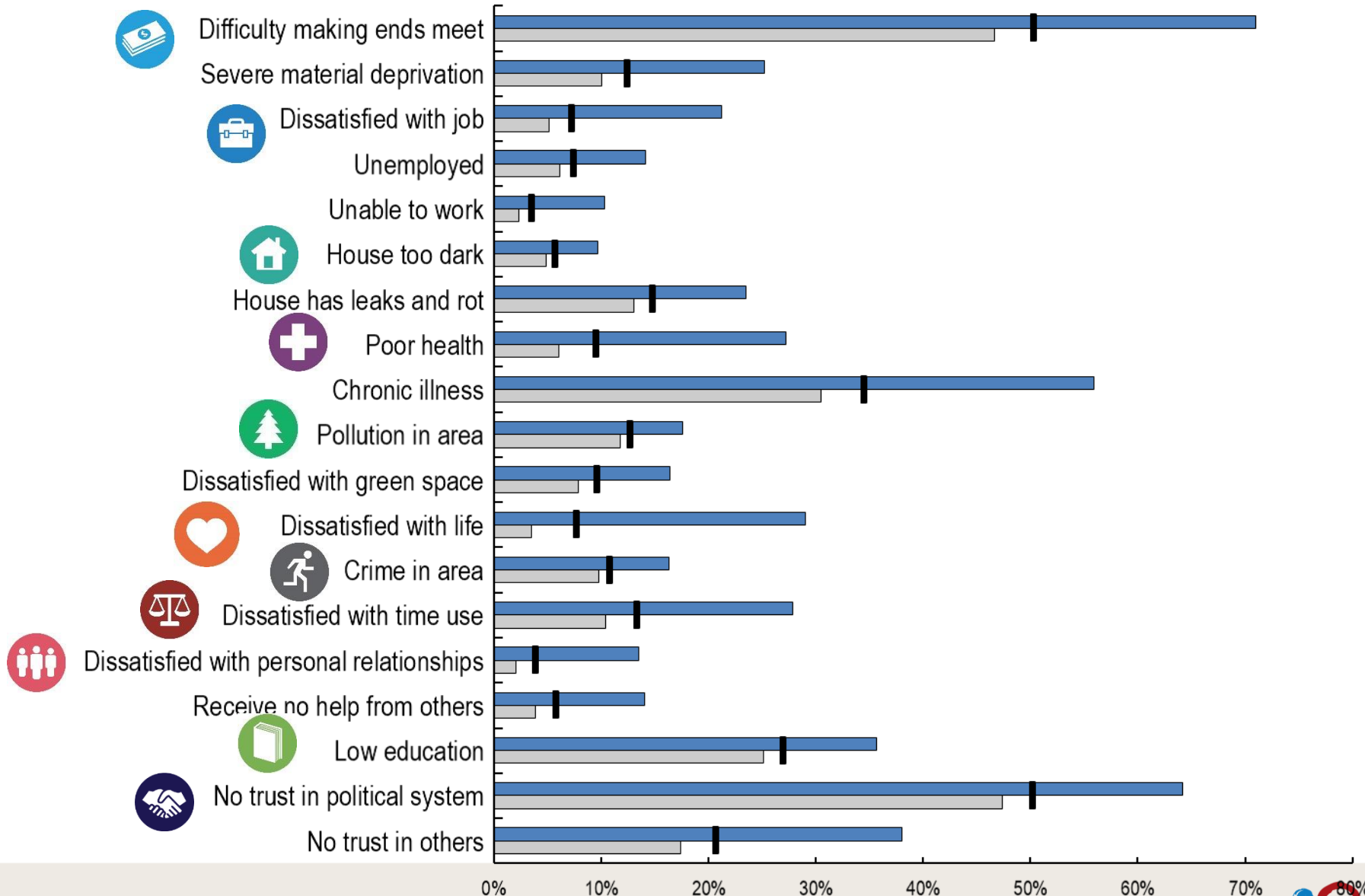
Share of people at risk of anxiety



Note: Risk of anxiety is measured using the PHQ-4 instrument. In 2020 and 2021, the share of people at risk of anxiety was 25% and 26% respectively for the OECD 15 on average.



People with psychological distress fare worse in every dimension of well-being



Psychological distress (MHI-5) and well-being

Share of the population experiencing various well-being deprivations, by mental health status

Legend:

- Those with psychological distress
- Those without psychological distress
- Total population average

Applying a well-being lens to mental health



WELL-BEING RISK AND RESILIENCE FACTORS

What are the interlinkages between mental health and people's economic, social, environmental and relational realities?

Policy
intervention
level

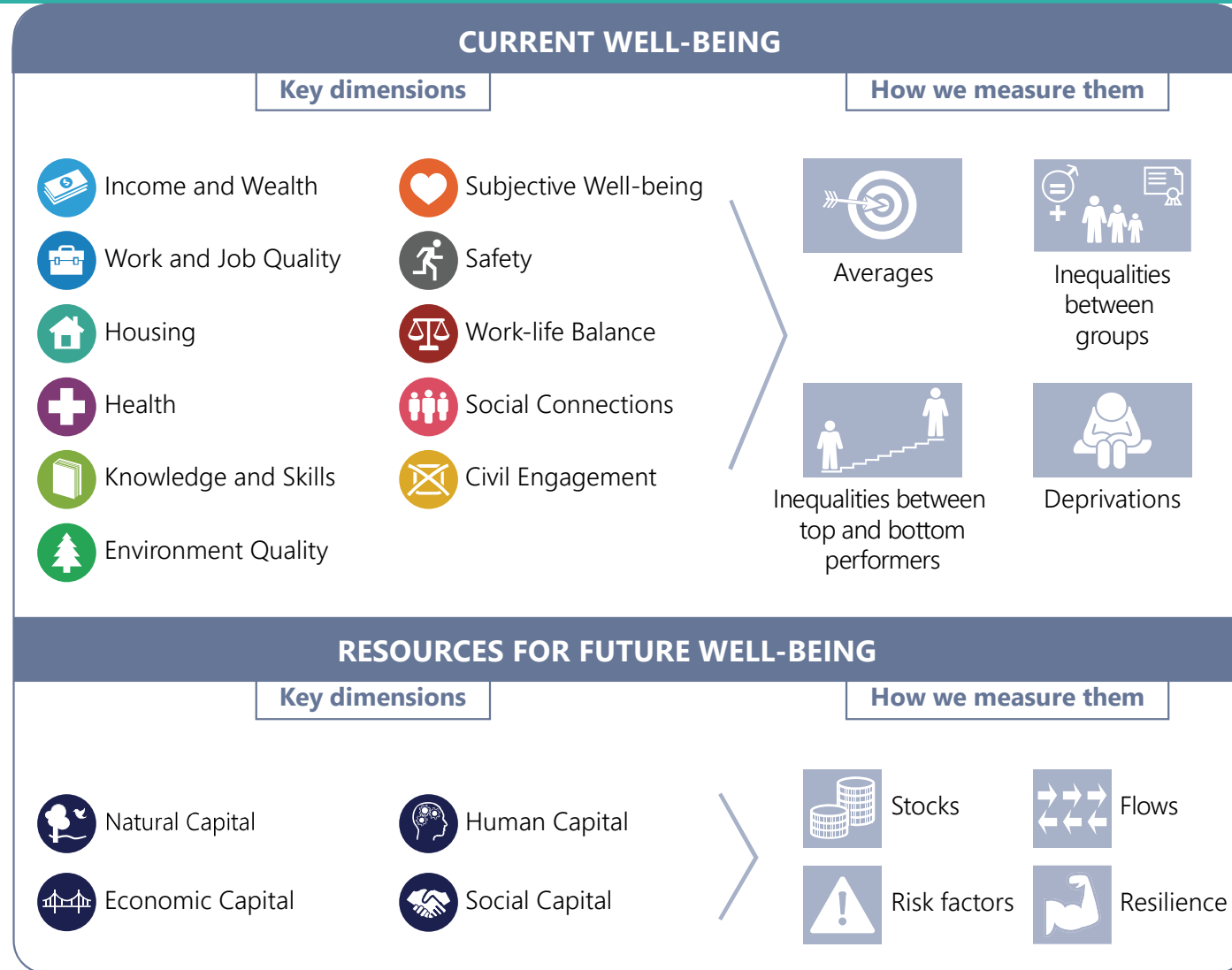
INTEGRATED APPROACHES

What are lessons learned from well-being policy approaches to population mental health?

Systemic
level

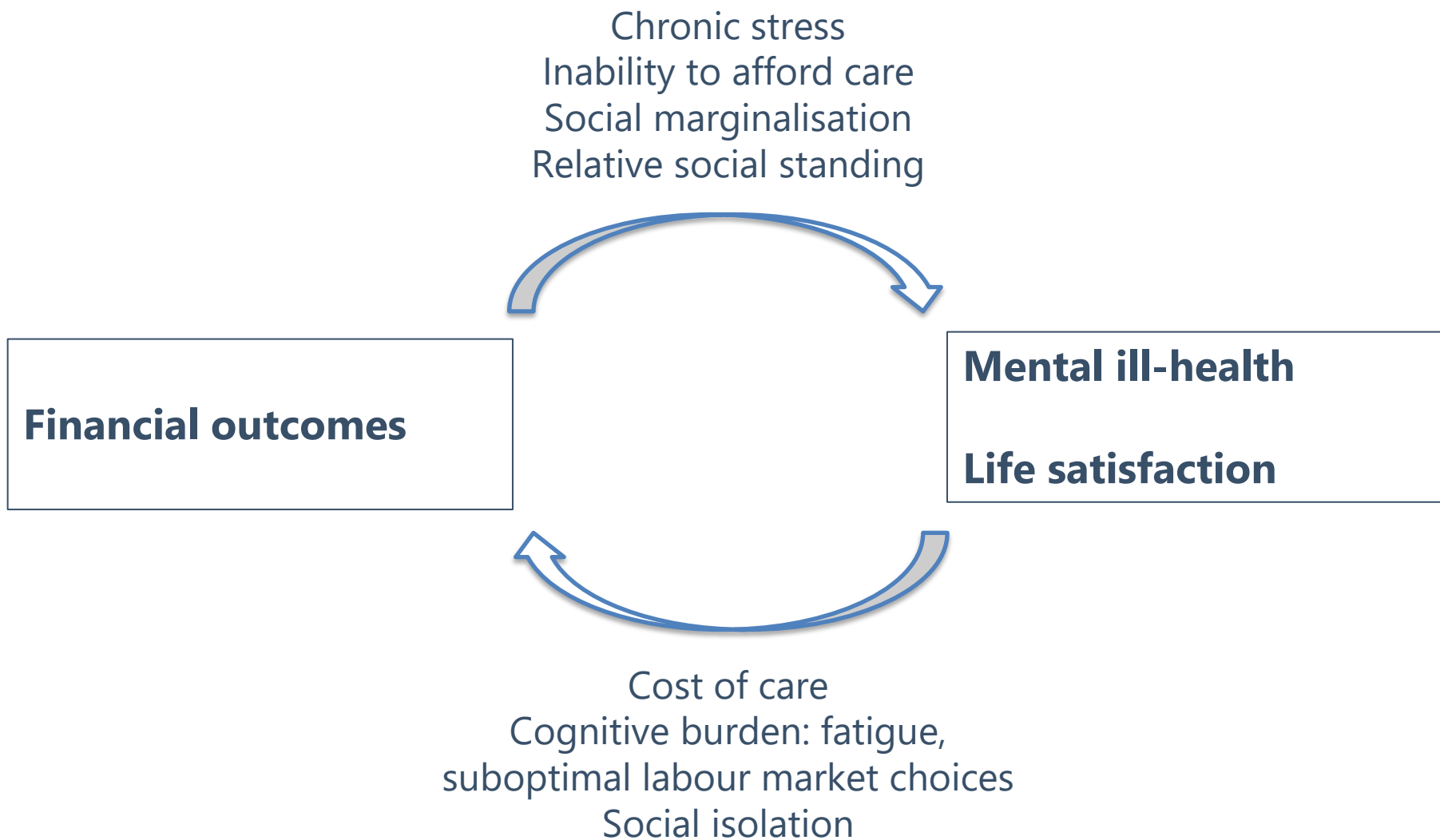


The OECD Well-being Framework



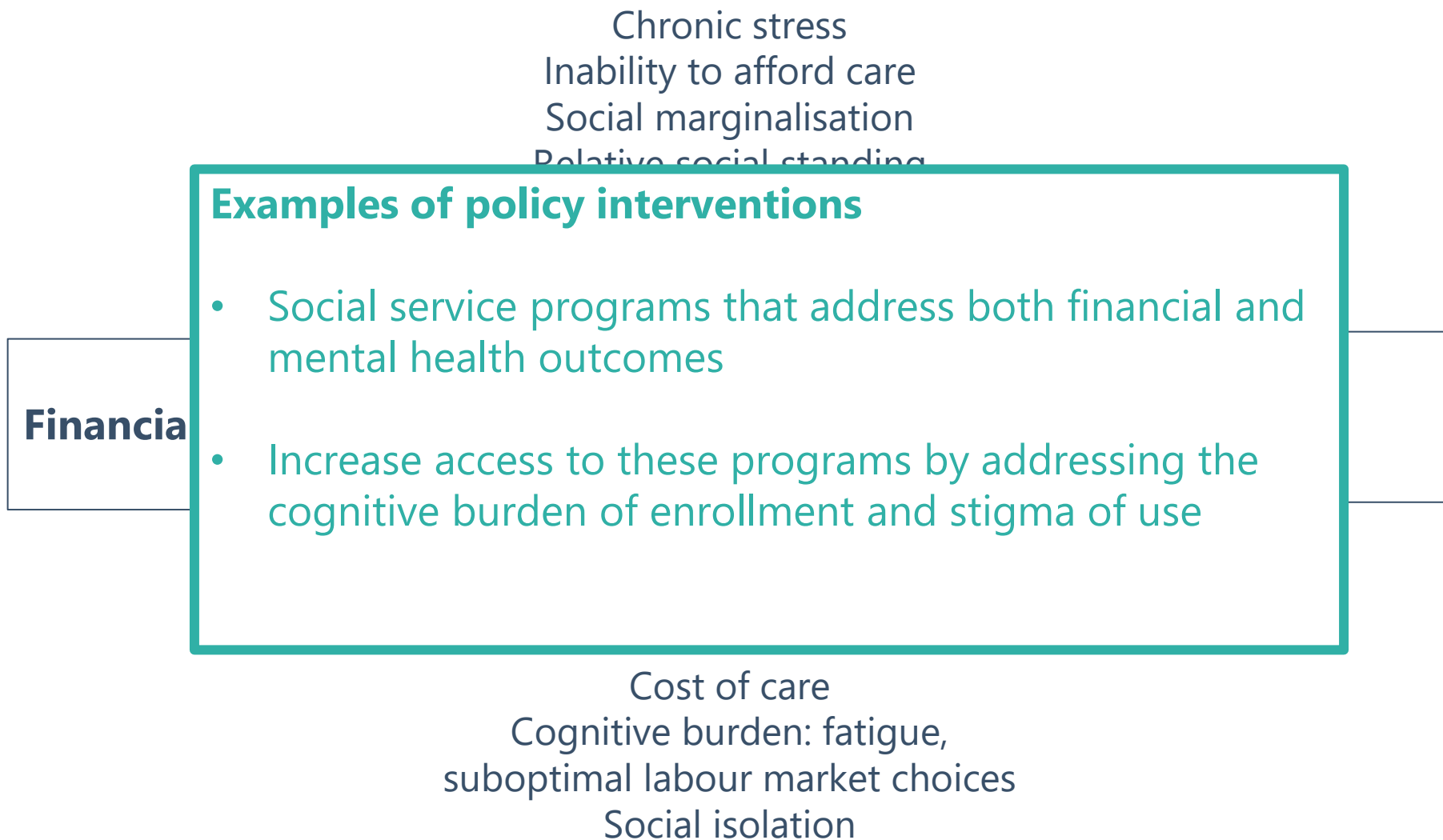


Income and wealth & mental health





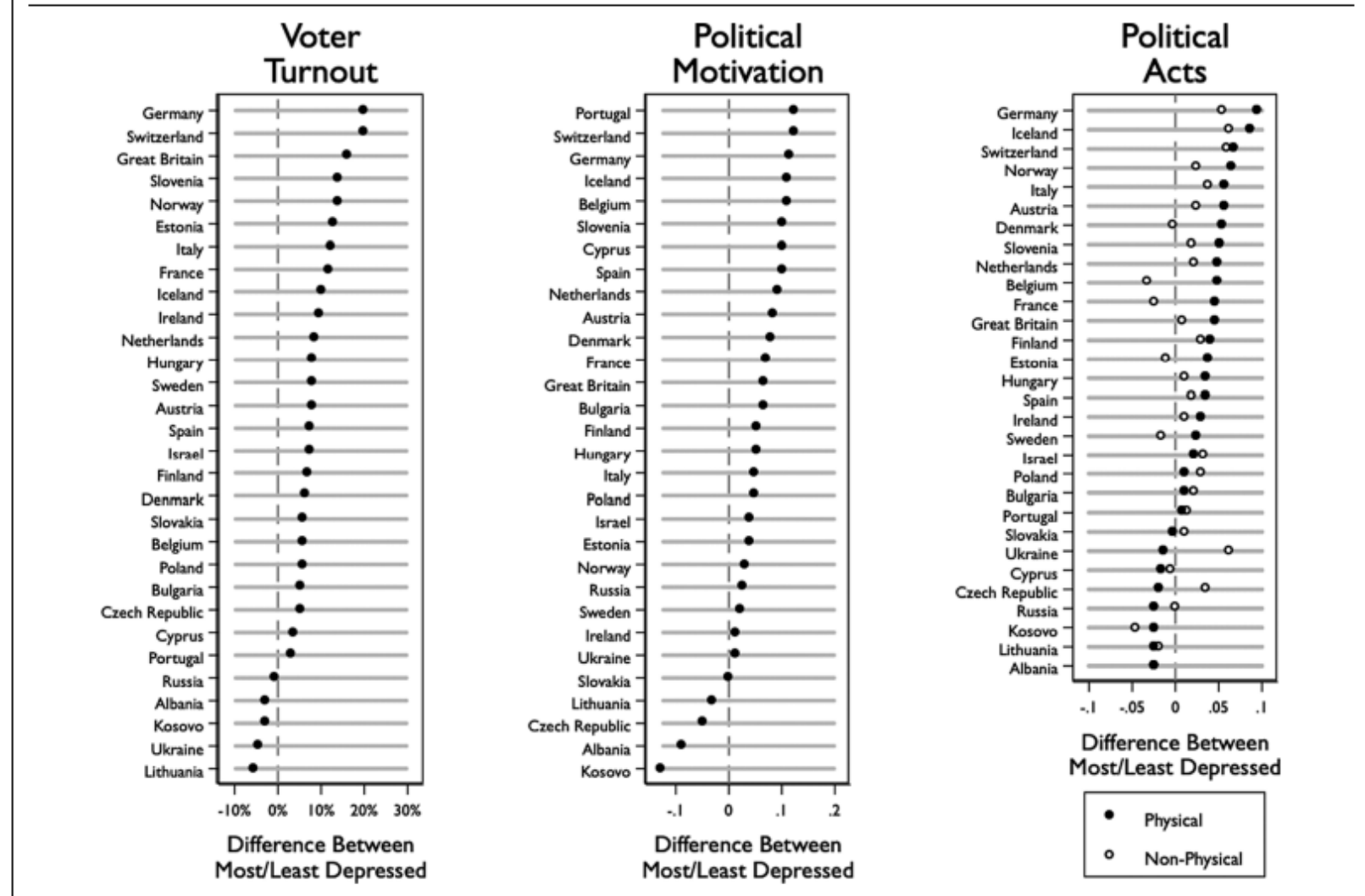
Income and wealth & mental health





Civic engagement & mental health

FIGURE 1. Difference in Political Behavior between Depressed Quintiles in ESS



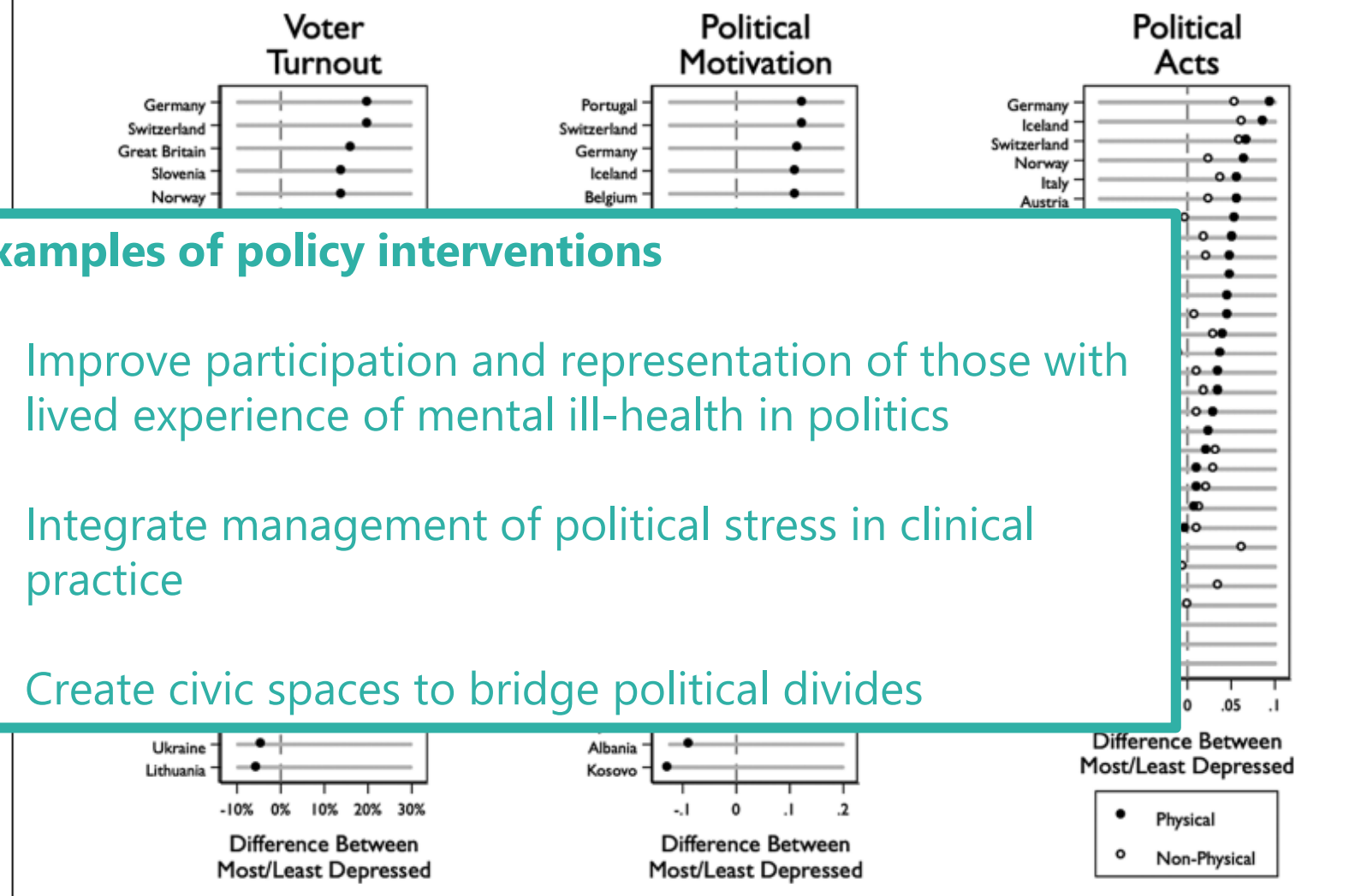
Source: LANDWEHR, C., & OJEDA, C. (2021). Democracy and Depression: A Cross-National Study of Depressive Symptoms and Nonparticipation. *American Political Science Review*, 115(1), 323-330. doi:10.1017/S0003055420000830





Civic engagement & mental health

FIGURE 1. Difference in Political Behavior between Depressed Quintiles in ESS



Examples of policy interventions

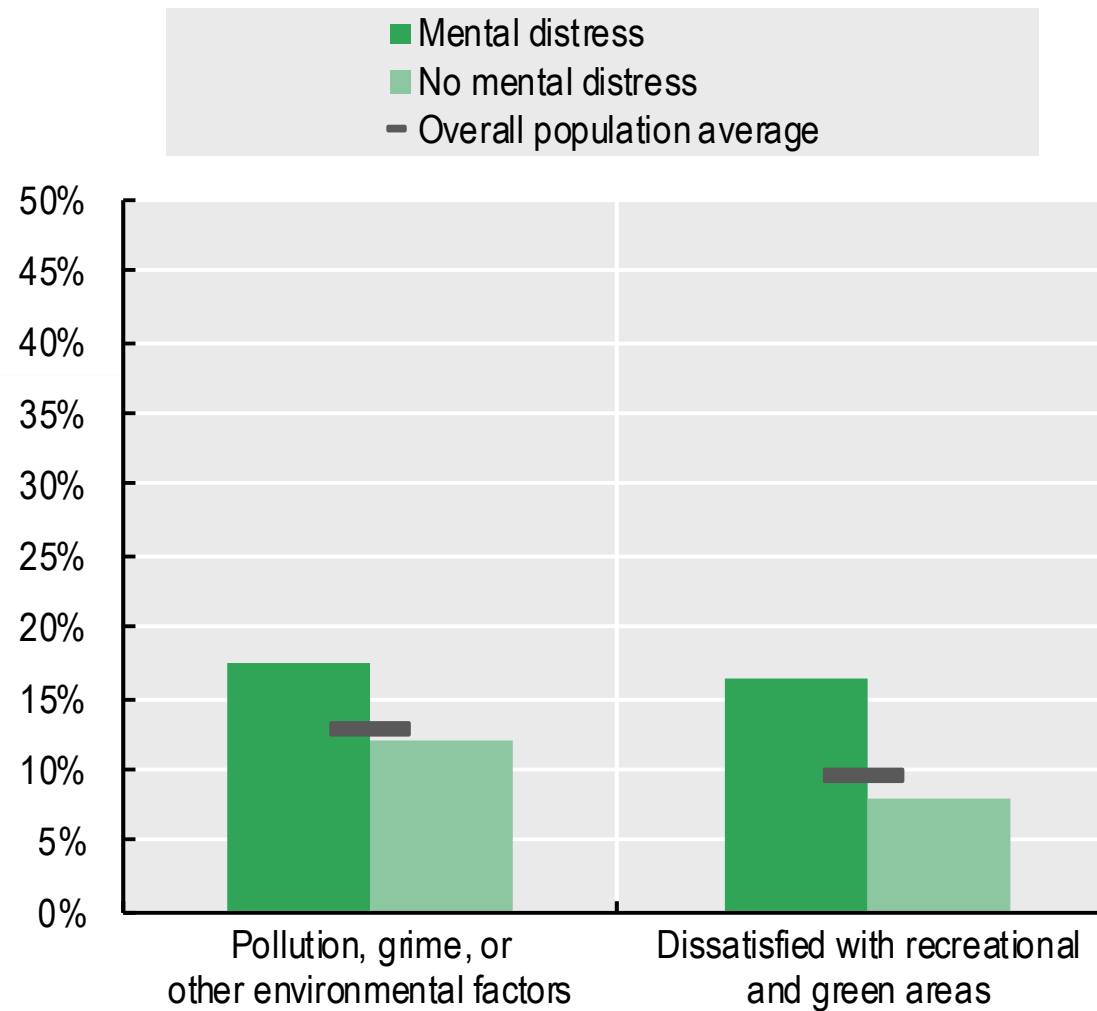
- Improve participation and representation of those with lived experience of mental ill-health in politics
- Integrate management of political stress in clinical practice
- Create civic spaces to bridge political divides





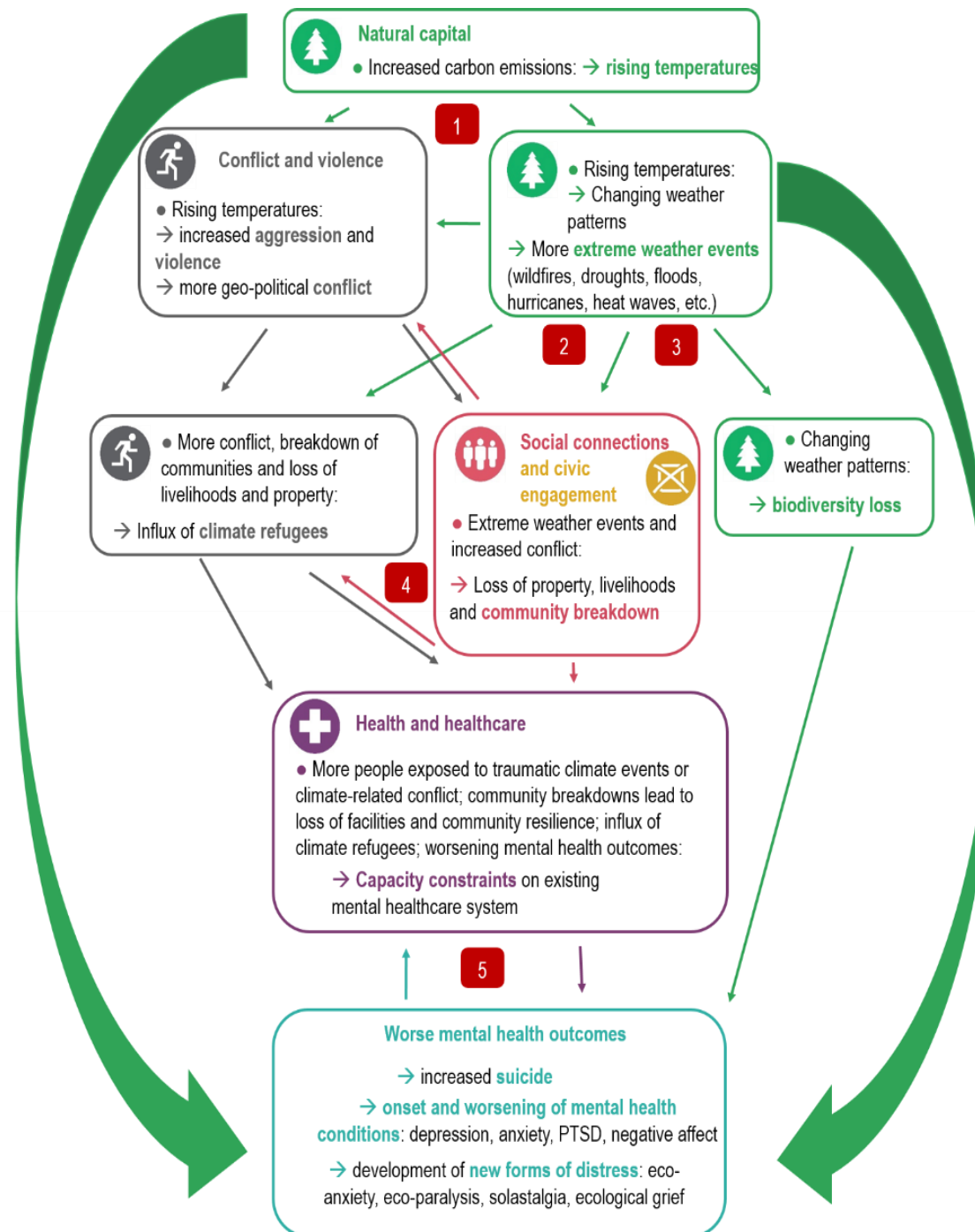
Environmental quality, climate change & mental health

Panel A: Share of those with a range of environmental deprivations,
by those at risk for mental distress, those not,
and the overall population,
OECD 26, 2013 & 2018





Environmental quality, climate change & mental health





Environmental quality, climate change & mental health

 **Natural capital**
• Increased carbon emissions: → rising temperatures

Examples of policy interventions

- Promote psychological ecosystem services in urban design
- Integrate both eco-therapy and management of eco-anxiety in clinical practice
- Strengthen government service systems to better respond to climate disasters and foster resilience among the population
- Integrate the mental health costs of climate change in environmental accounting and cost benefit analyses
- Focus on win-win policies that simultaneously reduce carbon emissions and improve well-being outcomes

conditions: depression, anxiety, PTSD, negative affect
→ development of **new forms of distress:** eco-anxiety, eco-paralysis, solastalgia, ecological grief

What are countries already doing in terms of integrated approaches?

REALIGN: WHOLE-OF- GOVERNMENT APPROACH	REDESIGN: WELL-BEING DETERMINANTS FOR PREVENTION AND PROMOTION	REFOCUS: EMPHASIS ON POSITIVE MENTAL HEALTH	RECONNECT: BUILDING BROAD PARTNERSHIPS
Involve collaborations across multiple government departments	Development of policy content reflects the (joint) social, economic, environmental and relational determinants of mental health	Address both deprivations in mental health and promote human flourishing	Incorporate perspectives of and collaborate with people with lived experience and non-governmental actors



Thank you!

For more information on:

The Centre for Well-being, Inclusion, Sustainability and Equality of Opportunity (WISE):

<https://www.oecd.org/wise/>

Our work on well-being and mental health:

<https://www.oecd.org/wise/well-being-and-mental-health.htm>

Further questions:

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