

Body and Mind: internal boundaries and external borders

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The relationship between psychiatric disorders and physical disorders is an abidirectional one. It is well known that patients with mental health problems are more likely to develop physical illnesses, and those with chronic physical illnesses are likely to develop mental health problems. For a long time, as the legacy of Descartes, the physical and mental health care systems have worked apart in many countries to the detriment of patients and their families. A vast majority of patients with psychiatric problems are seen and managed in primary care settings but often their needs are not met due to confusion about responsibilities. Studies from the USA and the UK have demonstrated that between 70-90% patients will use folk and social sectors for treatment. And between 10-30% will reach professional care services. This pattern will further vary according to accessibility and resources available. Different methods are required for identifying people whose mental health needs are being met elsewhere and specific ways of developing care pathways must be considered. Psychiatry is strongly influenced by cultural and social mores and the context in which people seek help and training of health care professionals must take that into account. Cultures determine models of care as well as explanatory models of distress and, therefore, it is important that health care delivery takes these aspects into account in any service planning. We need to move away from mind-body dualism and focus on integrating services in a useful way.

Professor Dinesh Bhugra CBE is Professor of Mental Health and Cultural Diversity at the Institute of Psychiatry, King's College London. He is also an Honorary Consultant at the Maudsley Hospital, where he runs the sexual and couple therapy clinic. His research interests are in cultural psychiatry, sexual dysfunction and service development. He has authored/co-authored over 350 scientific papers, chapters and 30 books. His recent volumes include *Principles of Social Psychiatry*, *Mental Health of Refugees and Asylum Seekers* (Highly Commended in the 2011 BMA Awards), *Migration and Mental Health*, *Textbook of Cultural Psychiatry* (Commended in the BMA Book Awards in 2008 and recipient of the 2012 Creative Scholarship Award from the Society for the Study of Psychiatry and Culture), *Culture and Mental Health* and *Management for Psychiatrists*. He published *Mad Tales from Bollywood: Portrayal of Madness in Conventional Hindi Cinema* in 2006.



Professor Bhugra is the Editor of the *International Journal of Social Psychiatry*, *International Review of Psychiatry* and *International Journal of Culture and Mental Health*. He has also developed teaching modules and short courses for medical students and psychiatric trainees on Cultural Psychiatry and on Cinema and Psychiatry.

From 2008 to 2011 he was President of the Royal College of Psychiatrists. In July 2011 he became Chair of the Mental Health Foundation. In 2011 Professor Bhugra was elected President-Elect of the World Psychiatric Association and in early 2012 he was awarded a CBE.