

Social and Societal Context of Women's Mental health, What Women Want, What they get: Gap Analysis in Pakistan of Mental Health Services, Policies and Research

Summary:

Kausar S Khan, Ghazal Rafique, Sohail Bawani contributed this chapter in a book on Women's Mental Health – Resistance and Resilience in Community and Society, edited by Nazilla Khandou, F. Beryl Pilkington Springer 2015. The chapter juxtaposes what urban and rural poor women say about mental health and what they need to mitigate it, and what is the focus of mental health research, mental health policies and services. The article highlights the disconnect between women's voices and others in the field of mental health. Nichola Khan, faculty at University of Brighton thought the chapter as very forcefully and thoroughly written and provides a much needed perspective on women in Pakistan- especially as the literature in psychology, psychiatry and anthropology is limited. Dr Khan has included the chapter on the reading lists for her final year and master's students.