

Implementing Mobile and e Health Services in Mental Health

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Introduction

Bangladesh is a developing country with a wide spread mobile network. Almost every part of the country has mobile and internet connection. Mobile health service is spreading recently due to its wide coverage of people and easy availability and low cost. Mobile health service is given both in public and private sectors including national and international NGOs.

Mobile Health in Bangladesh

- The ministry of health of Bangladesh has started mobile health service for the last few years and now it has extended to primary Health care centers of the country. Few international organizations like US AID providing a mobile health service that was designed to deliver critical stage-based information via cell phone to pregnant women and new mothers.
- Their journey started In December 2012 MAMA (Mobile Alliance for Maternal Action) launched the Bangladesh service brand Aponjon, which means 'the trusted one' in Bengali.



- All the leading mobile operators of the country are providing health service. They are providing service 24/7 targets every resident in Bangladesh, primarily those residing in rural areas. Ministry of Health and Family Welfare (MOHFW), Government of Peoples Republic of Bangladesh supporting and encouraging the m health service.

Mobile Health (continue)

Through the use of cellphones, mHealth provide health related information and medical counselling service 24/7, by specially trained registered physicians. People seek advice for emergency health, contraception, common health problem, substance abuse related problem with other psychiatric problems and sexual problems. mHealth is widely known, popular and admired service that has played a significant role in helping Bangladesh achieve some of the Millennium Development Goals.

Occasionally people provide wrong information about their health, make indecent comments and use the mobile health service to take their intended drug as a reference center. Moreover, there is no national ethical guideline for mobile health and internet based health service.



Mental Health using mobile and e services

Mobile Health service has opened a new horizon regarding the psychiatric disorders. Psychiatric diseases are highly stigmatized in the Bangladeshi culture and people are very reluctant to seek psychiatrist's help. People feel free to talk about psychiatric problem over phone due to anonymity and easy access. Sixteen percent of the people are suffering from psychiatric illness in the country. However, there are only 223 qualified psychiatrists in the country for 160 million of people.

The psychiatrists of Bangladesh developed online Bangla screening test like DAWBA, PHQ etc. However, they are yet to start providing online psychotherapy. Cyber Psychology Research and Consultation Center is trying to create awareness regarding problematic Facebook use, cyber bullying, Facebook addiction and porn addiction. The center is also providing advice and treatment. However, most of the people of the rural area are not informed about these services.

It can be concluded that mobile and electronic health service can very much effective for the developing countries having few resources and Bangladesh can be a role model for them.