

## The conceptualisation of mental disorders in South Africa: A systematic study

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### Abstract

The rate of mental disorders in South Africa is rapidly increasing causing implications in the lives of those who are directly and indirectly affected. These rates are presaged by factors such as the lack of knowledge about mental disorders from an African perspective, which persuades the misdiagnosis of mental illnesses. In this regard, the understanding of mental disorders from various cultures is of paramount importance. This study was aimed at examining the conceptualisation of mental disorders in South Africa. This study adopted qualitative research approach, with an aid of non-empirical research design: Systematic review, closely looking at seminal studies and theory application on this subject, while using South Africa as a case study, from 2007-2020 (Not in sequence). Collected data was analysed thematically.

This study revealed that the understanding of mental disorders in South Africa is a far-fetched dream. People particularly youth are still lacking knowledge on the causes, types and treatments of mental illnesses. For recommendations, South African scope on mental disorders should emphasise the role of culture in understanding mental disorders and community members should be well informed about mental disorders. To achieve this, the government and concerned stakeholders should disseminate information through the creation of awareness campaigns.

**Keywords:** Conceptualisation, Culture, Mental disorders, South Africa, Systematic study.

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