



# WHAT AM I SUPPOSED TO DO



as (establishing a system and rules carried out by parents and followed by the child, maintaining feelings of love and caring for the child and taking their opinion on

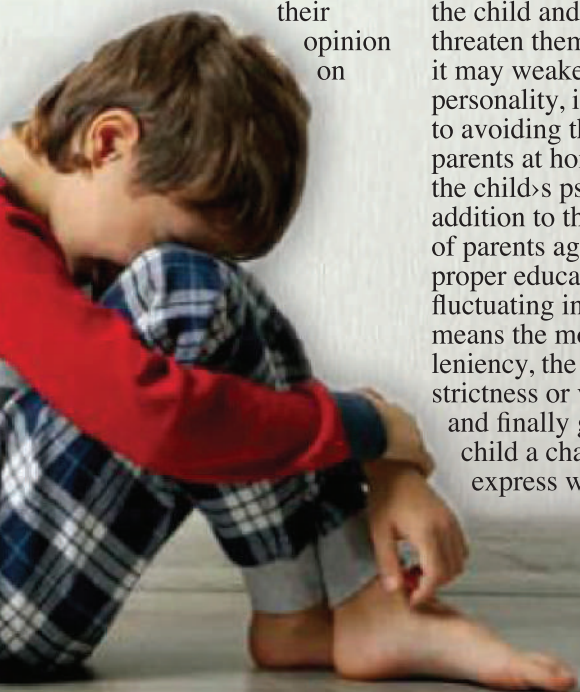
things related to them, strengthening the positive behaviors and not focusing on the wrong behaviors done by the child, not to intimidate the child and criticize or threaten them because it may weaken their personality, in addition to avoiding the frown of parents at home affecting the child's psychology, in addition to the necessity of parents agreeing on proper education and not fluctuating in treatment means the mother's leniency, the mother's strictness or vice versa, and finally giving the child a chance to express what is inside

them and not to suppress their feelings.

## *Its Spread in the Societies*

Behavioral disorders are widespread in societies, where there is hardly any society without their occurrence. Many studies indicate that the prevalence of behavioral disorders in societies is between 1% and 15%, but the percentage adopted in most countries according to studies is 2%. However, these proportions occur in the normal conditions of societies, yet in circumstances of conflict and war, this preparation is exacerbated.

With regard to the ratio of distribution of behavioral disorders by intensity variable, studies have indicated that the vast majority of cases are of a simple or intermediate type, while very few cases are of a very severe or very severe type. In terms of gender and age, studies indicate that emotional disorders are two to five times more common in males than females. In terms of time age, emotional disorders are relatively low in primary, rise significantly among teenagers, and then decline.





# MY CHILD IS BEHAVIORALLY DISTURBED...

**This is how Yasin's mother,  
who no longer knows how to deal with her  
13-year-old only child Yasin, became confused  
by his behavioral disorder.**

Yasin's mother says that her child Yasin has become disobeying everything she asks him. His actions have become aggressive, and he is very angry all the time. He often gets into fights with his peers at school, and his school level has become very bad and does not continue to perform his school duties so that his troubled behaviors are no longer tolerated by his father. Sometimes it bothers him to the point he is forced to insult the child and beat him.

Yasin's troubled behavior has become a source of concern for his parents and those around him, at both home and school.

Yasin's parents' condition is not much different from that of many parents who suffer from the disorder of their children's behaviors.

But how can behaviorally disturbed children be treated?

Many parents complain of their children's behavior disorder, which makes them constantly anxious and often increases the burden on the family.

Children's disturbed

behaviors are a source of concern and a problem for parents, especially when they become harmful and socially unacceptable.

At the same time, their troubled behaviors affect them through the difficulty of making friends, failing to study and not attending school, in which case they are often blamed for others and attribute their problems to them.

Children resort to misbehavior when their mood sours and feel depressed, as well as when they are not respected at home, and also when they are subjected to harsh punishments and lack of proper freedom. All of which make their behaviors disturbed.

## *Parents' Mistake*

On the other hand, many parents make common mistakes when they play their roles towards their children, which are a cause of the worsening disorder of their children's behaviors by criticizing and imposing orders on them all day long, discriminating and comparing them, not satisfying their need of love and tenderness,

neglecting their feelings and basic needs, and even when they are over-pampered.

## *How the Surrounding Environment Affect Children*

Somaia AlAbbasi, a psychologist at the Children's Clinic at the Yemeni Center for Family Counseling, says that children are similar to adults and have strong feelings about what happens to them sometimes, and that is when their behaviors are disturbed by problems of the environment surrounding them, such as family problems that occur between parents and others. On the other hand, parents are affected by their children's behaviors, and the reaction of parents is reflected in violence (physical - psychological abuse) without attention that violence may be the cause of the disorder of their children's behaviors which reach (stubbornness and lack of obeying parents, short-temper, and the unwillingness to go to school to be distracted by the school), until the child develops many mental

disorders such as anxiety, fear, depression and other disorders.

## *The Treatment Plan*

AlAbbasi explained to «Family Counseling» that the treatment of behavior disorders in children begins by developing a treatment plan for each child according to his or her circumstances, and educating parents about the importance of treating the child well so that they can modify their behavior. She points out that if these children grow up in troubled and disintegrated families. Therefore, the whole family must be treated in order to improve communication and dialogue among the whole family to become more stable.

AlAbbasi has identified some guidelines for parents to deal with children such



# Effective Medicines

Prevention For 3 Years»

Of Seizures»  
Addictive»



without medications and this intervention may be prolonged, or intervention through medications, the choice of either is according to the desire and time of the patients themselves as the result is the same for both psychological therapy or medications. The advantage of psychotherapy sessions is that it is more integrated and increases the person's experience in life; on the other hand, the advantage of medications is that they are faster in the treatment and improvement of patient's condition, as the patient reaches to normal condition in about a month. In severe cases, the case must take medications and then psychological and social therapy sessions. Regarding to the period of use of psychiatric medication for any psychiatric condition of any different names, the

use of the medication must continue for at least a year, which is the shortest period of use of psychological treatment for cases that are mild to moderate. However, cases that need prevention or recurrence in two consecutive years (i.e. the patient's improved and then collapse again within two years). In this case, it is necessary to take prevention between 3 to 5 years. So, the idea of prevention becomes important because when young people develop mental illnesses at the age of 18, he/she needs to use medications for 3 to 5 years in order to live their life normally. For those who think that they need medication permanently, they have mixed up the idea of whether the disease is chronic or not as not all psychiatric diseases are chronic, except for schizophrenia, which

may require medication permanently, while the rest of the mental illnesses are often in the form of seizures, and when the seizure occurs it may need treatment for a year.

• **But some believe that psychological medication is used for life?**

- There are cases using the medication once in their life, as 20% of mental illnesses in general may come once in life, 20% can be chronic, and 60% of mental illnesses often occur in seizures. Every two out of ten patients recover from the disease after one year of medications use, and two out of ten possible patients need permanent treatment because their disease is chronic, while the remaining six of the 10 patients, their disease comes at intervals which means that the person may become

ill and improve after one year of treatment, and then the disease may return after 56- years and so on, unless they become ill for two consecutive years, in which the patient needs protection for 5 years. In any case, psychotropic medications are not addictive when used.

• **When the condition is completely cured after use of psychological medication, does this mean that the medication has eliminated the disease? How much improvement does the psychological medication alone make?**

- The medication does not eliminate the disease, but helps the patient to live normally. It is also possible to say that 80% of patients of various mental illnesses can live a normal life.



Consultant psychiatrist Dr. Saifeddine Al-Miri to «

# Psychiatric Medications Are One Of The Most

«Psychiatric Medication Is Used For One Year, And When

«Most Mental Illnesses Occur In A Form

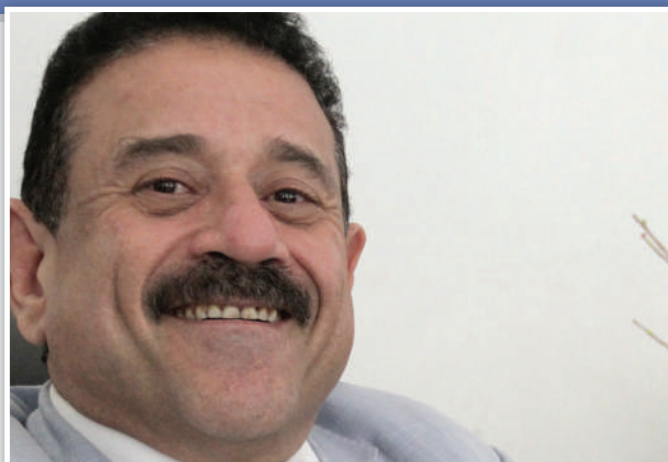
«Use Of Psychiatric Drugs Is Not

Unlike other medications, many still do not know a lot about psychiatric medications have become controversial to some a target for the focus of rumors.

To understand psychiatric medications more, Family Counseling had an interview with consultant psychiatrist Dr. Saifeddin Al-Miri, to talk about the effectiveness of psychiatric medications and their comparison with psychotherapy sessions. Whether psychiatric drugs are addictive or not? The dangers of their use and their limits? Why are they expensive? How Qat, tobacco powder (shamah) and smoking affect their effectiveness? How much of change will be made in society if psychotherapy is available to all patients in our society and its relationship to the improvement of the economy? And the opinion of medicine on issues of magic, possession and evil-eye. All this and more in the following interview:

- At first put the reader in the picture, what does psychiatric medication mean for cases with psychological disorders? How effective is the drug in improving cases with mental disorders?

- For medicine in general, a reformulation has been done on the evidence, or in other words evidence-based medicine. Medicine in general has 18% of the confirmed information which is the rate of effectiveness of medicines in medicine in general, and what is confirmed in the internal medicine of evidence of its medicines is 20%, while in psychiatry, medical interventions confirmed by evidence and research for a controlled random sample, the effectiveness of their medications is 78%. This percentage exceeds two aspects, namely obstetric



medicine with an estimated effectiveness of 80%, as well as intervention in injuries, not surgery. The reason for the high effectiveness of psychiatric medications is due to the development of electron microscope and knowledge of neurons, although the age of psychiatry may not exceed 50 to 70 years. Moreover, the comparison between the

effectiveness of psychiatry and other medical fields is the difference between 30% to 78%.

- **When is psychological medications necessary for mental illness cases?**

- This usually depends on the definition of mental illness. If we classify diseases by degree of severity to mild, medium and

**The Drug Does»  
Not Eliminate The  
Disease, But Helps  
The Patient To  
«Live Normally**

severe, which are determined by the performance and practices of the patient in daily life, especially with regard to the impact on work and relationships, in the sense that cases with a mild severity regardless of the type of mental illness suffered, patients are sufficient to be treated with psychological and social therapy sessions only. In medium-severity cases, it is optional to choose between two types of therapeutic interventions, either psychological and social therapy intervention



# Investing in Mental Health

Saddam Bohair



Innovation is often driven by offer and demand, and unfortunately this is not true regarding mental health care. It is time to invest in long-term and effective solutions that build mental health care capacity. The living conditions we have experienced over the past months have brought with it many challenges for health-care workers who provide care in difficult circumstances.

Health-care workers go to work fearing to carry Covid-19 with them when they return home. Students, who have had to adapt to attending classes at home, have limited contact with teachers and friends, and they have been concerned about their future, their livelihoods which are at risk. The big number of people who have fallen into poverty or live in fragile human environments, lack of protection, and people with mental health conditions suffer from social isolation more than ever before, not to mention those who face grief. The departure of a loved one who has sometimes been unable to say goodbye. Mental health in many countries is not as important as it deserves and where efforts remain below the needs in this area.

The economic consequences of this life have already become noticed as companies laid off their employees during the Corona pandemic in an attempt to save their businesses or have already closed their doors. As a result of this experience gained from past and present emergencies, we expect that the need for increased investment in mental health and psychosocial support will increase significantly. The lack of mental health care is a real problem for the elderly and people affected by conflicts and disasters. The lack of psychological and mental health care, the lack of access to comprehensive mental health care, often due to financial constraints will affect nearly half of the population.

These current and anticipated considerations and burdens of increasing mental disorders can be the only sufficient reason to invest in mental health globally and locally. The return of early psychoactive intervention programs, suicide prevention

and behavioral disorders educational programs has an economically and humanly positive impact in terms of building and diversifying workforce symposia and establishing multidisciplinary teams comprising gerontologists, child psychologists, psychotherapists, occupational rehabilitation specialists, speech therapists and addiction professionals and professionals from various therapeutic schools. The current circumstances also make it imperative for us to invest in the development of telephone lines and the Internet, because the future is strongly oriented towards the provision of psychological therapy services electronically, in addition to the need to create appropriate protocols to maintain confidentiality and ensure the quality of service provided remotely, as well as to develop training programs for psychologists on the new treatment body and support programs to help them avoid psychological combustion.

Because resources for mental health, whether financial or human, still vastly limited around the world, countries ravaged by war or natural disasters are increasingly in need of mental health services, as well as other countries with social and economic challenges with increased risk of spreading mental health problems.

As rates of depression and suicide in countries experiencing economic decline have increased significantly, precious lives have been lost, and countries have to protect them by maintaining the health and mental care that these peoples deserved in times of hardship.

As a result of inequality in mental health care, nearly half of the world's population lives in a country where less than one psychiatrist treats 100,000 people, while in rich countries this rate is one psychiatrist per 2,000 inhabitants.

## Woman... Between Violence and Economic Empowerment

Salma Al Miri



Women empowerment and equality were the third goal among the Millennium Development Goals of 1995 (preparing women to access income resources and enhancing their decision-making and self-reliance capabilities). Many studies have shown that improving women's economic status has an impact on reducing violence against them. When they have conditions and economic potential, this enhances their sense of security and opens the way for many options and thus bargaining ability. Women do not have to live with a violent husband under the pressure of material need and are able to support themselves and their children.

Women are often economically dependent on (husband, father, brother, relative), and therefore run the risk of being deprived of the source of economic support, women's low participation in positions of responsibility and decision-making, marginalization of their role in the family, especially if they embrace values and customs that advocate men's power, and lack of ownership and control of resources.

The UN Women report found that out of the 87,000 women killed worldwide in 2017, more than half killed by their husbands or relatives, meaning that about 137 women are killed daily by a family member.

In order for women to become an important element in economic growth, there must be a changing in norms, traditions and social culture of obstruction, as well as the application of laws and regulations to ensure equal opportunities. A study in South Africa has shown that the economic empowerment of women's small enterprises and the strengthening of their awareness of their humanity and rights have helped to reduce physical and moral violence by 55% and help edify the rate of family poverty.

This was confirmed by the United Nations General Assembly on 12 December 2009 that women's empowerment makes a significant contribution to the economy and is a key player in the economy in the fight against poverty and raising the level of income in the family.

In conclusion, women are still struggling on the front lines, with health care places, home care, in the family and in public bodies. Among women's fears and optimism, the map of women's hopes is to invest their potential to gain a permanent source of income that will help them improve the standard of living of their families and secure their living conditions in light of the country's economic downturn.

- **Is the use of psychiatric medications addictive? Why do psychiatric medications sold only in pharmacies with strict prescriptions?**

As I mentioned earlier, psychiatric medications are not addictive, and what is sold in pharmacies with strict prescriptions is not psychiatric drugs. Actually stricture-used drugs are not the types of psychiatric drugs, for example «Diazepam» is not a psychiatric drug item and is not used to treat any mental illness, but is used when necessary as a sedative for irritants, and the demand of such drug is caused by Qat, which causes the alert all night and not being able to sleep. So, this kind of drugs is used to help; thus, it is addictive to sedatives and not to psychiatric drugs that do not cause addiction. Because they do not act as a sedative. Psychiatric medications are sold as naturally as any other medicine and has no stricture-used like sedative medications, and this only happens when some pharmacists differentiate by their own.

- **What are the caveats to the use of psychomedicine?**

- There is a general medical regulation that each disease has a specific drug, and each disease has appropriate medications, and drug interference and interaction with the disease are always taken into account as a general medical rule.

- **How to deal with a patient who has another organic disease and who has a severe psychological condition in need of medication?**

- As in other medical areas, medications are always used in levels. Therefore, the transition to level B is not made until the drug is tested at level A and the transition to level C is not possible until the drug is tested at level B, and strong drugs are used only in certain severe cases and are under constant



## «Tobacco Powder (Shamah) And Smoking Affect The Effectiveness Of Psychomedication Directly »

medical supervision and care.

- **Why is it not right for a patient to stop using psychiatric medication on their own?**

- It is not right because the medical rule says that «any drug used for more than three months should be stopped gradually rather than suddenly», even if it is an antibiotic. Psychiatric drugs are essentially used as a minimum for a year, so they should not be stopped suddenly.

- **What do you think is the reason behind the high cost of psychiatric medications?**

- In fact, psychiatric drugs are not expensive, but their high price may be due to several reasons. Reasons could be either because of some irresponsible doctors who take a percentage of the price of medicines and this is known when they prescribe European medicines of high cost despite the presence of other cheaper kinds such as Indian medicines of the same kind and the same quality and effectiveness, or because of pharmacists who need a greater profit. Besides, the exploitation of the doctor or pharmacist to the ignorance of patients for the existence of low-cost drugs and have the same effectiveness as the expensive ones except for the country they were made in. What is important here for these medicines is not to be smuggled because

the conditions of their storage are not reliable.

However, patients can take psychiatric medications such as depression medications whether free of charge from the Ministry of Health or buy them for no more than 1,500 Riyals.

- **Does the use of Qat, tobacco powder (Shamah), smoking or any other substances affect the effectiveness of the psychomedicine for the patient? And why? How do you treat patients as doctors, most of whom chew Qat in our Yemeni society?**

- For tobacco powder (Shamah) and smoking, they directly affect the effectiveness of the psychiatric medications because they stimulate the liver enzymes that expel the drug. It comes out in the urine, which causes a decrease in the proportion of the drug in the blood. Although, Qat does not affect the effectiveness of the psychiatric medications if chewed in small amounts. Drinking coffee or tea causes interaction and effect with some psychiatric medications and not with all by inhibiting the enzymes of the liver because coffee is a drug but not necessarily on all mental illnesses but on some. Dealing with patients who chew Qat or otherwise should be advised to mitigate it and not stop it directly, in order to respond to medical advice because if you want to be obeyed, order what

is possible.

- **Do psychiatric medications have side effects? What are the most common symptoms?**

- The side effects of the psychiatric medication are the same as those of other medications, they are not dangerous.

- **What if psychomedicine is available for cases with mental disorder, how much change do you think the society will have in general?**

- First, mental illness affects usually the youth group, which is the productive group in society and the economy, and its psychological impact means that the productivity of society and the economy is affected. When the young breadwinner of the family becomes mentally ill, the whole family gets sick and deteriorates economically. This means that the economic benefits of treating psychiatric patients will improve the productivity of the economy at the country level, so their treatment is in the economic interest of the state, and officials should focus on the importance of treating mental illness because the deterioration of the young mental patients (producers) means the deterioration of the country economy and their treatment means improving its economy.

- **Final Words:**

- Everyone, including doctors, patients and society as a whole, should be aware that mental illness is purely organic diseases, taking their medicines means improving the brain, performance and relationships directly the same as the medicines of other diseases. Moreover, people have to consider the medical solutions because the era of the so-called magic, possession, evil-eye, jinn demons is over.





# 20 Years of Hell

## Was Over in Two Months

**There is no doubt that the presence of a psychologically disturbed individual within the family represents a great burden and suffering for the whole family, and leaving them untreated means that such suffering continues. However, if the father is the psychologically disturbed individual within the family, this will undoubtedly be a hell for the family and not just suffering.**

Mazen (pseudonym) is a family man who works in a prestigious job and respect in the community, but 20 years ago he developed schizophrenia, which is a symptom that made the patient doubts all those around him, which made all his family members victims of his suspicions.

For the past 20 years, Mazen's family, from Hajjah, has lived in constant hell because of his psychological disorder. According to his wife, at the beginning of their marriage, he prevented her from going to weddings and other occasions for no reason, and he was sometimes preventing her from going to work and sometimes intending to delay her from going to work. Therefore, she thought that was one of his characters, so she preferred to bear her husband's temper and did not know that it was a psychological disorder.

However, as soon as she gave birth to six children, his condition began to worsen and develop more. He was sometimes ordering his little girl to slap her brother with a shoe on the face for no reason, and if she refused to force her by slapping her face. And it did not stop with him there, but it evolved and became violent on his children and became violent on his children and beat them severely. According to his wife that one day he dragged his young

son to a room and whipped him violently with an electric wire until the traces of the wire appeared on the entire back of the boy.

Not only that, but one day he took advantage of the absence of family members from the house except his youngest daughter, so he took a piece of glass with a sharp edge, and said to his young daughter: «I will cut your finger with this piece of glass». His daughter scared and tried to take him kindly to convince him to back off by saying, «What did I do, Father? You only have one daughter. Why do you want to do this to me?», he then said «Okay then I will dig a hole on the palm of your hand», and indeed he dug on his child's hand with that piece of glass.

The family suffering continued because of the father, until one of the wife's friends knew about their suffering, who advised her to read Surah Al-Baqarah from the Quran 40 times and solution will come to them with God's willing. And indeed, she read Surat Al-Baqarah 40 times. The next day, another friend suggested to her calling the toll-free help line and psychological and family

counseling «136» of the FCDF and going to the foundation's center in Sana'a. Indeed she went to the foundation without him knowing, and explained to the doctors their suffering from the actions of her husband. The doctors diagnosed the situation of the husband with «schizophrenia» disorder. Then they put in place a proper treatment program for her husband, and they have given her the appropriate psychological medication for this condition, which is tasteless and colorless, so that the wife can dissolve it in juice or even put it between eating daily without her husband's knowledge. The wife followed the instructions strictly, and after only two months of continuing to put medicine in her husband's food, her husband's psychological condition improved dramatically, to the extent that she described their condition in two months with happiness by saying «We are living in paradise now after living in hell for 20 years».

She continued saying «I hope that this foundation will continue forever, and may Allah bless this foundation, its employees and its supporters.»

