

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH RESEARCH**

**LOK SABHA
UNSTARRED QUESTION NO. 4350
TO BE ANSWERED ON 20TH DECEMBER, 2024**

RESEARCH ON MENTAL HEALTH

4350. SHRI S JAGATHRATCHAKAN:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government has taken cognizance of the fact that integrated care, evidence-based practices, cultural factors, and ethical and regulatory considerations pertaining to mental health need to be deliberated in research; and
- (b) if so, the details thereof along with the initiatives taken/proposed to be taken by the Government in this regard?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) and (b): The government recognizes the importance of integrated care, evidence-based practices, cultural factors, and ethical and regulatory considerations in mental health research, as these are crucial elements in addressing the growing challenges related to mental health. The government has encouraged the implementation research in the area of evidence-based mental health interventions in partnership with various academic institutes, state governments and other partner agencies.

Indian Council of Medical Research (ICMR) has informed that it has undertaken National Health Research Priority Projects in the area of mental health. It also funds extramural and intramural research on areas like early detection, prevention, and management of mental illnesses. Additional collaborations undertaken by ICMR in mental health research are:

- 1) The ICMR Centre for Advanced Research on Digital Interventions for Mental Health Care has been established at NIMHANS, fostering research on digital solutions to mental health issues.
- 2) ICMR has funded Centre for Advanced Research and Excellence in Neuromodulation in Mental Health at AIIMS Delhi, fostering research on cognitive functions of mental health issues.

Studies supported by ICMR have provided valuable insights into risk factors, psychosocial interventions, and community-based approaches to mental health care, in addition to paving ways to understand the biological underpinnings of mental illnesses.

National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru has informed that 'Study of factors associated with course and outcome of Schizophrenia' (SOFACOS) was a landmark study

undertaken in India, which studied outcomes especially remission and its links with several clinical and social factors.

The Mental Health Care Act, 2017 has brought forth a new regulatory framework for management of mental illness with 'rights-based approach' for management of a person with mental illness in both public and private sector including care provided by non-governmental organisations.

Among other initiatives, Government has established a 24/7 helpline Tele MANAS offering psychosocial support. By setting up 53 Tele MANAS cells, the program ensures that individuals across the country, especially in remote areas, can access mental health services through telecommunication. Recently, an android version Tele MANAS App was released.

Such multi-faceted approach combines research, service delivery, and capacity building to create a comprehensive mental health care system in India.

In the last decade, research into integrated care and evidence-based practices and cultural factors as well as ethical and regulatory considerations pertaining to mental health has substantially increased. Some examples include studies on integration of indigenous methods such as Indian systems of psychotherapeutic practices for mood disorders, mindfulness, evidenced based assessments for specific populations such as elderly, children and adolescents.
