Mental Health Concerns in Armenia

Morgan Rushforth and Sara Jensen

FOOTNOTES

- H.K. Aintablian et al., "Direct Ancestry to a Genocide Survivor Has Transgenerational Effects on Mental Health; A Case of the Armenian Population," *MOJ Public Health* 7, no. 4 (August 27, 2018): 233–239, https://doi.org/10.15406/mojph.2018.07.00235.
- 2. Ibid.
- 3. "Mental illness," *Mayo Clinic*, June 8, 2019, https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968.
- "Symptomatology," *Merriam-Webster Dictionary*, accessed July 10, 2020, https://www.merriam-webster.com/dictionary/symptomatology.
- 5. "The Difference Between Inpatient and Outpatient Care," *Peconic Bay Medical Center*, May 14, 2017,

https://www.pbmchealth.org/news-events/blog/difference-between-inpatient-and-outpatient-care. 6. "Schizophrenia," *Mayo Clinic*, January 7, 2020,

- https://www.mayoclinic.org/diseases-conditions/schizophrenia/symptoms-causes/syc-20354443. 7. "Anxiety disorders," *Mayo Clinic*, May 4, 2018,
- https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961. 8. "Depression (major depressive disorder)," *The Mayo Clinic*, February 3, 2018,
- https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007. 9. "Post-traumatic stress disorder (PTSD)," *The Mayo Clinic*, July 6, 2018,
- https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes /syc-20355967.
- **10.** J. Nathan Copeland, ed., "What is Autism Spectrum Disorder?" *The American Psychiatric Association*, August 2018,
 - https://www.psychiatry.org/patients-families/autism/what-is-autism-spectrum-disorder.
- **11.** Jennifer Creek and Lesley Lougher, *Occupational Therapy and Mental Health*, (Amsterdam: Elsevier Health Sciences, 2011), 21.
- 12. Snejina Michailova, "Contextualising Fieldwork: Reflections on Conducting Research in Eastern Europe," *Handbook of qualitative research methods for international business* (2004): 365–383, https://doi.org/10.4337/9781781954331.00038.
- 13. Alikhan Baimenov and Saltanat Liebert, "Governance in the Post-Soviet Era: Challenges and Opportunities," *Public Administration Review* 79, no. 2 (December 17, 2018): 281–285, https://doi.org/10.1111/puar.13014.
- 14. Armine Avetisyan, "I Lived in Hell': Life in a Psychiatric Hospital in Armenia," *Open Caucuses Media*, 2019, https://oc-media.org/features/i-lived-in-hell-life-in-a-psychiatric-hospital-in-armenia/.
- **15.** Hannah Ritchie and Max Roser, "Mental Health," *Our World In Data*, April 2018, https://ourworldindata.org/mental-health.
- Luc Van Baelen, Yorgos Theocharopoulos, and Sally Hargreaves, "Mental Health Problems in Armenia: Low Demand, High Needs," *British Journal of General Practice*, 55, no. 510 (January 1, 2005): 64–65, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1266262/.
- 17. "Depression and Other Common Mental Disorders: Global Health Estimates," *World Health Organization*, (2017): 19,
- https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf.
 18. Daniel Siegal, "Program Fights Stigma of Mental Health Help in Armenian Community," *Los Angeles Times*, January 24, 2013, https://www.latimes.com/socal/glendale-news-press/news/tn-gnp-0124-program-fights-stigma-of-mental-health-help-in-armenian-community-story.html.
- 19. Van Baelen, Theocharopoulos, and Hargreaves, "Mental health problems in Armenia."

- 20. "The World Health Report 2001: Mental Disorders Affect One in Four People," *World Health Organization*, September 28, 2001, https://www.who.int/whr/2001/media centre/press release/en/.
- 21. Ritchie and Roser, "Mental Health."
- 22. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," *World Health Organization*, 2018, https://www.who.int/mental_health/evidence/atlas/profiles-2017/ARM.pdf?ua=1.
- 23. Ritchie and Roser, "Mental Health."
- 24. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 25. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," *World Health Organization*.
- 26. Ibid.
- 27. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 28. "WHO-AIMS Report on Mental Health System in Armenia," *World Health Organization* and *Republic of Armenia Ministry of Health*, (2009): 7, https://www.who.int/mental health/armenia who aims report.pdf?ua=1.
- Tido Von Schoen-Angerer, "Understanding Health Care in the South Caucasus: Examples from Armenia," *BMJ*, 329, no. 7465 (September 4, 2004): 562–565, https://www.jstor.org/stable/25458256.
- 30. Hannah Ritchie, "5 Facts about Global Mental Health," *World Economic Forum*, June 1, 2018, https://www.weforum.org/agenda/2018/06/global-mental-health-five-key-insights-which-emerge-f rom-the-data.
- **31.** "Schizophrenia Symptoms, Patterns and Statistics and Patterns," *MentalHelp.net*, accessed July 11, 2020, https://www.mentalhelp.net/schizophrenia/statistics/.
- 32. "The World Health Report 2001," World Health Organization.
- 33. "Schizophrenia Symptoms," *MentalHelp.net.*
- 34. Von Schoen-Angerer, "Understanding Health Care in the South Caucasus."
- 35. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," World Health Organization.
- 36. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 37. "National Mental Health Services Survey (N-MHSS): 2018," Substance Abuse and Mental Health Services Administration, October 2019, 32,
 - https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NMHSS-2018.pdf.
- 38. Nikolay Andreyevich Gvozdetsky, "Caucasus," *Encyclopedia Britannica*, accessed July 9, 2020, https://www.britannica.com/place/Caucasus.
- **39.** Ronald Suny, *Hitler and the Armenian genocide* (Cambridge: Cambridge University Press, 1986), 568–569, https://doi.org/10.2307/2499074.
- 40. Stephen Astourian et al. *Remembrance and Denial: The Case of the Armenian Genocide* (Detroit: Wayne State University Press, 1988).
- **41.** Donald Miller and Lorna Miller, *Survivors: An Oral History of the Armenian Genocide* (Berkeley: University of California Press, 1993).
- 42. Ronald Suny, *They Can Live in the Desert But Nowhere Else: A History of the Armenian Genocide* (Princeton: Princeton University Press, 2017).
- **43.** Committee on International Relations, House of Representatives, One Hundred Fourth Congress, *The History of the Armenian Genocide* (Washington D.C.: U.S. Government Printing Office, 1996), 113–14, 124–27, 129–30.
- 44. "A Guide to the United States' History of Recognition, Diplomatic, and Consular Relations, by Country, since 1776: Armenia," U.S. Department of State: Office of the Historian, Foreign Service Institute, https://history.state.gov/countries/armenia.
- 45. "Timeline: Armenia." *BBC News*, January 24, 2012, http://news.bbc.co.uk/2/hi/europe/1108274.stm.
- 46. Sarah D. Phillips, "There Are No Invalids in the USSR!' A Missing Soviet Chapter in the New Disability History," *Disability Studies Quarterly* 29, no. 3 (2009), http://dx.doi.org/10.18061/dsq.v29i3.936.
- 47. Sofia Bergmann, "From Mental Illness to Homelessness," *EVN Report*, October 28, 2019, https://www.evnreport.com/raw-unfiltered/from-mental-illness-to-homelessness.
- **48.** Ionela Petrea, "Mental Health in Former Soviet Countries: From Past Legacies to Modern Practices," *Public Health Reviews* 34, no. 2 (2012): 5, https://doi.org/10.1007/BF03391673.
- 49. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."

- **50.** Rouben Adalian, "The Armenian Genocide: Context and Legacy," *Social Education* 55, no. 2 (1991): 99–104, http://www.cx1pro.com/Nichols/armgenoinclass.pdf.
- Celestin Mutuyimana et al., "PTSD Prevalence Among Resident Mothers and Their Offspring in Rwanda 25 Years after the 1994 Genocide Against the Tutsi," *BMC psychology* 7, no. 1 (2019): 1–7, https://doi.org/10.1186/s40359-019-0362-4.
- 52. Ronald C. Kessler et al., "Trauma and PTSD in the WHO World Mental Health Surveys," *European Journal of Psychotraumatology* 8(sup5), (2017): https://doi.org/10.1080/20008198.2017.1353383.
- 53. Ibid.
- 54. Marni Pilafian, "Hidden Anxiety and the Conspiracy of Silence Suffered By the Families of Armenian Genocide Survivors: An Interview with Armenian Psychologist Dr. Jack Danielian," *The Armenian Mirror-Spectator*, October 25, 2010, https://mirrorspectator.com/2010/10/25/hidden-anxiety-and-the-conspiracy-of-silence-suffered-by -the-families-of-armenian-genocide-survivors-an-interview-with-armenian-psychologist-dr-jack-d anielian/.
- 55. Andrea Danese, "Genetic Opportunities for Psychiatric Epidemiology: On Life Stress and Depression," *Epidemiology and Psychiatric Sciences*, 17, no. 3 (September 2008): 201–210, https://doi.org/10.1017/S1121189X00001299.
- 56. H.K. Aintablian et al., "Direct Ancestry to a Genocide Survivor."
- 57. Yael Aviad-Wilchek, Diana Cohenca-Shibym, and Yehuda Sasson, "The Effects of the Survival Characteristics of Parent Holocaust Survivors on Offsprings' Anxiety and Depression Symptoms," *Israel Journey of Psychiatry and Related Sciences* 50, no. 3 (2013): 210–216, https://pubmed.ncbi.nlm.nih.gov/24622481/.
- 58. Armen Goenjian, "A Mental Health Relief Programme in Armenia After the 1988 Earthquake: Implementation and Clinical Observations," *British Journal of Psychiatry* 163, no. 2 (1993): 230–39. https://doi.org/10.1192/bjp.163.2.230.
- 59. Ibid.
- 60. Ibid.
- 61. Ibid.
- 62. Johanna Schott and Talin Kalatas, "The Earthquake of Spitak, Armenia, and Its Socio-Economic Implications," *Natural Disasters and Sustainable Development*, (2014): 77–89, https://literatur.thuenen.de/digbib_extern/dn056911.pdf.
- 63. Armen K. Goenjian et al., "Heritabilities of Symptoms of Posttraumatic Stress Disorder, Anxiety, and Depression in Earthquake Exposed Armenian Families," *Psychiatric Genetics* 18, no. 6 (2008): 261–266, https://doi.org/10.1097/YPG.0b013e3283060f48.
- 64. Armine Shakyan, "EU Is Giving Armenia its Best Chance Yet to Enact a Domestic-Abuse Law," *HuffPost*, last updated December 6, 2017, https://www.huffpost.com/entry/eu-is-giving-armenia-its_b_9653262?ec_carp=60908648692391 96788.
- 65. "Rose McDermott's Domestic Violence Scale," *The Women Stats Project*, 2007, http://www.womanstats.org/new/view/.
- 66. Ibid.
- 67. "Women, Peace, and Security Index," *Georgetown Institute of Women Peace and Security*, 2019, https://giwps.georgetown.edu/country/armenia/.
- Maria Kolsova, "Pass a Law, Even If It's a Bad One': How Armenia Is Tackling Domestic Violence," Open Democracy, 2020,
- https://www.opendemocracy.net/en/odr/armenia-domestic-violence-law/.
 69. Louise M. Howard, Kylee Trevillion, and Roxane Agnew-Davies, "Domestic Violence and Mental Health," *International Review of Psychiatry* 22, no. 5 (2010): 525–534, https://www.researchgate.net/profile/Roxane_Agnew-Davies/publication/47675087_Domestic_vi olence and mental health/links/553b7a280cf245bdd7649a6c.pdf.
- Jacqueline M. Golding, "Intimate Partner Violence as a Risk Factor for Mental Disorders: A Meta-Analysis," *Journal of Family Violence* 14, no. 2 (1999): 99–132, http://web.b.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=0&sid=3a047876-dac2-46da-88bc-1 128424d28ce%40pdc-v-sessmgr01.
- 71. Koltsova, "Pass a law, even if it's a bad one."

- 72. Ibid.
- 73. "Help Armenia's Women's Support Center Continue to Provide Shelter to Women and Children," *The Armenian Weekly*, December 13, 2018, https://armenianweekly.com/2018/12/13/help-armenias-womens-support-center-continue-to-prov ide-shelter-to-women-and-children/.
- 74. Koltsova, "'Pass a law, even if it's a bad one."
- **75.** Ibid.
- 76. Ibid.
- 77. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 78. Dainius Pūras, "Special Rapporteur on the Right of Everyone to the Enjoyment of the Highest Attainable Standard of Physical and Mental Health," *Recuperado en* 11 (2008), https://www.un.am/up/file/SR-health Armenia EMS-ENG%20(final).pdf.
- 79. Ibid.
- Anthony Saroyan, "The Role of Stigma on Mental Health Service Seeking Among Armenian-American Men," *The University of San Francisco*, (2019): iv, https://repository.usfca.edu/diss/486.
- 81. Steve Dagirmanjian, "Armenian Families," *Ethnicity and Family Therapy*, (2005): 447, https://unh.instructure.com/courses/27085/files/919139/download?verifier=degyCpvCOKW2hZj9 U4qKc98xV66Detszi37meT6w&wrap=1.
- 82. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 83. Bergmann, "From Mental Illness to Homelessness."
- 84. Pūras, "Special Rapporteur on the Right of Everyone."
- 85. Bergmann, "From Mental Illness to Homelessness."
- 86. Ibid.
- 87. Pūras, "Special Rapporteur on the Right of Everyone."
- Violeta Zopunyan, Suren Krmoya, Ryan Quinn, "Identifying the Gaps: Armenian Health Care Legislation and Human Rights in Patient Care Protections," *Health and Human Rights* 15, no. 2 (2013),

https://www.hhrjournal.org/2013/12/identifying-the-gaps-armenian-health-care-legislation-and-human-rights-in-patient-care-protections/.

- Samvel G. Hovhannisyan, "Health Care In Armenia: Economic And Sociopolitical Problems Mean The Healthcare System Is In Transition," *BMJ: British Medical Journal* 329, no. 7465 (2004): 522, *JSTOR*, https://www.jstor.org/stable/25458228.
- 90. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 91. Hovhannisyan, "Health Care In Armenia: Economic And Sociopolitical Problems."
- 92. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 93. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 94. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 95. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," World Health Organization.
- 96. "CIA World Factbook: Armenia," accessed July 15, 2020, https://www.cia.gov/library/publications/the-world-factbook/geos/print_am.html.
- 97. "Kansas Population 2020," *World Population Review*, 2020,
 - https://worldpopulationreview.com/states/kansas-population.
- 98. "Armenia Population," Worldometer, accessed July 15, 2020,
- https://www.worldometers.info/world-population/armenia-population/.
- 99. Nomin Ujiyediin, "Kansas Sees Shortage Of Psychiatrists And Other Mental Health Providers," KCUR 89.3, December 27, 2019, https://www.kcur.org/health/2019-12-27/kansas-sees-shortage-of-psychiatrists-and-other-mental-
- health-providers.
- 100. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," *World Health Organization*.
- 101. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.102. Ibid.
- **103.** Armen Soghoyan et al., "Mental Health in Armenia," *International Psychiatry* 6, no. 3 (2009): 62, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6734904/.
- **104.** "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 105. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."

- 106. Soghoyan et al., "Mental Health in Armenia."
- 107. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 108. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 109. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," World Health Organization, 2018.
- 110. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 111. Bergmann, "From Mental Illness to Homelessness."
- **112.** "UN Expert Calls for Modern Approaches to Transform Armenia Healthcare and Address Inequalities," *United Nations Armenia*, June 10, 2017, https://www.un.am/en/news/640.
- 113. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 114. Avetisyan, "'I Lived in Hell."
- 115. "UN Expert Calls for Modern Approaches."
- 116. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 117. Avetisyan, "'I Lived in Hell."
- **118.** Marianna Grigoryan, "'They Locked Me Up and Left Me': Armenia's Outdated Mental Health Laws," *Eurasianet*, October 14, 2015,
- https://eurasianet.org/they-locked-me-up-and-left-me-armenias-outdated-mental-health-laws. **119.** Robert Van Voren, "Political Abuse of Psychiatry—An Historical Overview," *Schizophrenia*
- Bulletin, 36, no. 1 (2010): 33–35, https://doi.org/10.1093/schbul/sbp119.
- 120. Grigoryan, "'They Locked Me Up and Left Me."
- **121.** Ibid.
- 122. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 123. Ibid.
- 124. Arne Beck et al., "Does Severity of Depression Predict Magnitude of Productivity Loss?" *PubMed Central*, (2014), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4214368/.
- **125.** "Project Impact: Depression," *APhA Foundation*, accessed July 10, 2020, https://www.aphafoundation.org/depression/results.
- 126. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- **127.** "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 128. Bergmann, "From Mental Illness to Homelessness."
- 129. "The World Health Report 2001," World Health Organization.
- 130. Bergmann, "From Mental Illness to Homelessness."
- Armine Avetisyan, "In Pictures | Nowhere Else To Go: The Stories of Yerevan's Homeless," Medium, February 14, 2019,

https://medium.com/@oc.media.social/in-pictures-nowhere-else-to-go-the-stories-of-yerevans-ho meless-d9262c6966d6.

- 132. "Danish "Hans Christian Kofoed" Charitable Foundation Assists Homeless People in Armenia," 100 Armenpress, January 12, 2017, https://armenpress.am/eng/news/874248/danish-%E2%80%9Chans-christian-kofoed%E2%80% 9D-charitable-foundation-assists-homeless-people-in-armenia.html.
- **133.** Bergmann, "From Mental Illness to Homelessness."
- 134. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 135. Bergmann, "From Mental Illness to Homelessness."
- **136.** "Parenting," *Mental Health America*, accessed July 10, 2020, https://www.mhanational.org/parenting.
- 137. Ibid.
- 138. Elisabet Kvarnstrom, "The Effects of Parental Mental Illness on Children and the Need for Healing," *Bridges to Recovery*, April 14, 2016, https://www.bridgestorecovery.com/blog/the-effects-of-parental-mental-illness-on-children-and-th e-need-for-healing/.
- 139. Cressida Manning and Alain Gregoire, "Effects of Parental Mental Illness on Children," *Psychiatry* 5, no. 1 (2006): 10–12,
- https://www.sciencedirect.com/science/article/abs/pii/S1476179306701884.
- 140. Kvarnstrom, "The Effects of Parental Mental Illness on Children."
- 141. Peter Butterworth and Bryan Rodgers, "Mental Health Problems and Marital Disruption: Is It the Combination of Husbands and Wives' Mental Health Problems That Predicts Later Divorce?"

Social Psychiatry and Psychiatric Epidemiology, no. 43: (2008), 758–761, https://link.springer.com/content/pdf/10.1007/s00127-008-0366-5.pdf.

- 142. "Helping a Loved One Cope with a Mental Illness," *American Psychiatric Association*, July 12, 2020,
 - https://www.psychiatry.org/patients-families/helping-a-loved-one-cope-with-a-mental-illness.
- 143. National Academies of Sciences, Engineering, and Medicine, Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change, (Washington, DC: The National Academies Press, August 3, 2016), 69, https://doi.org/10.17226/23442.
- 144. Van Baelen, Theocharopoulos, and Hargreaves, "Mental Health Problems in Armenia."
- 145. David Bornstein, *How to Change the World: Social Entrepreneurs and the Power of New Ideas*, (New York: Oxford University Press, 2007) 112.
- 146. "Sanofi Mental Health Program (FAST Fight Against STigma) Armenia," Sanofi, (April 2018): 1–4, https://docs.wixstatic.com/ugd/37a51e_d0a309035a044f9d802cf907b73f421a.pdf.
- 147. Ibid.
- 148. Ibid.
- 149. Ibid.
- 150. Ibid.
- **151.** National Academies of Sciences, Engineering, and Medicine, *Ending Discrimination Against People with Mental and Substance Use Disorders*.
- 152. Ibid.
- **153.** "Sanofi Mental Health Program," *International Federation of Pharmaceutical Manufacturers and Associations.*
- **154.** National Mental Health Services, "Definitions," *SAMHSA*, accessed July 10, 2020, https://info.nmhss.org/Definitions/index.html#SERVICES.
- **155.** "Psychosocial Treatments," *National Alliance on Mental Illness,* accessed July 20, 2020, https://www.nami.org/About-Mental-Illness/Treatments/Psychosocial-Treatments.
- **156.** "Public Health Program," *Open Society Foundations Armenia,* July 17, 2020, https://www.osf.am/programs/public-health-program/.
- 157. "What is Hospice and Palliative Care?" CHAPCA, July 19, 2020, https://www.calhospice.org/what-is-hospice-and-palliative-care-?gclid=EAIaIQobChMItNvBwuLr6 wIVxMDACh3wxQneEAAYASAAEgLgFvD_BwE#palliativecare.
- 158. "WHO-AIMS Report," World Health Organization and Republic of Armenia Ministry of Health.
- 159. "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," World Health Organization.
- 160. Ibid.
- 161. Zsolt Bugarszki et al., "The Development of Mental Health Strategy in Armenia: A Review of the Activities of the Armenian Mental Health Policy Working Group," http://www.osf.am/wp-content/uploads/2018/02/The-development-of-mental-health-strategy-in-Ar menia-pp.108-115.pdf.
- 162. Pūras, "Special Rapporteur on the Right of Everyone."
- **163.** "WHO-Mental Health ATLAS 2017 Member State Profile: Armenia," *World Health Organization*. **164.** Ibid.