

# Regional Analysis of Mental Health Prevalence in Ukraine

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## Introduction

- Ukraine has a documented high incidence of mental disorders: 1 in 3 people suffer from a diagnosable DSM-IV disorder<sup>1</sup>
- Spatial variance in mental health has been researched in other countries<sup>3</sup> but Ukraine is understudied
- Some past findings show Ukraine to have distinctive, historical cultural regions<sup>4</sup>

### Importance

Examining geographic variation in mental disorders provides insight on high-risk factors on a larger, non-individual scale for mental disorders across Ukraine to inform targeted intervention strategies

## Research Questions

Which oblasts have higher prevalence rates of DSM-IV disorders?

Is regionality informative when considering mental disorder prevalence in Ukraine?

## Methodology

### Data

- 2002 World Health Organization World Mental Health Composite International Diagnostic Interview survey in Ukraine
- The first nationally representative psychiatric study in a former Soviet Union country

### DSM-IV Variables

DSM-IV Category	Disorders
Anxiety	Agoraphobia, Social Phobia, Generalized Anxiety Disorder, Panic Disorder
Affective	Major Depressive Episode, Dysphoria
Alcohol	Alcohol Dependence or Addiction

### Kulldorff Scan Statistic

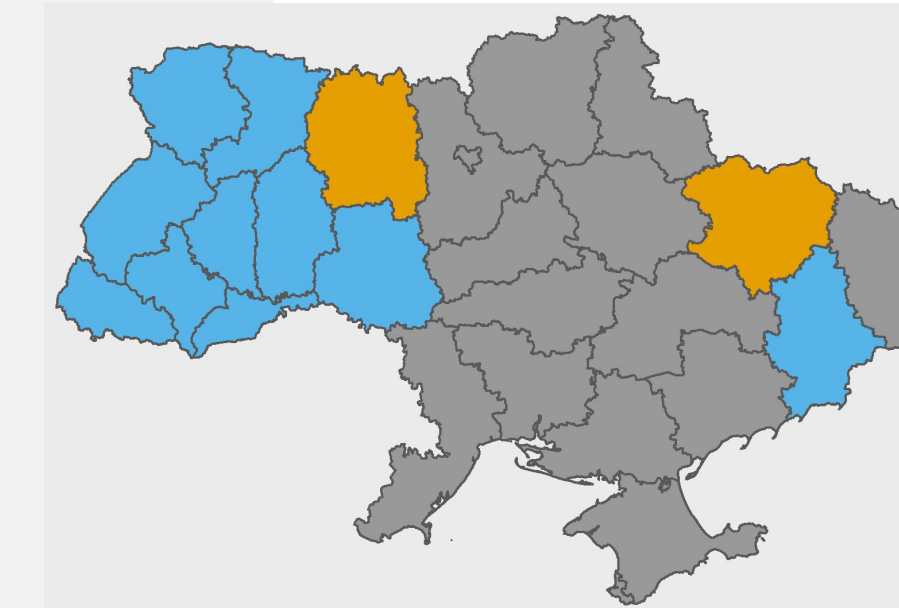
Tests whether a disease is randomly distributed over space, or if underlying regional factors may be correlated to disease distribution.

Disease counts are mapped for each oblast and compared to a baseline Poisson disease distribution to determine **which areas have higher than expected prevalence of disease**. We utilized the SatScan software.

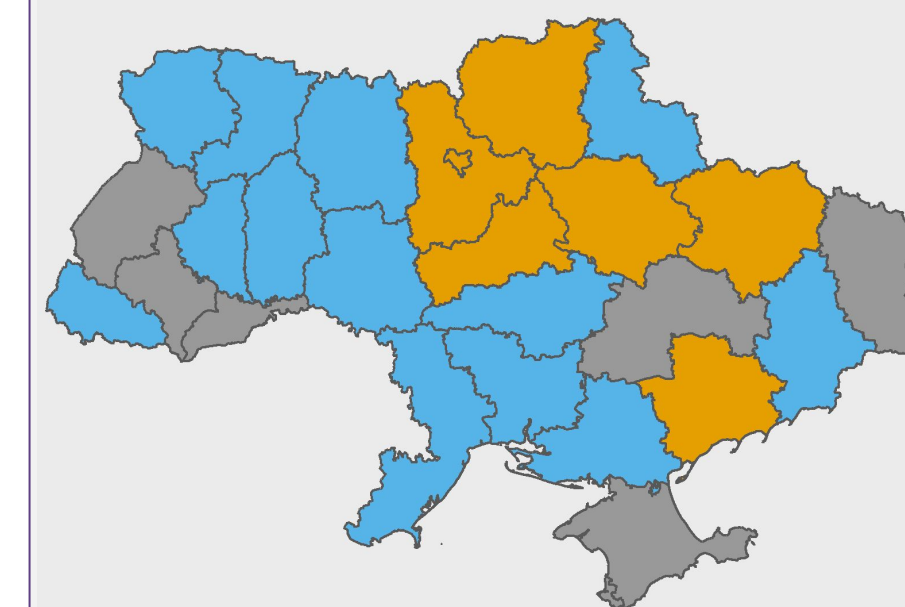
## Results

### Significant Mental Disorder Clusters

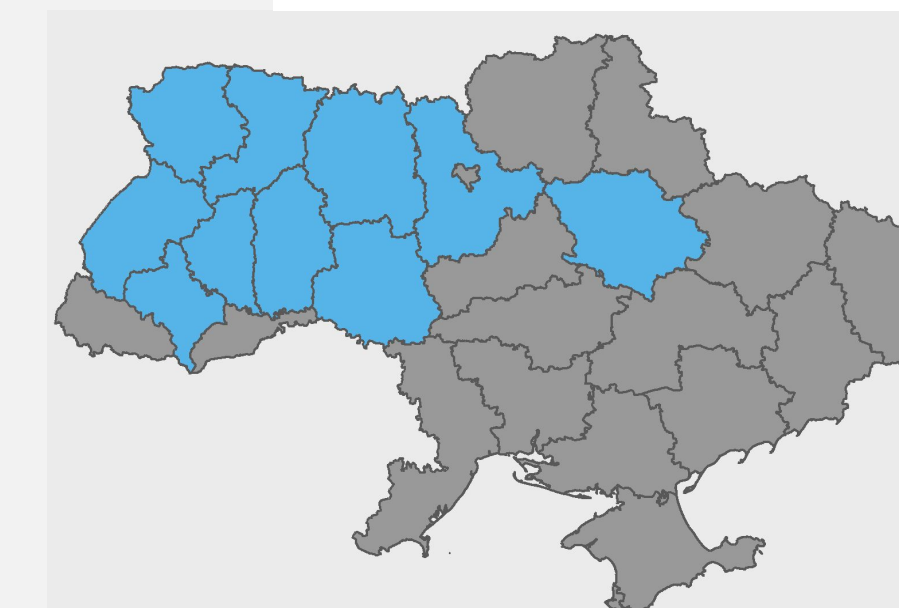
#### Anxiety Disorders



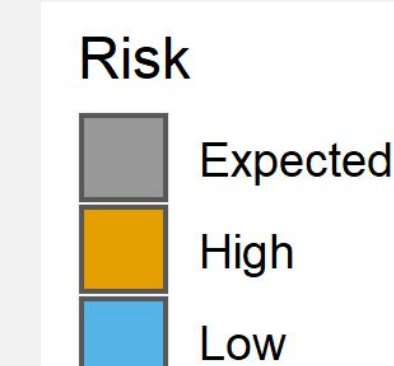
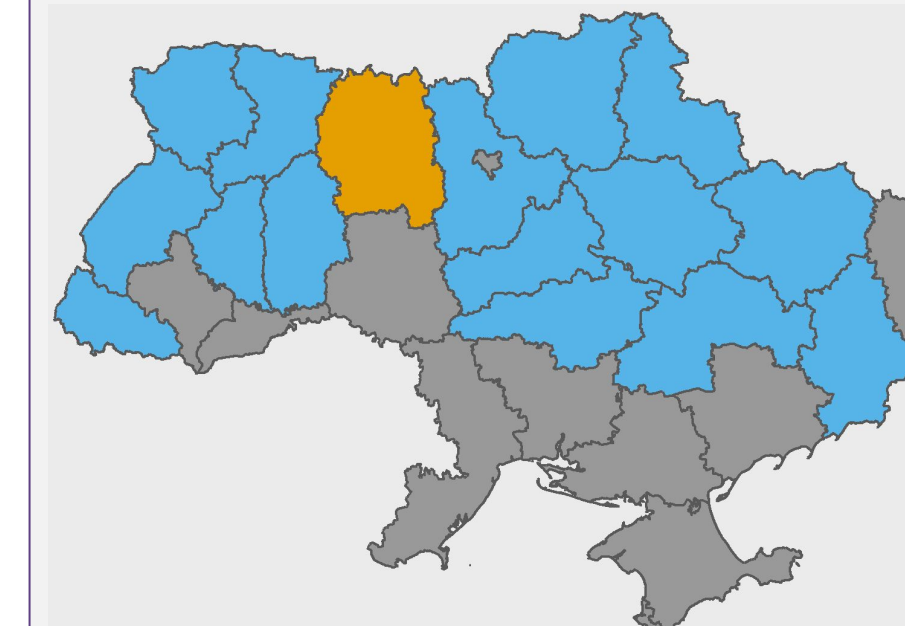
#### Affective Disorders



#### Alcohol Disorders



#### Cumulative Disorders



## Discussion

### Main Findings

- Oblasts with high prevalence of disorder exist prominently in the eastern and central Ukraine regions
- The western region of Ukraine consistently comprises low prevalence of mental disorders

### Limitations and Future Work

*Survey data limitations:* misunderstood questions and social stigma regarding mental disorders lead to possible underreport. Data collected in 2002, prior to eastern UA/RU conflict.

*Next steps:* Explore new data to see the stability of these findings over time/see how they've changed with new emerging political landscapes and war

## References

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Check out our work on GitHub!

