



Professor David M. Ndeti, MBChB (Nairobi), DPM (London), FRCPSy (UK), M.D. (Nairobi) obtained his medical qualifications from the University of Nairobi, Kenya. After two years he proceeded to the Institute of Psychiatry in London and did his rotations at Maudsley, Queen's Square, Guys and Bexley Hospitals amongst others in London. During this time he got his Diploma in Psychological Medicine (DPM) and was also admitted as a member of the Royal College of Psychiatrists UK (MRCPsy). He was later elected a Fellow. He also took a one year further training in Psychotherapy at the Institute of Family Therapy, London. While in the UK he enrolled for a Doctorate in Medicine at the University of Nairobi. He accepted an academic appointment at the Department of Psychiatry, University of Nairobi in the early 1980s where he rose through the ranks to the position of Full Chair of Psychiatry in 1995, a position he has held to date. He gave his inaugural lecture entitled: The Walk Towards The Promise: View of Mental Health in Global, Kenyan And Individual Perspectives in 2001. He has held various administrative positions in the University of Nairobi, including Chairman Department of Psychiatry, Acting Dean, Faculty of Medicine and Acting Principal, College of Health Sciences. He has sat on many technical committees appointed by the Government of Kenya. He was recognized by the University of Nairobi by the award of Merit Certificate for Distinguished Service. In 2000, he founded the Africa Mental Health

Foundation. He has published in local and international journals. He has been visiting professor of psychiatry and external examiner in psychiatry in several medical schools in Africa and Europe.

He has also sat on several WHO and WPA technical committees. He has done assignments for the following United Nations Agencies: WHO, UNODC, UNCTR and UNIFEM, including training of the first batch of 60 psychotrauma counsellors for Rwanda following the genocide. He has contributed to mental health education for the lay people through numerous television and radio shows and over 700 articles in one of Kenya's leading dailies. He is a member of the Global Network for Research in Mental and Neurological Health and has developed several Meritorious Award Schemes for academic excellence in Psychiatry and Mental Health for university students.

According to the World Health Organisation (WHO) mental health remains a priority area globally. Over 450 million people worldwide are affected by mental, neurological or behavioural problems. In addition, about 873,000 people commit suicide annually. Mental illnesses are common to all countries and cause immense suffering. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality. Mental disorders remain the cause of staggering economic and social costs.

In Africa, over the years it has become increasingly evident that psychiatric illnesses form a major part of the day-to-day problems. Many patients are presenting with conditions, which directly or indirectly arise from stressful conditions. With increasing demands on life, a highly competitive lifestyle and a desire to succeed, many people are in need of psychological help. It is therefore imperative that the health worker be equipped with adequate knowledge and skills to be able to obtain a psychiatric diagnosis. More emphasis needs to be put

on mental health as a key component in the curriculum in order to improve the quality of medical training in Africa.

The theme advanced in this publication is that mental health is bigger than clinical psychiatry and clinical psychiatry practised on its own is incomplete. Thus, various disciplines that constitute the mental health discipline such as clinical psychology, sociology and medical anthropology have been covered.

This book has been authored by a team of over 60 experts from all over Africa who are actively involved in teaching clinical psychiatry and mental health. The target groups for this book include medical students, psychology students, nurses, clinical officers, occupational psychiatric therapists, clergy and any other related disciplines. The book also would also be useful to the general practitioner and other health care professionals who interact with patients.

AMREF's mission is to improve the health of disadvantaged people in Africa as a means for them to escape poverty and improve the quality of their lives. AMREF has almost 50 years experience in health development. In 1957, three surgeons founded the Flying Doctors' Service of East Africa, an organisation that would later grow and develop into the continent's premier medical research organisation. AMREF implements projects to learn, and shares that learning with others to advocate for changes in health policy and practice. Working with and through communities, health systems and ministries of health, AMREF aims to close the gap that prevents people from accessing their basic right to health.

Founded by Prof. David M. Ndeti in 2000, the Africa Mental Health Foundation (AMHF) is dedicated to research for evidence-based policy, practice in and promotion of mental and neurological health and healthy behaviour. It is now a leading centre of excellence in mental health research and advocacy in the region. It supports several Meritorious Award Schemes for academic excellence in psychiatry and mental health for university students.



# Clinical Psychiatry and Mental Health

David M. Ndeti



# The African textbook of Clinical Psychiatry and Mental Health



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