

The human being is considered the basic building block of society and the essence of its construction. The individual The person suffering from a psychological disorder or defect has a negative impact on himself and on others around him, thus standing in the way of his progress and achievements. In order for the individual to perform his personal and social duties and tasks to the fullest extent, he must enjoy high psychological health, free of disturbances and problems that negatively affect his effort, giving, and achievements. Therefore, the great importance of studying mental health has emerged, which leads the individual to psychological and social harmony and compatibility, and a high capacity for productivity, happiness, and giving. A healthy human being is the source of renaissance, thought, and progress.