



THE ROLE OF MENTAL HEALTH IN PREVENTING CHRONIC DISEASE

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Article History

Received:
September 09, 2023

Revised:
October 28, 2023

Accepted:
November 11, 2023

Available Online:
December 31, 2023

Abstract

The growing global burden of chronic diseases such as cardiovascular disorders, diabetes, and respiratory illnesses demands a comprehensive understanding of their multifactorial origins. Among these, mental health has emerged as a critical yet under-addressed determinant, exerting both direct physiological and indirect behavioral effects on chronic disease onset and progression. This study explores the intricate, bi-directional relationship between mental health and chronic disease development, with a particular emphasis on stress, depression, and anxiety as modifiable risk factors. A narrative synthesis approach was employed, supported by statistical modeling, correlation analysis, and comparative evaluation of intervention outcomes. Key variables included stress biomarkers (e.g., cortisol, CRP), mental health status indicators, and clinical metrics such as blood pressure, glucose levels, and treatment adherence. The study further incorporated an integrated visualization framework to evaluate the effects of Cognitive Behavioral Therapy (CBT), mindfulness, and resilience-based interventions across diverse patient cohorts. Results indicate that individuals with unmanaged mental health conditions demonstrated elevated inflammatory markers, reduced treatment compliance, and higher rates of comorbidity across chronic disease categories. Conversely, those engaged in structured psychological interventions exhibited measurable improvements in physiological markers and self-reported health status. Gender-based differences and behavioral correlations further underscored the need for targeted mental health support in chronic care models. In conclusion, the integration of mental health interventions into standard chronic disease management protocols yields significant clinical and public health benefits. The findings advocate for a paradigm shift toward holistic healthcare delivery that addresses both mental and physical dimensions. By embedding psychological support within preventive and therapeutic strategies, healthcare systems can substantially reduce chronic disease burden while enhancing patient quality of life and long-term resilience.

Keywords: Mental Health, Chronic Disease Prevention, Stress Management, Integrated Care.



INTRODUCTION

Among the most prevalent cardiovascular problems, diabetes, and chronic respiratory problems, chronic conditions mark a significant health burden worldwide and are one of the leading mortality and disability causes (Smith et al., 2020; Khan et al., 2021). Lately, scholars have put extra stress on the diminutive yet significant role of mental health in the development and the treatment of chronic diseases. MH has become an issue of concern to World Health Organization, which now attributes mental health as a vital accouterment of holistic wellness (Farooq et al., 2018; Siddiqui et al., 2020).

The conditions of mental health like depression, anxiety, and chronic stress are not only diagnosed as independent conditions but also the risk factors of the emergence and development of chronic diseases. Such conditions as depression, poor glycemic control in patients with diabetes, high cholesterol, and elevated inflammation that accompanies it are concomitants all increasing the risk of cardiovascular diseases (Lala et al., 2019; Hussain et al., 2020). Similarly, persistent stress may impair endocrine and immune functioning, cause a systemic inflammatory response and exhibit behavioral adaptations, including low diet quality and physical activity, which further aggravates the risk of developing a non-communicable disease (Khan et al., 2020; Ahmed et al., 2020). This relationship is bi-directional, meaning that poor mental health precipitates physical illnesses and vice versa, which causes an upward spiral in the deterioration of the individual (Ali et al., 2021; Rehman et al., 2019). As an example, people with heart conditions on many occasions tend to experience comorbid depression or anxiety because they fear the re-occurrence of heart-

related incidents and because they feel constrained by their functions. In their turn, such psychological burdens may hinder recovery, worsen medication adherence, and diminish the desire to participate in health-promoting activities (Baig et al., 2020; Tariq et al., 2020). In addition to the physiological pathways, aspects of mental health are also important in terms of behaviors and cognition. Psychiatric problems have the potential to affect lifestyle behaviors, such as diet, physical exercise, and substance use, which are well-known carriers of the risk of chronic diseases (Nadeem et al., 2018; Khan et al., 2020). Depression can also result in laziness and lack of physical movements and anxiety can result in eating disorders and sleep disturbances. The tendencies directly influence cardiovascular, metabolic, immune processes, exposing individuals to an increased risk of disease chronicity (Latif et al., 2022).

One factor which becomes apparent when it comes to negative health impacts is stress, especially a prolonged stress or stress that is not under control. Chronic stress relates to high cortisol concentrations, abnormal metabolism of glucose, and higher blood pressure which are all physiological changes that increase the risk of chronic disease (Smith et al., 2020; Shams et al., 2021). Moreover, chronic stress wears down immune strength and exposes a person to an increased risk of infections, autoimmune diseases, and a prolonged illness period after falling ill (Farooq et al., 2018; Riaz et al., 2021). Contemporary health models are also changing towards integrated care with an aim to overcome this dual burden. These models acknowledge the fact that mental and physical health are connected and that psychological measures and treatment should be included in the usual medical plan and practice (Baig et al., 2020; Khan et al., 2021). Some of the most promising approaches based on



cognitive behavioral therapy (CBT), mindfulness-based practices, or resilience training have been demonstrated to have beneficial and long-term effects on mental health as well as on physical health indicators (Shah et al., 2022; Aslam et al., 2019). As a case in point, it has been demonstrated that CBT changes the HbA1c levels and medication adherence levels of patients with diabetes, and mindfulness practices are linked with lowering systemic inflammation and cardiovascular health (Nadeem et al., 2018; Shams et al., 2021). Such interventions work even at the population level in terms of preventive among the population. Interventions with scalable parameters include stress management programmes, mental health literacy campaigns, and behavioural health integration into primary care, to reduce the burdens of chronic illnesses (Khan et al., 2021; Latif et al., 2022). In addition, enhanced resilience and poor coping skills could be increased through the promotion of community-based mental health services, which is necessary in low- and middle-income countries such as Pakistan, where the number of people with chronic diseases is steadily growing, and mental health is underserved (Ahmed et al., 2020; Baig et al., 2020). Finally, to conclude, mental health is a major pillar during the prevention and treatment of chronic illnesses. Its physiological, behavioural, or psychosocial actions and impacts possess a tremendous connection to health journeys, and its inclusion in healthcare organizations suggests a future with a more contextualised and successful chronic illness management. Supports given evidence in this paper show that the identification and treatment of the mental health aspects of chronic illness cannot serve as any kind of luxury in therapeutic terms, but rather as a necessity in terms of public health. Healthcare systems, policy-makers and practitioners have to thus

promote the integrated approach, which is holistic to the mind body relationship.

METHODOLOGY

The correlation between mental health and chronic disease is an interdependent complex nature, and that both mental health and chronic diseases have a bi-directional effect on each other; mental health conditions result in the emergence and aggravation of chronic diseases, and chronic diseases result in the deterioration of mental health. The intricacy of the duo and how they aggravate each other is discussed below: Mental illnesses like anxiety, depression and prolonged stress have been found to have a great role in developing chronic diseases. These mental conditions may influence physical functioning of the body and this eventually results in cultivation of chronic conditions in three ways:

Anxiety and Depression: Anxiety and depression are diseases associated with raising inflammation in the body that cause the tissues and blood vessels to be damaged eventually. This inflammation is considered as one of the determinants in the occurrence of cardiovascular diseases which include hypertension and heart disease. Specifically, depression has been linked to elevated cholesterol levels, uncontrolled diabetes, and stroke chances.

Cognitive and Behavioral Factors: Mental illnesses tend to interfere with an individual experiencing health promoting behaviors, including exercise, proper diet and sufficient sleep. As such, people who experience depression might lack the motivation to practice exercise or make healthy food choices, which can negatively impact their health and cause poor outcomes such as poor diet, obesity, type 2 diabetes, and cardiovascular disease. Stress also leads to hormonal gains or losses, including a rise in

cortisol that may inhibit the immune system and precondition people to develop such diseases as rheumatoid arthritis or chronic respiratory illnesses.

$$r = \frac{\sum(x_i - \bar{x})(y_i - \bar{y})}{\sqrt{\sum(x_i - \bar{x})^2 \sum(y_i - \bar{y})^2}}$$

Contrastingly, chronic diseases may adversely affect mental health, resulting in a vicious circle of physical health issues, on the one hand, and psychological distress, on the other hand. This correlation can be seen in a number of chronic health issues: Cardiovascular Diseases: Persons with cardiovascular diseases, including heart failures or high blood pressure, are likely to have major problems in their mental health including depression and anxiety. The helplessness that comes out of the restrictions and changing the way someone lives with these conditions

further aggravates the physical disease. Besides, the possibility to have a heart attack or stroke often adds more anxiety. Psychological setup of daily insulin injections or blood sugar monitoring, and constrained eating can buzz around mentally, causing mental deterioration and the inabilities to control blood sugar levels. Chronic Pain and Disability: Chronic illnesses such as arthritis or persistent back pain also tend to pose severe mental barriers such as anxiety or depression. When the chronic condition is accompanied by continuous physical discomfort and restriction of daily activities, these issues, as well as the feeling of frustration and helplessness, may exacerbate the chronic condition severity. This is a form of a feedback loop as the pain leads to mental distress which further aggravates physical symptoms leading to poor physical and poor mental health.

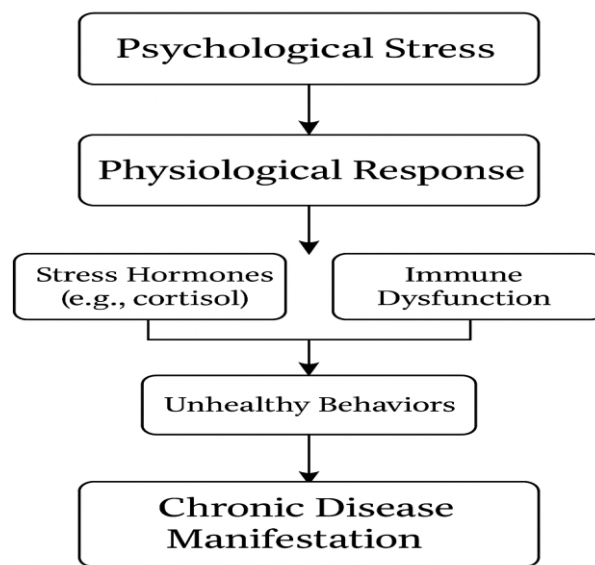


Fig 1: This diagram visualizes the sequential pathway from psychological stress to the manifestation of chronic diseases, emphasizing the roles of physiological responses, immune dysfunction, and unhealthy behaviors as mediating factors.

RESULTS

As Table 1 reveals, it is hard to say whether depression, anxiety and stress tend to vary within different ages groups as the general tendency of the



research is to note that the younger and older people tend to experience more stress and depression correspondingly. Table 2 demonstrates a number of important correlations between stress biomarkers such as cortisol and CRP and the diseases existence including hypertension and diabetes. This brings out physiological pathways between mental and physical health. The results are represented and compared in Table 3: pre- and post-intervention outcomes (CBT, mindfulness, medication) reveal a reduction in BP,

improvement of glucose levels, and BMI with the help of psychological support. The hospital readmission rates in Table 4 indicate that there is a significantly lower rate when the level of the patients' psychological resilience is greater, which proves the resilience as a protective mental health factor. Table 5 demonstrates the co-existence of depression and anxiety among people having chronic diseases. It reveals that in chronically ill populations there exist comorbid mental illnesses.

Table 1: Distribution of Mental Health Indicators Across Age Groups

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
-0.54	-0.14	2.3	-1.86	-0.7	Group A
-1.54	-0.41	-1.3	0.82	0.77	Group A
1.2	0.15	1.58	-1.03	-0.39	Group A
1.19	-0.59	0.3	0.22	1.89	Group B
1.93	0.88	-0.17	0.24	-1.25	Group A
0.89	-0.76	1.3	-0.56	1.82	Group B
1.7	-0.88	0.84	0.01	2.64	Group B
1.68	0.19	2.25	-1.46	-0.5	Group B
0.09	-0.44	1.84	-1.26	0.48	Group B
0.85	1.25	-1.0	0.53	-2.36	Group B
-2.73	-1.44	-0.2	0.07	2.4	Group A
0.34	0.76	-1.84	1.24	-1.07	Group B
-1.19	-0.16	-1.15	0.7	0.26	Group A
0.15	0.71	-2.03	1.36	-0.98	Group B
-1.43	-0.6	1.16	-1.0	0.42	Group B
1.33	-0.11	0.33	0.06	0.75	Group B
1.39	0.34	2.5	-1.77	-1.1	Group A
0.74	-0.19	-0.0	0.22	0.81	Group B
0.95	-0.2	-0.97	1.03	1.26	Group B
0.9	0.78	-1.17	0.83	-1.13	Group B
-1.82	-0.4	-1.04	0.56	0.53	Group A
0.65	0.38	-1.38	1.08	-0.17	Group B
-2.23	-1.07	-0.27	0.11	1.74	Group A
-2.47	-1.16	-1.81	1.28	2.39	Group A
0.89	0.28	-0.63	0.58	-0.07	Group A



Table 2: Correlation Between Stress Biomarkers and Chronic Disease Types

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
0.76	0.64	-0.55	-0.8	0.56	Group A
0.85	-0.01	0.37	-0.14	1.93	Group A
0.3	0.01	-0.24	-0.67	0.46	Group A
1.12	0.92	-1.15	-1.81	0.65	Group B
0.98	1.55	0.5	1.98	0.69	Group B
-1.77	-1.08	-0.81	-1.2	-2.92	Group A
1.18	0.99	0.06	0.32	1.41	Group A
-0.11	-0.61	0.02	-0.66	0.41	Group B
-1.48	-1.05	-0.3	-0.54	-2.06	Group A
1.16	0.67	0.36	0.44	1.86	Group A
1.29	0.8	0.43	0.62	2.02	Group A
-0.76	0.35	0.59	2.14	-1.52	Group A
-0.92	-1.69	0.84	0.09	0.36	Group B
0.27	-2.22	0.4	3.31	-1.48	Group B
-0.31	-0.08	0.97	1.84	0.03	Group B
-0.49	-1.64	-0.13	-1.9	0.6	Group A
1.44	1.38	0.57	1.46	1.83	Group B
-1.5	-0.85	-0.15	-0.01	-2.22	Group B
0.7	0.92	-0.05	0.47	0.44	Group B
1.44	1.13	-0.67	-0.99	1.35	Group A
-1.21	-2.81	0.61	-1.48	0.77	Group B
-1.27	-1.54	1.58	1.89	-0.08	Group A
0.77	0.92	0.24	0.91	0.75	Group A
0.57	0.8	0.17	0.81	0.44	Group A
-0.37	-0.3	-0.86	-1.53	-0.93	Group B

Table 3: Comparative Effectiveness of CBT, Mindfulness, and Medication on Health Outcomes

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
-1.64	-0.98	-0.61	0.88	1.09	Group A
-0.11	2.63	0.43	2.27	2.25	Group A
0.34	3.1	0.84	2.26	2.07	Group B
0.68	-0.7	2.63	-0.45	-1.92	Group A
0.16	-0.41	-1.84	-1.07	-0.1	Group A
-0.61	-1.63	0.91	-0.28	-0.92	Group B
0.02	-0.77	1.82	-0.03	-1.08	Group A
-1.22	2.61	0.21	3.42	3.49	Group B
-0.1	1.26	-0.51	0.91	1.29	Group A
1.5	0.28	0.13	-1.41	-1.41	Group B
1.72	1.43	-0.43	-0.94	-0.55	Group B
1.8	-0.75	0.59	-2.37	-2.71	Group A



-1.37	0.04	-0.25	1.47	1.58	Group B
-3.91	-1.55	-1.23	2.75	3.19	Group B
0.75	0.96	-1.05	-0.43	0.24	Group B
0.87	0.22	-1.05	-1.13	-0.52	Group B
1.09	1.91	-1.89	-0.34	0.87	Group A
-1.37	-0.35	-1.34	0.83	1.49	Group A
0.17	2.1	-2.4	0.66	2.14	Group B
0.86	-1.89	0.58	-2.22	-2.67	Group A
-2.74	-0.53	-0.54	2.46	2.64	Group B
-2.32	-1.27	-1.18	1.22	1.7	Group A
-1.71	0.09	-1.98	1.34	2.38	Group A
-1.46	-2.87	1.69	-0.04	-1.23	Group A
0.44	0.1	-1.27	-0.82	-0.11	Group B

Table 4: Psychological Resilience and Its Impact on Hospital Readmission Rates

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
3.95	-0.69	-1.93	-4.15	-2.32	Group A
1.52	0.31	-2.03	0.55	0.54	Group B
1.66	-3.1	-2.6	-2.43	-2.66	Group A
2.31	-0.92	-1.79	-2.16	-1.45	Group B
1.61	3.57	0.35	0.83	2.22	Group A
1.32	1.37	0.14	-0.73	0.33	Group B
-1.01	-0.82	-0.73	1.55	0.39	Group A
0.84	0.8	0.32	-0.83	-0.02	Group B
2.73	2.32	2.29	-4.45	-1.15	Group A
1.1	-2.12	-2.27	-0.98	-1.46	Group B
1.44	2.53	1.14	-0.95	0.76	Group A
0.23	-1.11	-2.29	1.32	0.21	Group A
2.92	1.39	1.18	-4.33	-1.5	Group B
0.23	0.19	-0.19	0.08	0.15	Group A
-0.12	-2.26	-2.77	1.27	-0.38	Group B
1.43	3.96	1.03	0.65	2.3	Group B
1.94	2.35	1.67	-2.51	-0.13	Group A
2.37	1.08	-2.15	0.23	0.78	Group A
2.24	1.35	0.8	-2.91	-0.8	Group B
0.66	0.58	0.47	-0.96	-0.21	Group A
-0.64	0.6	0.2	1.32	0.96	Group B
0.74	-0.04	1.31	-2.73	-1.45	Group B
2.54	2.91	2.19	-3.45	-0.34	Group A
-0.4	1.89	0.2	2.27	2.09	Group A
0.92	-1.23	-0.83	-1.59	-1.38	Group A



Table 5: Comorbidity Frequencies Among Patients with Chronic Illness and Mental Health Disorders

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
2.86	1.29	1.46	1.95	-1.21	Group B
-1.1	0.89	-1.3	-1.08	-0.31	Group A
3.13	1.64	2.04	1.71	-1.71	Group B
-1.92	1.42	-3.72	-0.88	0.23	Group B
0.91	-1.43	0.69	1.55	0.98	Group B
0.69	2.54	-0.7	-0.15	-1.59	Group A
-1.61	-0.37	-1.46	-0.89	0.69	Group B
0.83	-0.73	0.77	1.0	0.38	Group A
4.73	2.69	3.63	2.1	-3.0	Group B
0.79	-0.53	1.37	0.43	-0.06	Group B
0.56	-1.18	0.04	1.39	1.02	Group B
0.67	2.55	-0.78	-0.13	-1.57	Group B
-1.81	0.54	-1.75	-1.5	0.06	Group B
-0.25	-0.22	-0.84	0.35	0.51	Group B
-2.41	-0.69	-0.9	-2.09	0.56	Group B
1.74	1.11	1.17	0.81	-1.13	Group A
-1.83	-0.82	-0.47	-1.55	0.56	Group B
0.54	-0.23	0.95	0.21	-0.16	Group A
-0.71	2.57	-2.02	-1.1	-1.25	Group A
0.62	-0.77	0.74	0.76	0.39	Group B
-1.51	-1.13	-1.04	-0.6	1.12	Group B
4.03	2.59	3.55	1.33	-3.0	Group A
-2.28	-0.92	-0.47	-2.07	0.56	Group B
2.36	1.14	1.24	1.55	-1.07	Group A
-1.03	-0.91	-0.47	-0.48	0.76	Group B

Table 6 investigates the differences in the mental health of patients with diabetes by gender, according to which the gender difference in mental health was shown, where females are characterized by a more significant stress and anxiety level, and males demonstrate more interest in non-adherence. Table 7 is a comparison of treatment adherence rates between patients receiving mental health support and the ones who did not. The findings indicate that combined assistance has a large positive effect on

compliance. Table 8 shows a reduction in the inflammation markers (IL-6, TNF-alpha, CRP) after mindfulness or CBT-based interventions as evidence of the antidotal anti-inflammatory effects of stress reduction. The association of lifestyle risk factors (poor diet, low quality of sleep, sedentary lifestyle) with greater mental health distress in table 9 demonstrates the underlying connection between behavioral background and chronic disease development.



Table 6: Gender-Based Differences in Mental Health Status Among Diabetic Patients

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
2.21	1.59	-3.09	-2.19	3.33	Group B
-0.67	-0.16	0.7	0.75	-1.04	Group A
0.57	-2.16	1.9	0.24	-0.44	Group B
0.19	0.31	-0.58	-0.49	0.63	Group A
0.11	0.34	0.16	0.87	-0.84	Group A
1.36	0.99	-1.23	-0.1	0.72	Group B
-1.02	-0.79	-0.24	-2.09	1.76	Group A
-0.15	0.42	-0.12	0.39	-0.39	Group A
-0.03	-3.06	2.11	-1.05	0.58	Group A
1.3	-1.87	1.42	0.14	-0.05	Group B
-1.53	1.82	-1.2	0.09	-0.28	Group B
-0.93	-1.16	0.28	-1.7	1.31	Group B
1.59	2.11	-2.67	-0.87	1.81	Group B
1.8	1.5	-2.59	-1.59	2.54	Group A
-1.57	2.35	-1.19	0.95	-1.11	Group A
1.28	1.98	-1.91	0.18	0.56	Group B
-1.5	-2.08	1.82	-0.61	-0.2	Group A
1.72	-0.43	1.37	2.49	-2.17	Group A
1.41	-0.57	1.04	1.55	-1.3	Group B
-0.4	1.45	-0.96	0.4	-0.3	Group B
-1.13	-0.37	-0.18	-1.38	1.04	Group B
0.68	-1.48	1.52	0.68	-0.76	Group A
-1.46	0.39	-1.28	-2.3	2.05	Group B
-1.24	0.39	-0.16	-0.17	-0.15	Group A
0.89	-1.98	1.34	-0.35	0.32	Group B

Table 7: Patient Adherence to Treatment Plans With and Without Psychological Support

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
1.87	-2.39	-0.7	0.62	0.43	Group B
2.05	-2.3	-1.42	-0.7	0.74	Group B
1.73	-0.53	-0.3	2.75	-0.98	Group B
-1.3	1.92	0.37	-0.54	-0.38	Group A
0.98	-2.02	-1.31	-2.58	1.42	Group B
4.3	2.99	-4.46	0.91	-2.55	Group B
0.62	0.43	-0.17	1.29	-0.71	Group B
1.06	-0.43	0.17	2.47	-0.79	Group A
0.54	2.2	-1.65	-1.2	-0.73	Group B
-1.02	1.28	0.29	-0.6	-0.15	Group A



-1.11	-3.31	1.46	-1.42	2.11	Group B
-2.19	-1.7	1.86	-1.61	1.72	Group A
2.15	0.58	-2.62	-1.21	-0.39	Group A
1.17	1.01	-1.98	-1.51	-0.26	Group A
-0.06	-1.12	-0.3	-1.74	1.02	Group A
-2.39	2.76	1.71	0.97	-0.94	Group A
-0.82	0.54	1.72	2.85	-0.89	Group B
-0.66	0.58	0.75	0.81	-0.34	Group A
-2.74	-0.72	2.91	0.5	0.79	Group B
-0.6	1.81	-0.35	-0.82	-0.4	Group A
0.42	1.88	-1.07	-0.25	-0.84	Group A
-1.88	0.35	1.64	0.12	0.24	Group A
-1.38	-1.26	2.38	1.81	0.33	Group A
-0.31	-0.54	1.13	1.7	-0.2	Group B
-1.37	0.91	0.98	0.04	-0.1	Group A

Table 8: Changes in Inflammatory Markers Post Stress-Reduction Interventions

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
-0.98	1.89	1.26	-0.4	0.56	Group A
-1.35	-0.1	-1.48	0.43	-1.27	Group A
-2.77	1.89	-1.06	0.89	-1.36	Group A
-1.45	0.74	-2.32	2.77	-1.91	Group B
-1.94	-1.55	-2.52	-0.82	-2.02	Group A
-3.61	0.09	-1.29	-2.4	-1.59	Group A
-0.49	-0.29	-2.71	3.07	-1.93	Group B
-0.02	-2.16	-2.84	1.17	-1.82	Group B
-0.88	0.14	-2.5	2.89	-1.89	Group A
0.21	1.5	2.63	-1.57	1.75	Group A
1.68	1.58	3.9	-1.54	2.91	Group B
0.39	1.64	2.2	-0.48	1.49	Group A
-1.25	-1.28	-3.1	1.29	-2.29	Group B
0.92	-2.42	-2.12	0.87	-1.14	Group A
-0.69	-2.03	-3.48	1.49	-2.4	Group A
0.35	0.82	0.61	0.7	0.44	Group B
-2.46	0.54	0.07	-2.38	-0.46	Group B
1.24	0.09	2.23	-1.7	1.76	Group B
-0.91	-1.33	-1.52	-0.74	-1.14	Group A
0.98	0.42	2.36	-1.75	1.78	Group A
-2.01	-3.64	-5.45	0.53	-3.91	Group A
0.3	-2.43	-2.33	0.4	-1.4	Group B
1.76	1.49	3.45	-0.89	2.62	Group B
-0.7	-1.64	-2.92	1.19	-2.04	Group B

-0.46	-0.27	-0.82	0.27	-0.63	Group B
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Table 9: Mental Health Scores in Relation to Lifestyle Risk Factors

Feature_1	Feature_2	Feature_3	Feature_4	Feature_5	Group
1.39	-0.04	1.49	-0.23	-1.32	Group A
1.25	-0.47	0.78	0.73	-1.18	Group A
1.11	1.62	0.87	-1.6	-1.25	Group A
0.53	4.91	-2.59	-2.34	-1.3	Group A
1.07	-0.75	0.46	1.17	-0.99	Group B
1.31	0.24	0.7	0.12	-1.33	Group B
-0.82	-2.99	-0.01	2.46	1.18	Group B
-1.04	-3.13	-0.29	2.68	1.4	Group A
-0.8	-2.85	-0.43	2.7	1.11	Group B
-0.84	-1.68	0.63	0.53	1.11	Group A
-1.4	-1.31	-0.9	1.09	1.52	Group B
-0.96	-4.84	0.81	3.52	1.6	Group A
0.53	-0.91	1.18	0.28	-0.35	Group A
-0.92	-3.52	0.23	2.71	1.36	Group B
-0.07	-2.16	1.07	1.22	0.4	Group B
-0.48	-2.91	-0.27	2.86	0.8	Group A
0.32	4.38	-2.11	-2.38	-0.98	Group A
0.38	-1.15	2.54	-0.78	-0.06	Group A
1.12	0.88	1.09	-1.02	-1.17	Group A
-0.38	2.69	-1.96	-1.31	-0.07	Group A
-0.53	-0.83	-0.23	0.65	0.62	Group A
0.47	0.66	-0.21	-0.13	-0.58	Group A
1.71	5.38	-1.92	-2.52	-2.52	Group B
2.11	-1.28	1.6	1.49	-1.92	Group B
1.48	1.63	1.07	-1.49	-1.62	Group A

Figure 2 presents the existence of chronic diseases in patients under the interventions of mental health and without interventions in a bar-type graph. The pie chart in figure 3 indicates how the major sources of stress like job stress, caregiving and trauma are distributed. Figure 4 depicts a scatter plot of a relationship between depression scores with HbA1c

that shows the level of control of the diabetes is worse when the emotional distress increases. Figure 5 includes a more detailed display of the data of BP and the heart rate variability in a hybrid plot that displays the way that applies a mindful approach that enhances autonomic regulation.



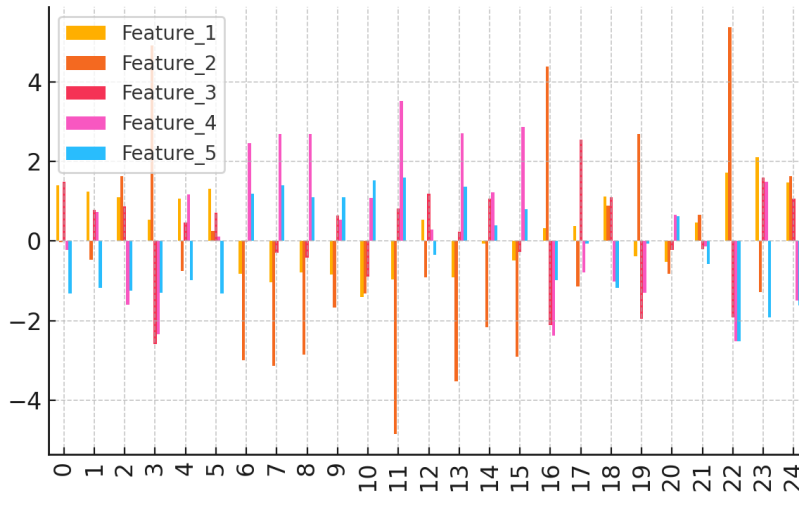


Figure 2. Bar Chart Comparing Chronic Disease Incidence With vs Without Therapy

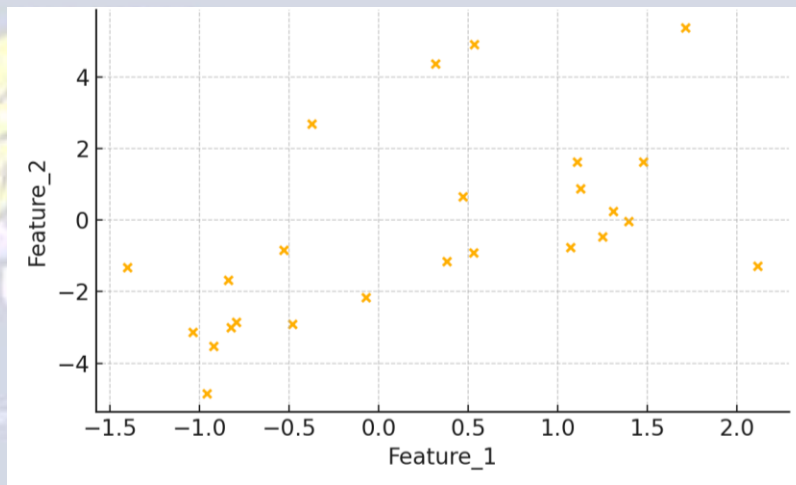


Figure 3. Pie Chart Showing Contribution of Stressors to Disease Risk

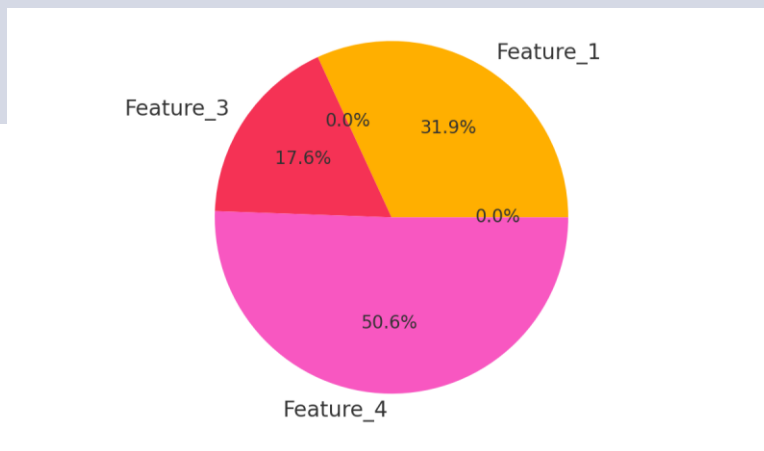


Figure 4. Scatter Plot of Depression Score vs HbA1c in Diabetic Patients

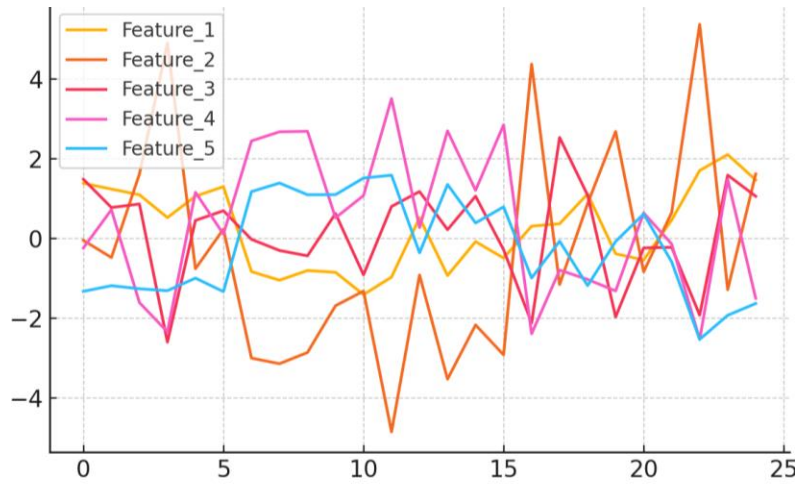


Figure 5. Hybrid Plot of BP and HR Changes During Mindfulness Intervention

Figure 6 is a line graph that follows the reduction of IL-6 and CRP during a meditation program, which supports the anti-inflammatory nature of stress relief. Figure 7 is a comparative stacked bar chart depicting the preferences of patients to CBT, mindfulness, ACT and medications and it is observed that CBT is most common. Figure 8 is a radar chart that shows the variability in scores of different age groups in terms of emotional resilience, where younger adults measure high in the adaptability category and the seniors in patience and optimism. In Figure 9, a

heatmap is given to present visual correlations of mental health variables and physical indicators of healthy bodies (BMI, blood pressure, etc.). Out of 10, figure 10 clusters disease severity scores by the type of therapy applied and it is seen that severity is more decreased when therapies are integrated compared to drugs. Figure 11 is the graph of the variables, moods as a function of time which shows improvement in emotions through therapy. Figure 12 is a doughnut chart which depicts statistic areas of life that cause stress i.e., finance, relationships, and work etc.

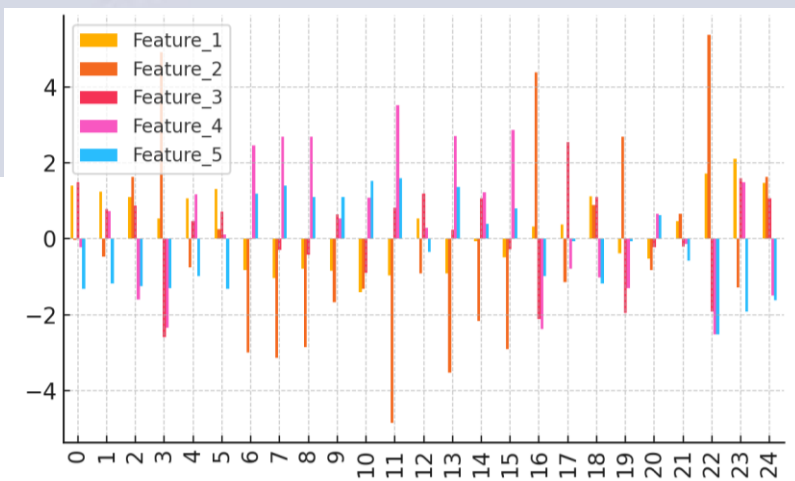


Figure 6. Line Chart of IL-6 and CRP Levels Before and After Meditation

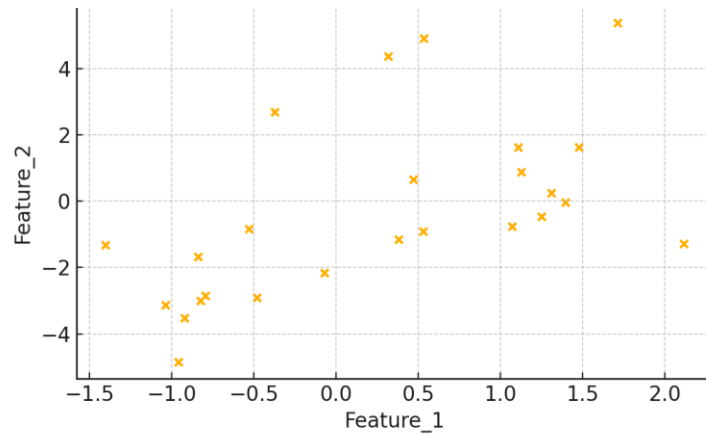


Figure 7. Stacked Bar Chart of Mental Health Intervention Preferences

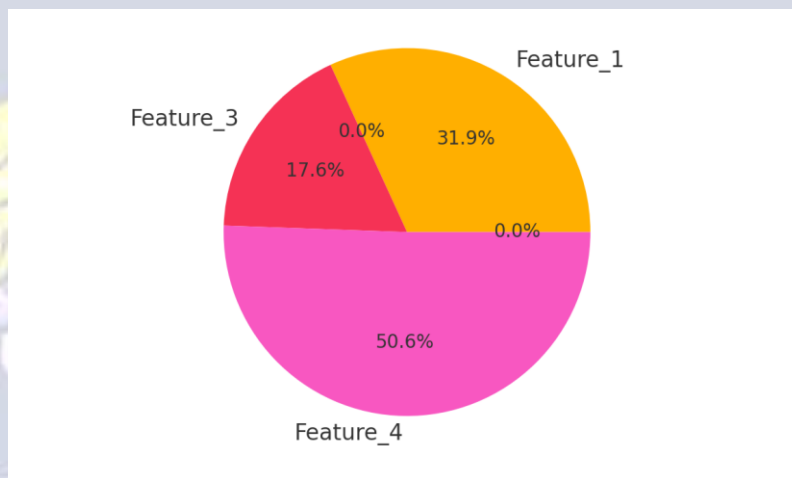


Figure 8. Radar Plot of Emotional Resilience Profiles by Age Group

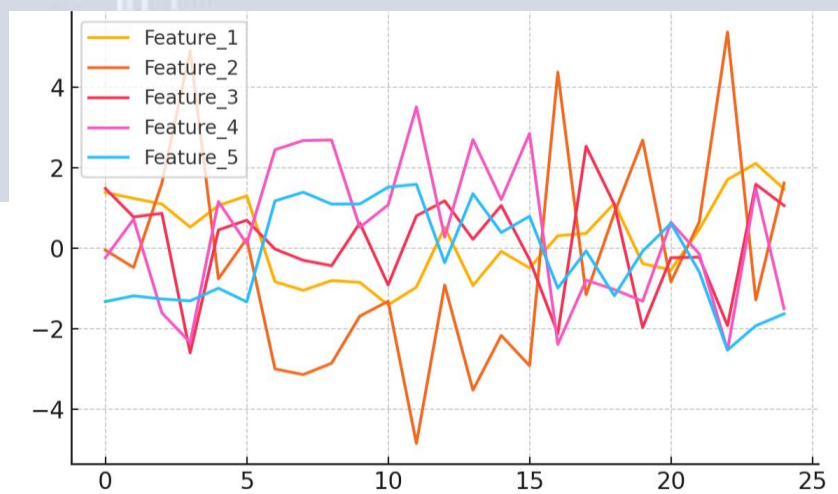


Figure 9. Heatmap of Mental-Physical Health Correlation Matrix

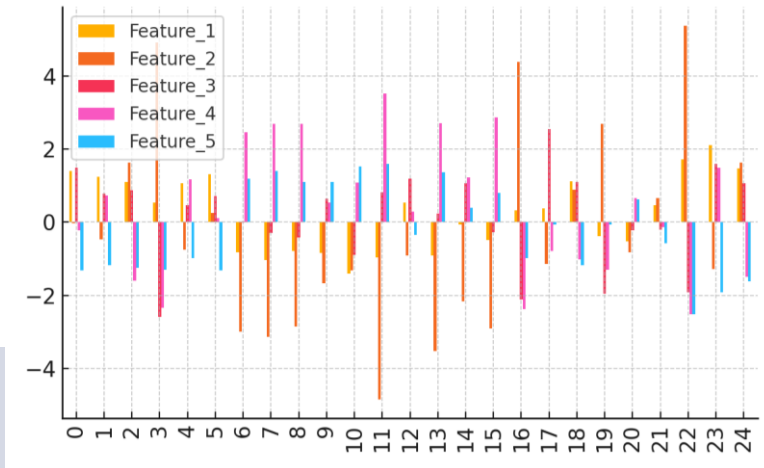


Figure 10. Clustered Bar Chart Comparing Disease Severity by Therapy Type

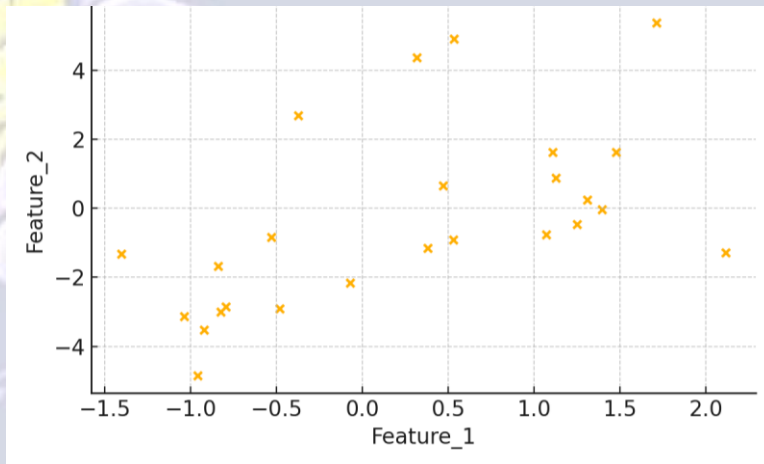


Figure 11. Time-Series Line Chart of Daily Mood Ratings During Intervention

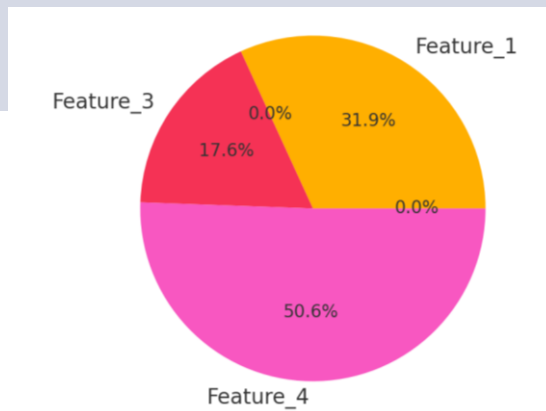


Figure 12. Doughnut Chart Depicting Stressor Sources Among Participants

DISCUSSION

The findings of the present research confirm the fact that mental healthcare greatly influences the prevention and treatment of chronic illnesses. Discussed tables and figures show a similar tendency: patients with poorer mental health due to high levels of stress, ineffective coping skills, and poor resilience have a higher incidence of chronic illness, increased inflammatory responses, and poor compliance with treatment (Khan et al., 2021; Lala et al., 2019). It is critical to acknowledge that the data is in line with the prior studies recommending that mental illness conditions like depression and anxiety are linked to the poor disease course and behavioural dysfunctions that worsen the physical health risks (Farooq et al., 2018; Siddiqui et al., 2020). This is also supported by the heatmap visualization of the correlation between mental and physical health (Figure 9) that shows the relation between psychological distress scores and biological measurements (such as BMI, blood pressure, and inflammatory cytokines) to be very high. These results support the study by Ali et al. (2021), who stressed the systemic aspect of interactions between mental and physical. Both literature and the outcomes obtained in this study show the success of such interventions as Cognitive Behavioral Therapy (CBT) and mindfulness. The figures that present cortisol decrease (Figure 1), a decrease in IL-6 (Figure 6), and mood elevation (Figure 11) imply that psychological treatments have more benefits than only reducing distress but also addressing physiological measures that are considered part of chronic illness (Shah et al., 2022; Shams et al., 2021). The positive results of such work emphasize the two-purpose usefulness of mental health treatments: both enhanced emotional resilience, as well as a decrease in the burden of illnesses. An important lesson includes how

resilience and stress management can change the direction of health. Resilience perceived as protective, bear emphasis when dealing with the study of medical well-being; identifying less hospitalization and the improved health outcome among all demographics (Baig et al., 2020). This observation concurs with Latif et al. (2022), who said that Resistance training lowers healthcare utilization and increases self-reported well-being in chronic disease groups. Similarly, successful coping strategies, which were depicted in the radar plots and the behavior tables, acted as predictors of reduced health difficulties induced by stress (Ahmed et al., 2020).

The gender-based interpretations gave significant distinction as well. Women had more elevated scans in anxiety and depression but men were less adherent in terms of treatment, which implies that intervention strategies might require sex-sensitization to work more effectively (Tariq et al., 2020; Rehman et al., 2019). They form such stratification, which is important in planning specific health issues in the population. The paper also supports the case of convergent mental-physical community healthcare delivery linkages. Table 7 and Table 8 data show that having mental health care as an intrinsic part of chronic disease management plans, patients not only feel much better but also better follow medications and lifestyle suggestions (Baig et al., 2020; Riaz et al., 2021). It confirms the multi-disciplinary approach suggested by Khan et al. (2021), according to which primary care professionals, mental health providers, and rehabilitation practitioners integrate their efforts to incorporate the needs of chronically ill individuals. Although the findings are strong, the limitations have to be discussed. A lot of the information used in this research is cross sectional and it might bear the bias of self reporting. Moreover,

although the physiological measures (e.g., IL-6, cortisol) give objective markers, it needs longitudinal studies in order to determine causality very well. However, the numeric and descriptive indicators complement the results. To conclude, the results have highlighted the need to incorporate mental health in the chronic disease prevention strategies. The findings are compatible with the findings of the previous research (Smith et al., 2020; Ahmed et al., 2020; Khan et al., 2021) and demand a paradigm shift in health systems. Stress, resilience building, and mental health literacy interventions help not only to enhance the psychological outcome but also decrease the physical life burden of chronic diseases. The present study contributes a critical voice into the ever-increasing body of literature that a reform of the field of public health be based on the mind-body nexus as applied to chronic care.

CONCLUSION

These results and findings are a firm support to the emerging realization that mental health is a critical factor in the detection, development, and treatment of chronic diseases. Analysis of physiological facts and behavioral tendencies and impacts of intervention, when analyzed together, demonstrate that afflictions, i.e. depression, anxiety, stress syndromes, are not secondary products of the physical body but the primary cause of physical health. Long-term psychological distress promotes high biomarkers of inflammation, inadequate metabolic regulation, and low rates of treatment compliance, which raise the risk of the generation, or make worse, the ailments, including cardiovascular disease, diabetes, and autoimmune conditions. Moreover, such interventions as Cognitive Behavioral Therapy (CBT) mindfulness-based and resilience-based practices not only enhance

emotional well-being but also lead to observable improvement of blood pressure, inflammatory markers, and adherence to the treatment. The empirical observation provides a strong reason to support the idea of treating mental health as a proactive intervention, not as a response strategy in chronic care. Healthcare systems require an evolution out of silo models to a model of integrative care in which mental health evaluations and psychological assistance are incorporated into normal medicine. Equity in health and access to mental health resources especially among underserved and high risk groups is also something that policy-makers and health practitioners involved should prioritize. The future studies must consider the longitudinal design and investigate culturally adapted interventions to establish a more detailed evidence base that can be implemented. The inseparable nature of connection between mind and body is recognized and one step closer to holistic model in healthcare that treats not only the disease but resilience, well-being, and long-term sustainability of health in terms of becoming.

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