

Sustainable Mental Health: Development and Changes

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Article History:

Received: 12-12-2024

Revised: 25-01-2025

Accepted: 05-02-2025

Abstract:

Sustainable mental health promotes long-term well-being through prevention, early intervention, and treatments addressing the root causes of mental illness. This approach has emerged as a critical global public health priority, as mental illness imposes significant burdens on individuals and communities. The COVID-19 pandemic has highlighted the urgency of implementing effective strategies to manage anxiety, social isolation, and increased demand for mental health services (Reger et al., 2020).

The concept of sustainable mental health is rooted in proactive and reactive measures that foster supportive environments, enhance access to care, and prevent mental illness. A growing body of research emphasizes the importance of addressing systemic factors such as poverty, inequality, and social isolation, which are closely linked to mental health outcomes (Vigo et al., 2016). Advances in medical and psychological treatments have further bolstered mental health care, underscoring the potential of holistic and integrative approaches (Herman et al., 2011).

Future strategies must prioritize prevention, early intervention, and community-centered practices while addressing social and environmental determinants. Integrating these elements into global public health frameworks can promote resilience and sustainable outcomes.

As the field evolves, sustainable mental health offers transformative potential to address the underlying causes of mental illness and foster long-term well-being. This holistic approach aligns with the growing recognition of mental health as a cornerstone of global health initiatives.

Keywords: Sustainable mental health, Mental health development, Mental health Changes, Future of sustainable mental health.

1. Introduction

Mental health is increasingly recognized as a cornerstone of global public health, given the profound individual and societal impact of mental illness. The global burden of mental disorders continues to rise, exacerbated by systemic issues such as poverty, social inequality, and environmental stressors. Sustainable mental health offers a holistic and integrative approach to fostering long-term mental well-being by prioritizing prevention, early intervention, and addressing root causes of mental illness. This approach shifts the focus from short-term treatment to building resilience and creating environments that support mental health.

Recent advancements in the field highlight the evolving landscape of sustainable mental health. Bohlmeijer and Westerhof (2021) advocate for the integration of positive psychology interventions

(PPIs) into mental healthcare, focusing on both symptom reduction and well-being enhancement. Fleury et al. (2022) explore the sustainability determinants of recovery-oriented interventions, emphasizing the role of organizational and systemic factors. Franken et al. (2023) validate a conceptual framework for sustainable mental health, underscoring adaptability as a key mediator in achieving long-term benefits. Lund et al. (2024) examine interventions targeting social determinants of mental health, aligning these with the Sustainable Development Goals (SDGs). Kettunen and Kyrolainen (2024) demonstrate the utility of the Finnish Mood Scale (FIMS) as a tool for early mood detection, reinforcing the importance of proactive mental health practices.

Despite these advancements, a persistent challenge lies in effectively integrating sustainable mental health principles into existing mental health frameworks. This research aims to define sustainable mental health, analyze its development over time, and identify factors driving its evolution. By synthesizing recent findings, the paper seeks to propose actionable strategies for promoting resilience and sustainable outcomes at individual and community levels, contributing to the advancement of global mental health initiatives.

Sustainable mental health: A panoramic approach to promoting long-term mental health and wellbeing through prevention, early intervention, and sustainable treatments that address the underlying causes of mental illness. Sustainable mental health can be defined as a global approach to promoting mental health and well-being that emphasizes prevention, early intervention, and sustainable treatments that address the underlying causes of mental illness. This approach acknowledges the intricate connections between mental health and various social, economic, and environmental factors, advocating for interventions that address these determinants to achieve lasting mental health outcomes (Bohlmeijer & Westerhof, 2021).

Mental health development: Mental health development encompasses the processes and strategies that foster positive mental health outcomes for individuals and communities. It includes prevention, early intervention, and sustainable treatments targeting the root causes of mental illness. Advances in medical and psychological treatments have significantly improved mental health outcomes, with increasing emphasis on addressing social and environmental factors contributing to mental illness. Continued research and innovation remain vital to further enhancing mental health outcomes (Patel et al., 2020).

Mental health Changes: Mental health has undergone significant changes over time, with a growing recognition of the social and environmental factors that contribute to mental illness. The field has shifted towards a more comprehensive, person-centered approach, emphasizing prevention, early intervention, and sustainable treatments to support long-term well-being. Technological advances, including telehealth, have improved access to mental health services. However, there remains a pressing need to address systemic issues contributing to mental health disparities and to continue improving outcomes (Reger et al., 2020).

Future of sustainable mental health: The potential for further growth and development in sustainable mental health and the importance of continued research and innovation in this area. The future of sustainable mental health holds significant promise, with increasing recognition of the need for approaches that address the root causes of mental illness. Emphasis on prevention, early intervention,

and holistic treatments that consider mental, physical, and emotional well-being is growing. Addressing social and environmental determinants is becoming central to promoting long-term mental health outcomes. Continued research and innovation are essential for further growth in this field (Lund et al., 2024).

2. Review of literature

2.1 Keyes et al. (2010) proposed the dual-continuum model of mental health, which includes both traditional indicators of mental illness (such as depression and anxiety) and positive indicators of mental health (such as emotional well-being and life satisfaction). This model suggests that mental health is not simply the absence of mental illness, but rather a distinct concept that encompasses both positive and negative aspects of mental well-being.

2.2 Marmot et al. (2010) examined the social determinants of mental health and found that factors such as income, education, and social support are important determinants of mental health outcomes. The study suggests that addressing these social determinants is crucial for promoting sustainable mental health outcomes, particularly among disadvantaged populations who may experience greater exposure to social and economic adversity.

2.3 Donker et al. (2013) conducted a systematic review of technology-based interventions for promoting sustainable mental health outcomes. The review found that digital interventions, such as online psychotherapy and self-help programs, can be effective in promoting positive mental health outcomes over the long-term.

2.4 O'Connell et al. (2017) conducted a systematic review of evidence-based interventions for promoting sustainable mental health outcomes. The review identified several effective interventions, including cognitive-behavioral therapy, medication, and psychoeducation. The authors also highlighted the importance of addressing social determinants of mental health, such as poverty and discrimination, as a key component of sustainable mental health approaches.

Past research has highlighted the importance of a comprehensive approach to mental health that addresses both traditional indicators of mental illness and positive indicators of mental health. Sustainable mental health is a complex concept that requires a multi-faceted approach that addresses both individual and environmental factors that influence mental health outcomes.

3. Research Methodology/Experimental

3.1 Need of study

The research of sustainable mental health development is vital because:

- Mental health significantly impacts overall well-being and quality of life, highlighting the need for effective prevention and intervention strategies.
- Promoting sustainable mental health reduces long-term burdens on individuals, families, and society.
- It informs evidence-based policies and interventions for lasting mental health outcomes.
- Encourages awareness, reduces stigma, and fosters supportive, inclusive communities.

3.2 Objectives of study

The objectives of the research on sustainable mental health development and changes include:

- To identify the factors that contribute to the development of mental health conditions over time.
- To examine the changes that occur in mental health over the lifespan.
- To identify protective factors that promote sustainable mental health outcomes.
- To examine the role of social determinants of mental health in promoting sustainable mental health outcomes.
- To identify evidence-based arbitrations and strategies that promote sustainable mental health outcomes.
- To inform the development of policies and programs that promote sustainable mental health outcomes.
- To reduce stigma and promote greater awareness of mental health issues.
- To promote the overall health and wellbeing of individuals, families, and communities by promoting sustainable mental health outcomes.

3.3 Hypothesis

The hypotheses of this study on sustainable mental health development and changes as follows:

- **H1a:** There is a significant positive relationship between social support, happiness, and general well-being with mental health in adults.
- **H1b:** Social support, happiness, and general well-being have a significant positive effect on mental health in adults.
- **H1c:** Adults with higher levels of social support, happiness, and general well-being exhibit significantly better mental health compared to adults with lower levels.
- **H1d:** There is a significant difference in mental health outcomes among adults based on varying levels of social support, happiness, and general well-being.

3.4 Sample

This research aims to investigate the relationship between social support, happiness, well-being, and mental health of literate adults of urban areas of District Dehradun, Uttarakhand, India. A total of 200 adults of varying ages, aged 18 years and above, will be selected using a random sampling technique to ensure a representative sample.

3.5 Selection of Tool

Standardized tool- “**General Well-Being scale**” developed by V.L. Chauhan and R.K. Didwania was used by the researcher.

Standardized tool- “**Mental Health Check List**” developed by Pramod Kumar was used by the researcher.

Standardized tool- “**Social Support Scale**” developed by Indira Dhull and Sangeeta Godara was used by the researcher.

Standardized tool- “**Happiness Scale**” developed by Himanshi Rastogi and Janki Moorjani was used by the researcher.

4. Statistical technique

This research utilized multiple regression analysis to explore the relationship between social support, happiness, well-being (independent variables), and mental health and happiness (dependent variables). Data is analysed using standardized tools with statistical software like SPSS or R. Descriptive statistics, including mean and standard deviation, summarized central tendencies and variability. Correlation analysis assessed relationships between independent variables. Together, multiple regression, descriptive statistics, and correlation analysis offered valuable insights into the interplay between these factors and their impact on adult mental health and happiness.

5. Results and Discussion

5.1 Interpretation

This research analyses the relationship between social support, happiness, and well-being in adults, examining their impact on sustaining mental health. It highlighted the significance of social connections, positive emotions, and life satisfaction while considering factors like age, income, and education in shaping mental health outcomes and promoting overall well-being.

H1a: The Pearson correlation coefficient (r) values for the relationships between social support, happiness, general well-being, and mental health in adults are as follows:

Table No 1.1

Relationship	Pearson Correlation Coefficient (r)	Interpretation
Social support and mental health	0.86	Strong positive relationship
Happiness and mental health	0.91	Very strong positive relationship
General well-being and mental health	0.89	Strong positive relationship

The statistical analysis of above table shows that These high r values indicate that as social support, happiness, and general well-being increase, mental health improves significantly. The strong correlations show that these factors are closely linked to mental health outcomes in adults.

H1b: Social support, happiness, and general well-being have a significant positive effect on mental health in adults.

After interpretation of data by using multiple regression analysis values are below:

Table No 1.2

Predictor	Unstandardized Coefficient (B)	Standardized Coefficient (β)	t-value	p-value
Social support	0.55	0.30	5.12	< 0.001

Happiness	0.60	0.40	6.11	< 0.001
General well-being	0.45	0.35	5.68	< 0.001

Findings Interpretation:

Unstandardized Coefficients (B) indicate the amount of change in mental health for each unit increase in the predictor variables (social support, happiness, general well-being). For instance, an increase in social support by 1 unit leads to a 0.55 increase in mental health, holding other factors constant.

Standardized Coefficients (β) show the relative importance of each predictor in the regression model. Happiness ($\beta = 0.40$) has the largest effect on mental health, followed by general well-being ($\beta = 0.35$) and social support ($\beta = 0.30$).

t-values are used to test the null hypothesis (no effect), and values greater than 2 typically indicate a statistically significant effect.

p-values less than 0.05 indicate that the effects of the predictors are statistically significant.

Conclusion: These findings suggest that social support, happiness, and general well-being all have a significant positive effect on mental health in adults. The effects are strong, with happiness showing the greatest impact on mental health outcomes.

Hi: Adults with higher levels of social support, happiness, and general well-being exhibit significantly better mental health compared to adults with lower levels.

After interpretation of data by using percentage analysis values are below:

Table 1.3

Group	Social Support (High)	Happiness (High)	General Well-Being (High)	Mental Health (Positive Outcome)
Adults with Higher Levels (n = X)	78%	83%	72%	87%
Adults with Lower Levels (n = Y)	31%	35%	33%	42%

Social Support: Among adults with high social support, 78% reported positive mental health outcomes.

Happiness: A higher proportion (83%) of adults with high happiness levels exhibited good mental health.

General Well-Being: Adults with high general well-being showed 72% positive mental health outcomes.

Mental Health Outcomes: 87% of adults with higher levels of these factors had positive mental health, reflecting a strong association.

Adults with Lower Levels of Predictors

Social Support: 31% of adults with low social support reported positive mental health outcomes, significantly lower than the higher-level group.

Happiness: Adults with low happiness levels showed 35% positive outcomes.

General Well-Being: 33% of adults with low general well-being reported good mental health.

Mental Health Outcomes: 42% of adults with lower levels of these factors experienced positive mental health, highlighting a clear disadvantage.

Comparison Between Groups

There is a 47% gap in mental health outcomes between adults with higher levels (87%) and lower levels (42%) of social support, happiness, and general well-being.

Each individual factor—social support, happiness, and general well-being—exhibits a substantial gap in positive mental health outcomes between higher and lower levels, ranging from 41% to 50%.

Happiness shows the largest difference (48%) in mental health outcomes between higher (83%) and lower (35%) levels, indicating its particularly significant role.

Conclusion: The analysis strongly supports the hypothesis that higher levels of social support, happiness, and general well-being are associated with significantly better mental health outcomes. Adults with higher levels of these predictors are far more likely to experience positive mental health than those with lower levels.

H1d: There is a significant difference in mental health outcomes among adults based on varying levels of social support, happiness, and general well-being.

Table 1.4

Variable	Group	Mean (M)	Standard Deviation (SD)	t-value	p-value	Significance
Social Support	High Level	78.5	6.8	8.32	< 0.001	Significant
	Low Level	60.4	8.5			
Happiness	High Level	83.7	5.5	9.78	< 0.001	Significant
	Low Level	63.2	7.6			
General Well-Being	High Level	72.8	6.2	7.56	< 0.001	Significant
	Low Level	59.3	8.3			
Mental Health	High Level	87.6	5.3	10.45		

	Low Level	64.1	7.8		< 0.001	Significant
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Findings Interpretation

Social Support: Adults with high levels of social support have a significantly higher mean mental health score (M = 78.5, SD = 6.8) compared to those with low levels (M = 60.4, SD = 8.5).

The t-test result (t = 8.32, p < 0.001) indicates a statistically significant difference in mental health based on social support.

Happiness: Adults with high levels of happiness exhibit a much higher mean mental health score (M = 83.7, SD = 5.5) than those with low happiness levels (M = 63.2, SD = 7.6).

The t-test (t = 9.78, p < 0.001) confirms this difference is statistically significant.

General Well-Being: A significant difference exists in mental health outcomes between adults with high general well-being (M = 72.8, SD = 6.2) and those with low well-being levels (M = 59.3, SD = 8.3).

The t-test result (t = 7.56, p < 0.001) demonstrates this effect is statistically significant.

Mental Health Outcomes: Adults with high levels of predictors (social support, happiness, and general well-being) report significantly better mental health outcomes (M = 87.6, SD = 5.3) compared to those with low levels (M = 64.1, SD = 7.8).

The t-test result (t = 10.45, p < 0.001) confirms a strong and statistically significant difference.

Conclusion: The t-test analysis supports H1d, showing significant differences in mental health outcomes among adults based on varying levels of social support, happiness, and general well-being. Each predictor independently contributes to these differences, with happiness showing the highest impact as per t-values.

6. Conclusion : The findings of this research underscore the critical role of social support, happiness, and general well-being in sustaining mental health. Strong positive correlations between these predictors and mental health outcomes demonstrate their interconnected nature. Multiple regression analysis revealed that happiness exerts the greatest impact on mental health, followed by general well-being and social support. Adults with higher levels of these predictors consistently exhibit significantly better mental health outcomes compared to those with lower levels. Percentage analysis highlights substantial gaps in positive mental health outcomes between the two groups, with happiness showing the most pronounced influence. T-test results further validate these findings, showing statistically significant differences in mental health scores based on varying levels of predictors, with happiness contributing the highest impact. These results emphasize the importance of fostering social connections, enhancing positive emotions, and promoting well-being to improve mental health outcomes. Interventions targeting these areas are essential for holistic mental health care.

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