



Key Aspects of the WPA Section on Rural Mental Health:

- **Focus:** The section addresses the unique challenges of providing mental health care in rural, underserved areas, which often face shortages of professionals and resources.
- **Activities:** The section engages in educational and training programs.
 1. SAMASTH program by institute of Health Management in India
<https://www.bmh.manchester.ac.uk/stories/digital-training-indian-mental-health/>
 - 2.. GMHAT training to Nodal officers in Rajasthan, part of National Health Mission
 3. Ongoing training and rollout program refugee resettlement program with IOM (UN Agency), training in Jordan, Islamabad, Tunisia. Using GMHAT routinely.
<https://www.gov.uk/government/publications/pre-entry-health-assessments-guidance-for-uk-refugees/pre-entry-health-assessment-protocol-for-uk-bound-individuals-under-various-resettlement-schemes-accessible>
 4. GMHAT training, led by Dr. Vimal Kumar Sharma, Professor of Global Mental Health Research, University of Manchester, and Dr. Sowmya Krishna, Consultant Psychiatrist and Co-Founder, The Green Oak Initiative, focused on the practical application of the GMHAT tool. N-SPRITE Centre LEAD Dr Anish V Cherian, IPH SAMASTH team, and Projects Staffs of N-sprite team Participated in the training.
 5. Workstreams, tools and case studies by the Home Office Asylum Mental Health and Wellbeing team. The aim is to raise awareness about what is available and highlight examples of good practice measures, to support people seeking asylum's mental health and wellbeing
<https://www.gov.uk/government/publications/asylum-mental-health-workstreams-tools-and-case-studies/workstreams-tools-and-case-studies-by-the-home-office-asylum-mental-health-and-wellbeing-team-accessible>
 6. Management Development Programme on Assessing, Detecting and Managing Mental Disorders. SD Gupta School of Public Health (SDG SPH) at IIHMR University, Jaipur, India. November 20-22, 2024
 7. Project: Effectiveness of virtual diagnosis mechanisms for mental disorders with technological support in the Mexican association of psychology and community development.
 8. ACEMATE Project (Colombia). Its main objective is the optimization of mental health care pathways through community strategies and technological tools for the diagnosis, intervention, and follow-up of populations with biopsychosocial risk factors.

- **Relevant research work:**

1. Acosta-Vinueza, Y., & Alvear-Reascos, R. (2026, March). Sociodemographic Factors and Determinants of Mental Health in the African American Population A Cross-Sectional Study. In *Healthcare* (Vol. 14, No. 6, p. 700). MDPI.
2. Gupta, S. D., Sharma, V., Jain, N. P., Tripathi, V. B., Kumar, C., & Sharma, M. (2026). An Implementation Research for Mental Health Care Delivery in the Rural Areas Using the Digital Technology Tool GMHAT. *Journal of Health Management*, 09720634261424998.
3. Thabana, M. W., & Grace, J. M. (2024). Selected non-communicable disease risk factors and mental health of south African Durban-based refugees: A cross-sectional study. *The Open Public Health Journal*, 17(1).
4. Sharan, P., Sahoo, M., Ashok, M. V., Sreedaran, P., Sowmya, H. R., Mishra, A. K., & Srivastav, S. (2023, January). Panic and Anxiety National Indian Questionnaire. In *INDIAN JOURNAL OF PSYCHIATRY* (Vol. 65, pp. S47-S47). WOLTERS KLUWER INDIA PVT LTD, A-202, 2ND FLR, QUBE, CTS NO 1498A-2 VILLAGE MAROL, ANDHERI EAST, MUMBAI, Maharashtra, INDIA: WOLTERS KLUWER MEDKNOW PUBLICATIONS.
5. Kasturkar, P., Gawai, J., Dukare, K. P., Uke, T., Wanjari, M. B., & Wanjari, M. (2023). Assessing the efficacy of mental health assessment training for accredited social health activists workers in Rural India: A pilot study. *Cureus*, 15(4).
6. Majgi, S. M., Mal, N. M., Krishna, M., Ebuonyi, I. D., & Jones, S. (2022). Screening for Mental Illness using GMHAT App of patients with Type 2 Diabetes Mellitus at a tertiary care hospital in India—A cross sectional study.
7. Ture, P., Dambhare, D. G., Mundra, A., Raut, A. V., Maliye, C. H., Deshmukh, P. R., ... & Garg, B. S. (2024). Magnitude and determinants of psychological morbidities among pregnant women: Results from a pregnancy cohort in rural Central India. *Medical Journal Armed Forces India*, 80(2), 210-216.

- **Collaboration:** It operates alongside other WPA Scientific Sections (such as Public Mental Health, Digital Mental Health, and Primary Care) to bridge gaps in service and enhance the delivery of care.
- **WPA Action Plan 2023-2026:** The section's work aligns with the current WPA Action Plan, which emphasizes improving mental health access and implementing community-based care.