

3rd International Conference on ADDICTION PSYCHIATRY

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Consultation private Psychiatry, online and physical presence; faculty of health and medicine, university of Buea, Cameroon**Wilson Mbonde Moumah***University of Buea, Cameroon*

The presentation will selectively review established and novel e-mental health interventions of Addiction Psychiatry and it causes in Africa or less privileged countries whereby men, women, youth and teenagers are used for the subject matter or reference to systematic reviews and recently developed interventions to be tested. A number of recent systematic reviews have demonstrated the efficacy of specific aftercare interventions in reducing attempts and drugs abuse. Most of these interventions are not widely available in clinical services even in face-to-face formats, although an e-mental health approach would be suitable for delivering several of them at scale. The likely benefits, harms and the associated ethical considerations will be presented. For non-clinical populations: as many as 60% of those who die by suicide are not in care, however many are on the internet, and state this as their preferential route to seek help. The recently announced Under the Radar project addresses this non-clinical population and will be detailed.

Objective: Mental health refers to as an adjustment of an individual with a maximum of effectiveness, satisfaction, and happiness and socially considerate behavioural and the ability to face and accept the reality of life. Excess use of drugs largely affects individual's mental health. The present research paper explored the impact of drug addiction on mental health. **Method:** This study is made up of 45 subjects randomly selected among which 20 were adolescents (10 males and 10 females) and 15 adult's (7 males and 8 females). The Questionnaire was established by Tomas Marvis and it was used to measure the mental health of drug addicts. The effect of two experimental variables (age and gender) was study on one criterion variable (mental health). For data analysis mean and two way analysis of variance (ANOVA) were applied.

Results: The results revealed that age and gender have significant effect on mental health of drug addicts especially in my continent (Africa) where youths of the ages 15 to 45 years are seriously engaged into drugs. Also adults and female addicts show better mental health than adolescents and male addicts. Note should be taken that most of the adults addicts are the ones influencing the teenagers and act as middle men to supply the drugs. The obtained F ratio was found significant at 0.01 level of significance. **Conclusions:** On the basis of our findings it is concluded that age, gender, socioeconomic and peer groups are the influential factors in mental health.

Biography

Wilson Mbonde Moumah is Program Officer, psychosocial, social and clinical social worker INGOs like INTERSOS, International Rescue Committee but he is presently working as a private consultant. He is an accomplished coder and programmer, and he enjoys using his skills to contribute to the exciting psychological counselling that happen every day at his private clinic. He graduated from the University of Buea of in 2013 with a bachelor's degree in Medical sociology and Anthropology. He is presently available to work with any organisations which need his expertise.