

Review of: "Perceptions and Experiences of Human Right Violations of People Living with Mental Illness: A multi-centre descriptive cross-sectional study in Nigeria"

Margarida Tomás¹

¹ Escola Superior de Enfermagem de Lisboa

Potential competing interests: No potential competing interests to declare.

The article "Perceptions and Experiences of Human Right Violations of People Living with Mental Illness: A multi-centre descriptive cross-sectional study in Nigeria" by Emmanuel Ejembi Anyebe et al. provides a comprehensive examination of the human rights issues faced by individuals with mental illness in Nigeria. The timely and significant study reflects the growing global acknowledgment of mental health as a critical component of overall health and human rights.

The research methodology, involving a descriptive cross-sectional study across four mental health facilities in different zones of Nigeria, is well-conceived and executed. Using a researcher-constructed questionnaire to collect data from a significant sample size of 227 patients enhances the reliability and validity of the findings. The statistical analysis using SPSS version 25.0 further strengthens the study's empirical foundation.

The socio-demographic profile of the participants reveals an essential aspect of the study population, predominantly consisting of low- or no-income young males, which underscores the socio-economic dimensions of mental health and human rights issues. The study's findings, indicating a good awareness of fundamental human rights among the participants and their experiences of human rights violations, are both revealing and concerning. The statistically significant correlation between the patients' diagnoses and the degree of human rights violations experienced highlights the need for tailored interventions to address these violations.

However, there are areas where the study could be enhanced. The gender disparity in the study sample, with over 80% males, raises questions about the applicability of the findings across genders. Future research could benefit from a more balanced gender representation to provide a more comprehensive understanding of the experiences of all individuals living with mental illness. Additionally, while the study does an excellent job of highlighting the problem of human rights violations, it could further explore the specific mechanisms and interventions needed to address these violations effectively.

The implications of this study for policy, practice, and further research are profound. It calls for a concerted effort from policymakers, mental health professionals, and society at large to address the stigma, discrimination, and human rights abuses faced by people living with mental illness. The recommendations for improving mental health human rights in Nigeria, including advocacy for implementing mental health policy and acts, are well-founded and urgently needed.

In conclusion, this article significantly contributes to the literature on mental health and human rights. It sheds light on the critical issue of human rights violations against people living with mental illness in Nigeria and provides a solid foundation for future research and policy interventions. The authors are commended for their work, and it is hoped that this study will

spur further action to address the human rights of individuals with mental illness not only in Nigeria but globally.