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Titolo	Z ve znanja o motnjah razpoloženja do izhodov iz labirintov : Izkušnje in razmisleki
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Sommario/riassunto	Mood disorders are becoming one of the major public health problems and care for good mental health is substantially affecting almost all dimensions of our lives. However, the lay and professional public have the most contrasting attitudes and beliefs about mental disorders compared to other chronic non-communicable diseases. Persisting stereotypes and myths about mental disorders as a rule hinder professional help-seeking, interest and belief in their effective treatment. This problematic is discussed in the multi-authored monograph ('More Knowledge about Mood Disorders for Escaping the Labyrinth: Experiences and Reflections'). In the 21 scientific and professional essays, the authors of various academic backgrounds reflect upon mental health issues, focusing on contemporary mood disorders. Moreover, the first results of the newly introduced and innovative mental health promotion programme in Slovenia - With Raised Mental Health Literacy to Better Managing Mood Disorders (acronym OMRA) - are presented, as well. The monograph is good food for thought for the lay and professional public. Duševne motnje postajajo eden glavnih javnozdravstvenih problemov in skrb za dobro duševno zdravje pomembno vpliva na domala vsa podroja našega življenja, vendar pa so po drugi strani duševne motnje od vseh kroninih nenalezljivih bolezni tiste, o katerih imata laika in strokovna javnost najbolj razlina stališa in preprija. Predsodki in napane informacije so v povezavi z duševnimi motnjami bolj pravilo

kot izjema, kar se odraža tako pri iskanju strokovne pomoči in zanimanju za zdravljenje kot tudi v prepričanjih o učinkovitosti zdravljenja. V večavtorski monografiji Z ve znanja o motnjah razpoloženja do izhodov iz labirintov: izkušnje in razmisleki so avtorice in avtorji v okviru 21 znanstvenih in strokovnih prispevkov naslovili problematiko duševnega zdravja, s posebnim poudarkom na motnjah moderne dobe – motnjah razpoloženja. Publikacijo odlikuje vedisciplinarna obravnava omenjenih tematik in je namenjena tako laiki kakor strokovni javnosti. Poseben prostor v njej je namenjen predstavitvi prvih rezultatov novega in inovativnega programa krepitev duševnega zdravja Z vejo pismenostjo o duševnem zdravju do obvladovanja motenj razpoloženja (akronim OMRA).
