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PSYCHOLOGY

PAPER No. 16 COMMUNITY PSYCHOLOGY

**MODULE No. : 36 SCIENCE, POLITICS AND ETHICS OF
COMMUNITY INTERVENTION**

1. Learning Outcomes

After studying this module, you shall be able to

- Know about the role of science and research in solving mental health problems.
- Learn about the political aspect of research done on mental health i.e., what govt. has done so far for preventing mental illness problems to expand.
- Identify the viewpoint society holds towards mental health.
- Evaluate the research programs on mental health.
- Analyze the researches on mental health.

2. Introduction to Science, Politics and Ethics of Community Intervention

Under the heading “Science, Politics and Ethics of Community Intervention” the use of scientific principles of observation, experimentation for implementing and exploring different styles of community intervention programs for different problems. Politics in this topic refers to the plans formed for implementing the interventions of mental health program, science is about re-researching intervention programs which serves best to the community mental health and ethics refers to the rules and regulations governed to protect the rights of community people.

3. Science of mental health Community Interventions

High quality research studies need to be done for the future to launch new community intervention programs in mental health care and establish the mental health field on more solid scientific background. In particular the focus should be on those which identifies strategies for promoting mental health and preventing mental illness, exploring new mental health issues and solution to the those issues while reducing the risk factors for mental disorders. Research on mental health is also necessary to find out what perspective society holds towards mental health and if the society has some misconceptions about mental health than effort should be given to neutralize those misconceptions. Scientific research helps in finding solution to the mental health problems and what new technologies can be used in advancing skills for preventing mental illness and providing better treatment for mental illness. The science of research focus on below mentioned key points:-

- ✚ It searches for preventive measure from mental illness.
- ✚ Look for effective and quick treatment for mental illness.
- ✚ Collecting data on various mental health issues to explore about the viewpoint any society holds towards mental health and what kind of mental health problem is prevailing more in which particular region.
- ✚ Planning preventive programs for the problems identified.

- ✦ Community Intervention programs for spreading awareness in mass about mental health care and available facility.
- ✦ Use of latest technology for implementing intervention programs.
- ✦ How mass can be involved in the success of launched intervention program.

4. Politics on Mental Health

4.1 Administrative Bodies of Mental Health Care

Govt. is keeping separate budget for meeting the expenditure for launching community intervention program. Although the focus is not completely on mental health facility but focusing on major issues or problems of people can help to reduce the level of stress and exposure to other mental health problems. All this work is done either through workshops to engage private NGOs in awareness and training programs, open discussions etc. Planning commission work for allotting required budgets for many intervention programs launched by the govt., UN women is working for the better condition of women and children across the world. Govt. has launched the special community intervention programs for minority communities, poor and transgender. Special programs were launched by the government to look after the problems which causes mental health problems specially substance abuse. But govt. policies and facilities have more lacking than the benefits available through these programs and the biggest limitation of govt. policies is limited allocation of budget for the programs. For mental health care facilities government only provides 1% approx. to maximum budget. The functioning and implementation of govt. launched policies are slow and unavailable to all. Few such programs were discussed in UN women conference on “Whose right? Whose budget” in which it was concluded that few govt. policies were launched but budgets were not properly utilized to implement them properly. A community intervention program for transgender was launched in Tamil Nadu but the implementation of the program was stopped as soon as the govt. changed in the state. It shows that govt. need to focus more on the implementation of its intervention programs.

4.2 Non –Government Organization

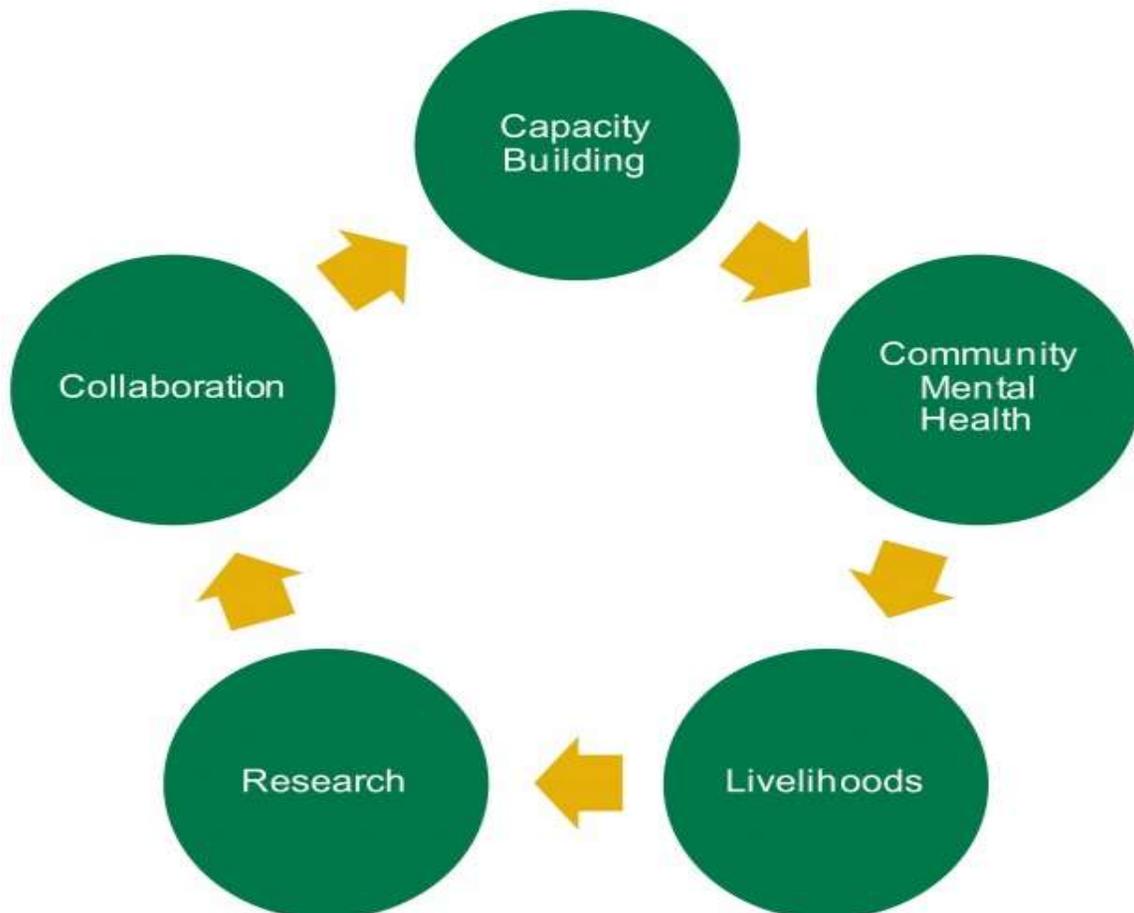
NGO’s are working on community intervention programs at large scale although they are not widely spread in India but their intervention programs to be working efficiently on all the major aspects they can work. NGO’s are the small scale separate organizations which works at individual level or at their own to carry out the research plans on mental health to extend their work on mental health care and get a grasp of knowledge on the mental health conditions of the country’s people. These NGOs do research and surveys to know more about the regions where people need immediate help for mental health care. These NGOs provide all helps possible for them to provide to the people of community they are working on or with. The drawback of these NGOs is that they are widely working in specific regions of the country and most of them are working in the metropolitan cities only focusing on the poor people in the city whereas the widespread poor people living in the villages are at disadvantages of being deprived of the required help. The NGOs work at their own level with the permission of govt. They look after mentally ill people with the support of people who are willingly giving their time and donation for such people.

- ✦ National Institute of Behavioral Science (NIBS)
- ✦ The Kanchan Foundation
- ✦ Mother Teresa Home
- ✦ Basic needs basic rights
- ✦ Bua sa Hockey village Indien

Bua Sa Hockey Village Indien is one of the NGO which is working in village of Rajasthan with the motto of development through hockey. It has launched programs of promoting Hockey and awareness among the rural Indian villages of Rajasthan and expanding it to those areas of the country where health and education facility is poor and practices of child marriage are common so that awareness among the people of such area could be spread easily.

The work of Basic needs and Basic rights with mentally ill people and functioning of the organization is explained as below:

Image 2: Showing the five basic plans of the NGO which keeps the cycle on track



Capacity Building: recognizing need, mobilizing resources, sensitizing and training mental health and development stakeholders. It is like building blocks of a mental health development which include

1. Recognizing needs of those who are having problem and need to create awareness among those who are unaware of mental health problem.
2. Mobilizing resources where there is a need utmost.
3. Sensitizing and providing training to those who are stakeholders of mental health development because when they'll understand it better than they will do best in there possibilities for providing mental health care and development of mental health care facilities.

Community Mental Health: enabling effective and affordable community oriented mental health treatment services for the people of community.

Livelihoods: Encouraging the gain and regain of the ability for the affected people so that they work again ,earn and contribute their share to the family and community and have an opportunity to be self-dependent and make a stand for self.

Research: Re- search means creating evidence from the practice of mental health and development. Looking for more effective and in-hand solutions for mental health development and identifying the cause of problem and methods to deal with them. Research is science which investigates problem and solution to its problem with the help of tool called science.

Collaboration: managing partnerships and relationships with stakeholders who are involved in implementing the Basic Needs of MHD Model on the ground level and/or are responsible for policy and practice decisions. Basically this point means that collaboration in team at all level is must and required for successful implementation of MHD model which says that

5. Ethics of Community Interventions

This segment covers the work ethics for mental health practitioners and laws made to reserve the rights of mentally ill people. After doing research some rules and regulations were made to protect the rights of mentally ill people of the country and some work ethics are also governed for mental health practitioners also so that it helps both the parties the client with problem and the one who is providing treatment being at some ease at work place and help each other their best in receiving and giving the treatments. Not all the countries around the globe have mental health acts. The World Health Report (2001) lists the following percentages, by region, for countries with and without mental health legislation. The governed laws and ethics for mental health care look after the following key points:

Respect for persons

- Every person has the right to be treated with respect.

Respect for people, and for their rights, includes at least two fundamental principles.

- (a) Respect for person's choice for autonomy requires that those who are capable of deliberation about their personal goals should be treated with respect & dignity for their capacity for self- determination. This may apply on an individual level or on collective basis.
- (b) People with diminished autonomy, should be provided protection from all possible threats or harm. They should be provided with the afforded security against these threats and harms.

Justice

Justice means the fair distribution of benefits and burdens of participation in a study and for any participant, a balance between burdens and benefits, which might exclude the term equality while distributing responsibilities or burden and benefits among the population. Those who are capable of taking care of responsibility more and might seem to have less benefit whereas those who are more incapable of taking responsibility might seem to be provided with more of benefits to bring them at the level of equality with those who are capable off.

- (a) Unnecessary imposing unfair burden of participation on particular communities in intervention studies should be avoided (e.g., vulnerable members of a community should not bear unnecessary burdens of studies from which other members of the community who are capable of taking care of such burden are intended to benefit), every person has right to be treated equally despite of their differences. Right to get treatment should be protected under all circumstances.
- (b) Studies should be designed in such a way where inclusion and exclusion of participants should be fair.

Justice involves reducing inequalities i.e. fair distribution of resources and responsibilities for all the members of the community. Decision-making about study questions and processes should include consideration of the potential to reduce mental health inequalities.

Beneficence and non-maleficance

The principle of beneficence refers to a moral obligation to act in a way that will benefit others. 'Non-maleficance' refers to an obligation not to inflict harm on other. In any intervention studies there is always potential risk of harm to the participants of the case studies, in no way any intervention studies should possess any potential threat or harm to the participants of the

intervention studies. All the essential measures to remove all the potential treats and harms to the participants of the intervention studies should be taken care off.

- a) A study should be designed with the range of minimal risk if potential participants are expected to regard the probability and magnitude of possible harms from their participation in the intervention studies should not exceed their exposure
- b) A study should be designed in such a way so that the potential threat of possible harm the participant have from participating in should not exceed the magnitude no greater than those encountered in everyday life.
- c) A counter plan should also be prepared while conducting any study when for covering the protection of the participant just in case, if risk of exposure goes beyond the optimum level.

Integrity

- a) The investigator's commitment to the advancement of knowledge entails a duty to conduct honest and thoughtful inquiry and rigorous analysis, and to accept responsibility for her or his activities in relation to research participants and communities.
- b) In intervention studies there is the potential for personal bias in the analysis and presentation of results. All investigators need to be aware of this potential and conduct studies with objectivity, free from any influences that might compromise the scientific credibility of the study. The potential for personal bias or expectation is also a reason for blinding investigators and data analysts.

Diversity

- a) Country like India hold a diversified population, so while conducting the intervention studies, investigators should understand the population's diversity, respect it and put or place the process of study accordingly.

Addressing conflict of interest

A potential space for conflict of interest arises in any intervention studies if the investigator:

- is remunerated for participant recruitment (e.g., with per capita payments)
- has a commercial interest in the intervention or financial links to the study sponsor

- Will benefit in professional or academic terms from involvement in the study.
- a) If the investigator provide all the necessary and relevant information related to the intervention studies to the other participants (including ethics, funder, employer, sponsor communities and study participants) parties about perceived or potential risk and threats involved in the intervention studies, than it reduces the circumstances for the arrival of any kind of conflict of interest. Where this is not practicable, conflicts should be minimized and managed, using strategies such as oversight and disclosure.
 - b) There are chance of conflict if the investigator play the dual role for some of its participants as investigator and as a usual health care provider, although this role is helpful I some situations but not applicable in all situations, so chances are there for arise of conflict of interest. However this possible interest of conflict should be disclosed and discussed with the potential participants in advance.
 - c) Other members of the study team, such as research nurses, may also be placed in positions of conflict of interest if their employment prospects, job continuation or remuneration depend directly on their recruiting participants into studies.

6. Summary

1. Science helps in systematically organizing the problems of mental health from classification to taking intervention measure.
2. Science helps in exploring each part of the problem to the extended level and then looking for its solution through research.
3. Science helps in revealing the past, present and future of mental health problem through research.
4. Politics is the study of implementation programs by govt. and NGOs for community intervention.
5. Ethics involves the guidelines which are meant to protect the rights of participant's personal self.
6. Ethics involves respect of person's personal self.
7. It includes ethics for justice, diversity, addressing conflict and integrity, all of these were included in ethics to protect the basic rights of participant against harms of intervention programs either intentional or unintentional.

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