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Common Mental Disorders: Integration of Psychotherapy as a Treatment in Addition to the Use of Psychotropic Drugs

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Abstract: Evolution has always been present in the life of the human being, nowadays we see an acceleration of this evolution, linked to the advancement of science and technologies, the human being sees himself in the need to learn, adapt, and deal with various demands that are often exhausting, with this, the consequences arise. The first decades of the twenty-first century have been marked by the large number of diagnoses of mental disorders, and consequently the use of psychotropic drugs, the side effects of these medications are known, so the discussion about other types of treatment such as psychotherapy arises, since the causes for most of these diagnoses are social and not necessarily biological. The absence of public policies in basic issues such as work, education and security indirectly interferes with the mental health of the population, and the population seeks to solve the problem as quickly as possible.

Keywords: Common Mental Disorders (MCD). Psychopharmaceuticals

1. Introduction

From the dawn of humanity to the present day, we have witnessed and experienced an ever more rapid and steady increase in the evolutions of the human race, as we live better and more informed. Thus offering both its positive and its negative side. As an example, technology has been one of the

crucial factors for such evolutions. And in this evolution, the human being has to learn to adapt as quickly as possible (so as not to be outdated, as it is popularly said) interfering even in family life. "Family habits linked to everyday aspects such as sleeping, eating, and walking are undergoing changes due to the use of digital media. The scene of finding children in restaurants with a tablet or cell phone, both used as

entertainment at mealtime, or even being used when parents move in traffic so that the child does not have any inconvenience, are some examples of what we are currently seeing." (Machado, 2020).

This excess of information in search of adaptation to the social environment causes a certain type of personal, social and psychological pressure, affecting a good part of the population in some way. Mental disorders affect about a quarter of people at some point in their lives. They are responsible for decreased healthy life expectancy and reduced overall health, as well as being a considerable risk factor for suicide. There are several determinants for individuals to develop mental disorders, including individual, social, cultural, economic, and environmental (Häfele, *et al.*, 2023).

The use of medications has become a quick way to obtain and guarantee results, coming to be seen as the solution to all problems "taken, passed!" Society seems to be running away from its responsibilities, and it is up to the professional to notice when it is actually necessary to use medications. "Psychotropic drugs have been used in recent decades for different purposes, for the resolution of conflicts related to life's difficulties, afflictions, unsatisfied desires and many forms of oppression. A generalization of the use increasingly distant from pathology itself, meeting the expectation of achieving an ideal of normality, which highlights the difficulty of dealing with the human, beyond the physical body". (Aguiar & Ortega, 2017; Filardi, Araújo, Nascimento, & Oliveira, 2017; Lopes, Clamote, Raposo, Pegado, & Rodrigues, 2012; Whitaker, 2017).

The National Policy on Integrative and Complementary Practices (PNPIC) was created with the aim of guiding, expanding and boosting the implementation of Integrative and Complementary Practices (PICS) in the Unified Health System (SUS), in order to offer safe and effective alternatives to solve health demands in the country, encourage and offer treatments that allow a more active performance of the patient (BRASIL, 2006; 2015). Even so, there is a lack of more intense and precise psychological follow-up.

2. Methodology

In view of the interest in discussing the use of psychotropic drugs and their relationship with psychotherapy and other types of therapy, in order to understand both the clinical results and the subjective experiences of patients using these types of medications, a literature search was carried out on the subject. Because it is known that the use of these can be addictive and also based on the knowledge of the side effects of these medications. The Scielo platform was designated as a research source, which proved to be sufficient in view of the results offered, using the terms "mental disorders", "psychotropic" and "psychotherapy" as key words for the search, of which those that were pertinent to the proposed theme were verified. It sought to delimit the period of the research in the last decade (2014-2024) with the intention of obtaining correct results in relation to the current period, the

research was limited to the Brazilian national territory, observing an inclination of the results to the social context, which allowed to obtain a view of this reality in the country. Thus, the complete reading of the articles guarantees the legitimacy of the subjects addressed, as well as the reliability of the research carried out.

3. Results and Discussion

The second decade of the 21st century has been marked by the growing number of diagnoses of mental disorders, a study of the Diagnostic and Statistical Manual of Mental Disorders (DSM), after the publication of its fifth edition in 2013, points to a correlation between it and the comprehensive number of diagnoses. "The manufacture of mental illnesses seems to increasingly favor the psychopharmacology market, which may pose a risk to public health." (Ribeiro; Marteleto, 2023). Based on this assumption, it can be said that the more types of mental illnesses that exist, the more diagnoses are established. Another bias that explains these numbers is a process in which non-medical problems are defined as medical problems. (Conrad, 2007 apud Filard *et al.*, 2021, p.424) bringing the issue to a discussion in the social sphere, assuming that society has not been able to deal with the adverse situations of life today.

Social factors, in turn, imply situations in which human beings face innumerable difficulties. A thought by the philosopher Pelbart (2015) about the working day states that the so-called immaterial work, nowadays, instead of just producing material goods, produces, above all, images, information, services, requiring from workers not only brute force, but their intelligence, their imagination, their creativity, including their affectivity, and their connectivity, in short, their soul, your life. This thought translates the exhaustion of the working class, which in addition to facing so many demands at work, still needs to face its personal demands, which favors Common Mental Disorders (MCT) – a term used to designate non-psychotic mental suffering of people who present nonspecific somatic complaints, symptoms of irritation, tiredness, insomnia, stress, among others (Ludermir & Melo-Filho, 2002; Lucchese *et al.*, 2014 apud Filard *et al.*, 2021 p.423) in view of the facts, treatment routes are necessary, regardless of their causality.

A study with psychotropic drug users concluded that the patients used the drugs to 'overcome the problems faced in life' and that 'the medication was necessary to return to the point of equilibrium', where these had as reinforcers or main causes for the beginning of the use of the drugs work, studies, relationships both in the affective and family context, and especially exposure to violence and poverty (Filardi *et al.*, 2021. p.4.).

Another study conducted at the Federal University of Minas Gerais (UFMG), where physicians working in the area of family health were interviewed, points to the use of psychotropic medications as an acceptable, available and possible solution in the face of existing impasses, since

patients treated in the area of Primary Care present a certain type of resistance when the option of non-pharmacological approaches such as psychotherapy is proposed. acupuncture, participating in community therapy circles, as well as activities such as developing a hobby (music, reading, gardening, etc.), although those who already used non-pharmacological strategies recognized its benefit, in addition to the resistance of patients, another factor that hinders treatment by non-pharmacological means is the difficulty of access to other professionals and other social policies, It was also highlighted the fact that the population of the Health Center reported the lack of time available after working hours to perform such activities, since they are fathers, especially very young mothers, who need to take care of their children, perform housework, while people who are cared for in the private network, in general, They are able to adjust and reconcile working hours. Such statements only reinforce social issues, in addition to biological causes. (Filard *et al.* 2021, p. 432,433.).

Faced with the situation, medication ends up being used, with the purpose of stopping or at least alleviating the suffering as soon as possible, but the cause still remains, so the absence of public policies that contribute to solving the problems is perceived, and from this point on there is the possibility of the excessive use of psychotropic drugs being reduced if access to non-drug therapies were facilitated, and also the questions about the prescription of psychotropic drugs for patients who supposedly did not need the use of them, is what is suggested by a question made by doctors who deal with cases of common mental disorders "Doctors, in turn, question the adequacy of their answers in practice, whether they are treating depression or the effects of life's difficulties, the miseries of life. They wonder who is really depressed and who is just tired or fed up with difficulties and social circumstances" (Macdonald *et al.*, 2009; Schalleberger & Colet, 2016; Filard *et al.*, 2021, p. 2).

Understanding the causes of the need for the use of drugs in situations of mental disorders is a need that becomes more important with each passing day to understand certain trivializations that the indiscriminate use of drugs has become. The drug is a reality, often crucial and determinant for the patient to be able to overcome certain traumas and resist the expressive weight that he carries on his back from certain wounds and situations. However, based on the questions previously asked about actually treating mental disorders or adverse situations in everyday life, another question is reinforced. "About how treatment is offered beyond medication. They would be presented as complementary to medication, or as legitimate and independent alternatives for the treatment of users." As an answer to this question, the study "suggests that psychosocial treatment offerings are likely to be presented to users and family members as complementary treatments for mental disorder, rather than as alternatives to medication or as legitimate and effective treatments, regardless of medication use." (Colaço, R. F. Onocko-Campos, R. T., 2022).

4. Conclusion

It is understood, then, that the use of psychotropic drugs is indispensable in certain patients, when correctly combined with therapeutic treatment done in a safe and responsible manner with a professional.

The social issues brought up are the result of the absence of public policies, or at least of an effective execution when they exist in public health centers, expanding the discussion also towards, in addition to the treatment of common mental disorders, an absence of political participation in the issues of education, security, work, among others, indirectly interfering in the mental health of the population. Based on these conclusions, it is perceived that it is necessary to intensify mental health programs, offering the public opportunities for psychotherapeutic follow-up and other forms of therapies, with this it is also perceived the excess in mental health demands in primary care, making it impossible for professionals to do an adequate follow-up, resulting in the prescription of medications. in order to alleviate psychological distress rather than treating the root causes of the actual problems.

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