



September Newsletter



Norwegian Forum for Global Health Research

Welcome to the September issue of the Norwegian Forum for Global Health Research Newsletter.

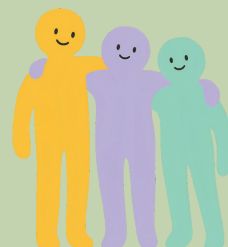
This month, we are highlighting research on mental health worldwide.

NEWSLETTER HIGHLIGHTS

This month, we encourage you to be kind to yourself and everyone around you.

Look out for important updates to conferences and exciting opportunities for researchers and students in global health across Norway

globalhealth@uib.no





Norwegian Forum for Global Health Research

FEATURED RESEARCH

Why Mental Health Research Matters

A recent paper from the [Global Burden of Disease Study](#) reminds us how important mental health is worldwide.

Mental health disorders are among the major causes of health loss and a major public health challenge across levels of spending and health care systems. The study estimated health loss in 204 countries from 1990 to 2023 and highlights important nuances:

Firstly, anxiety and major depressive disorders have the highest prevalence during adolescence, from ages 15 to 19, and they continue to affect quality of life during adulthood.

Secondly, while women are more likely to be affected by anxiety and depressive disorders from adolescence, men are more likely to face behavioural and neurodevelopmental disorders from childhood.

MENTAL HEALTH CARE FOR EVERYONE

Apart from underlying biological and societal risk factors, we need to understand how social media, extended screen time, and cyberbullying affect qualities of protective connections in our societies

The evidence suggests that existing efforts to reduce the burden imposed by mental disorders globally does not meet the needs.

Future actions will need to span from care delivery to investment in what works, programmes to promote resilience, and protection for people at risk.

Strengthening our understanding and application of knowledge about risks and effective actions will remain a foundational part of the conversation.





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FEATURED RESEARCH



Mental Health for Children and Adolescents in Uganda The TREAT- INTERACT Project

The TREAT INTERACT Project is working to improve mental health for children and adolescents in Uganda. The project is adapting the World Health Organization's "Mental Health Gap Action Programme Intervention Guide (mhGAP-IG)" to prevent, identify, and treat mental health problems in children in Uganda.

To strengthen collaboration between the education and health systems, teachers are being trained to identify mental health problems in students and refer them to the health system, while health care workers receive training in diagnosis and treatment.

The project will also involve children, caregivers, teachers and the wider community to find ways to sustain the awareness, prevention and treatment of mental health problems.

Data are collected from children, their caregivers and teachers on their perception of mental health problems and changes in health, social and educational outcomes since implementation of the project in participating schools.

The intervention was co-designed with the relevant stakeholders in multi-disciplinary teams. Researchers from the Norwegian Center for Violence and Traumatic Stress Studies, the Norwegian Institute of Public Health, the Norwegian University of Science and Technology, and the University of Bergen are working with researchers and implementers from Makerere University, the Ministry of Health and the Ministry of Education and Sports in Uganda to implement this program across 18 schools in Eastern Uganda using a step-wedged approach.

The study aims to reduce the stigma of mental health, reduce violence against children and ultimately improve the quality of life for the new generation.





GLOBAL HEALTH NORWAY CONFERENCE

4th - 7th November 2026

University of Stavanger

Theme: Learning Together in Global
Health: Exploring What Works – and Why

Conference Registration Open

until 21st October 2026

NORWEGIAN RESEARCH SCHOOL IN GLOBAL HEALTH AND SUSTAINABLE FUTURES

1st - 3rd November 2026

PhD and PostDoc

Conference

Sola Strand Hotel, Stavanger

GET INVOLVED

GLOBAL HEALTH IN NORWAY

OSLO METROPOLITAN UNIVERSITY PROJECT MIDRED

Read recent paper: Existing
practices, gaps and strategies
to promote perinatal mental
health in Ghana

VERDENSDAGEN FOR PSYKISK HELSE

Learn about World Mental
Health Day Norway 2026

WE WANT TO HEAR FROM YOU !!!

Share highlights from your research
to be featured in our newsletter

Contact us at:
globalhealth@uib.no

Remember to check
in on those who...

...have been quiet lately	...don't seem like themselves	...never ask for help
...are always there for others	...seem like they have everything together	...are going through major life changes
...always appear happy	...joke about serious matters	...you haven't heard from in a while

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