

Exploring Shyness and Social Interaction in Women: A Mixed-Methods Study

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Short Communication

ABSTRACT

The scarcity of research, mirrors the weakness of Mental Health services on the continent and the blind eye turned to the problem by many Africans and their governments. Nigeria, like most African countries is short of personnel trained in Mental Healthcare and efforts to tackle the problem have often focused on increasing the numbers of Counsellors, psychiatrists and nurses in the field. As per Nigeria's increasing population, One in Four Nigerians, some 50 million people are suffering from some sort of Mental Illness and our research finds that the country is nowhere near equipped to tackle the problem.

Many Nigerians have misconceptions and misbeliefs about Mental Illness, hence stigmatize people. This review on the knowledge and attitude towards Mental Illness among Nigerians aims to identify the extent of literature on the issue in focus, summarize current reports and identify research gaps in hopes to proffer workable solutions to this problem with the Nigerian factor in mind.

Most common knowledge of causes of mental illness as observed was supernatural causes (Magic, Witchcraft, sorcery and some other spiritual beliefs). In a country like Nigeria, where poor Mental Health facilities, poor health outcomes, health inequalities, under research in Mental Health and very huge disparity exist, the need for Mental Health education and advocacy and other workable health related policies are very vital as this will significantly reduce stigma and increase health seeking behavior of the mentally ill.

Biography

Archana Raghavan is currently an associate psychologist, training as an integrative therapist. She graduated from Middlesex University. She has presented in conferences such as British Computer Society, 2019 and Emerging Research Paradigms in Business and Social Psychology (ERPBS), 2020 and won awards for it.

She likes to research on like to research on mental health disorders, personality disorders, individual differences, trauma, ancestral wellness and the impact of culture and community on mental health and social policies.

In her spare time, she writes for online newspapers on topics such as mental health and social psychology. She also runs a psychoeducational account on Instagram (@mind_alley).

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