

Abstract

The issue of mental health care on a global scale is affected by a number of factors. These include stigma and lack of knowledge that prevent the allocation of resources to mental health care. Further, recent studies have shown that over 40% of countries have no mental health policy, and over 30% have no mental health programs. Using linear regression testing, a negative correlation can be seen between mental health services availability by country with data on reported stigma against those with mental health disorders. This suggests that a lack of education about the nature of mental disorders is a large contributing factor to inadequate treatment for mental disorders. The second piece of this issue lies in the fact that even when mental health treatment centers are available, treatment methods are ineffective. One such example of an illness that is not effectively treated is Obsessive-Compulsive Disorder (OCD). Comparison of the Y-BOCS score of patients after completing various treatments yields the conclusion that in the short term, medication is more effective than therapy. The medications currently prescribed for OCD, including Selective Serotonin Reuptake Inhibitors, require further study, as the long-term effects are not known. In this regard, Cognitive Behavioral Therapy (CBT) is a more reliable source of treatment, and comparison of various CBT studies shows that exposure therapy, in particular, is very effective.