

The Determinants of Mental Health: Empirical Evidence from Chile

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Abstract

The integration of physical and mental health services is based in recent neuroscientific findings and is validated by epidemiological findings. We use information from several Chilean national databases (OPHI, Oxford University; National Institute of Youth, United Nations Development Program) to study how physical and mental health relate to happiness. Our findings show that psychological problems decrease subjective well-being more than physical ones, both in adult and juvenile populations. In addition, physical and psychological problems are correlated. These results are important for public policies and health planning.

Keywords

Mental health Well-being Happiness