

Prevalence And Distribution Of Psychiatric Disorders Among Patients Visiting Psychiatry OPD In A Tertiary Care Centre In Mangalore.

Deepthi VH¹, Ravisha Thunga², Kiran Kumar PK³, Lubna Kauser⁴

¹Assistant Professor, Department of Psychiatry, AJIMS, Mangalore, ²Professor and Head of the Department of Psychiatry, AJIMS, Mangalore, ³Professor, Department of Psychiatry, AJIMS, Mangalore, ⁴Junior Resident, Department of Psychiatry, AJIMS, Mangalore.

Abstract

Background: Objective: To assess the prevalence and patterns of psychiatric disorders among patients attending psychiatry OPD in a tertiary care centre in Mangalore. Study Design: Cross Sectional Study. **Subjects and Methods:** A total of 200 patients were studied in a period of six months from March to September 2018. The first 2 new patients attending psychiatry OPD were examined. Socio-demographic data was collected using the pre-designed structured proforma. Diagnosis was made based on the ICD-10 classification. **Results:** The Majority of psychiatric patients (27.8 %) belonged to age group 20-55 years. It was noted that Depressive Disorder (32%) was most commonly seen, followed by Anxiety Disorders (20%), Somatoform Disorder (19%), Substance Abuse Disorder (12%), Schizophrenia (10%), Bipolar Mood Disorder (7%). **Conclusion:** Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common.

Keywords: Prevalence, OPD, new patients.

Corresponding Author: Dr. Deepthi VH, Assistant Professor, Department of Psychiatry, AJIMS, Mangalore.

Received: November 2018

Accepted: December 2018

Introduction

As a large proportion of psychiatric disorders present first to the tertiary health centres, the prevalence and manifestations of the same become important. Psychiatric disorders have significant impact on individual's health, quality of life and also contributes to social burden. Due to the stigma surrounding psychiatric disorders, they remain under diagnosed and under treated and thus result in significant distress and disability to the patient and the care giver. According to the World Health Organisation (WHO) data on global burden of disease, mental illnesses account for over 15 percent of the total burden of disease.^[1] The responsibility of early diagnosis is increasingly falling on healthcare professionals in tertiary healthcare centres.^[2] More patients present with physical symptoms rather than psychological or emotional complaints, and this further delays the early recognition of psychiatric disorders. Epidemiological studies regarding the prevalence of psychiatric disorders would aid in providing the pattern of specific disorders, and thus help in early diagnosis, irrespective of the department that patients may visit.

This study assesses the prevalence and patterns of psychiatric disorders among patients visiting the psychiatry out-patient department in a tertiary care centre. The knowledge of prevalence and patterns of psychiatric disorders will aid in the efficient planning and resource allocation in the health care system.

Objectives

To assess the prevalence and patterns of psychiatric disorders among patients visiting psychiatry out-patient department in a tertiary care centre.

Subjects and Methods

Sample:

New patients who visited the psychiatry out-patient department in a tertiary care centre in Mangalore.

Sample size:

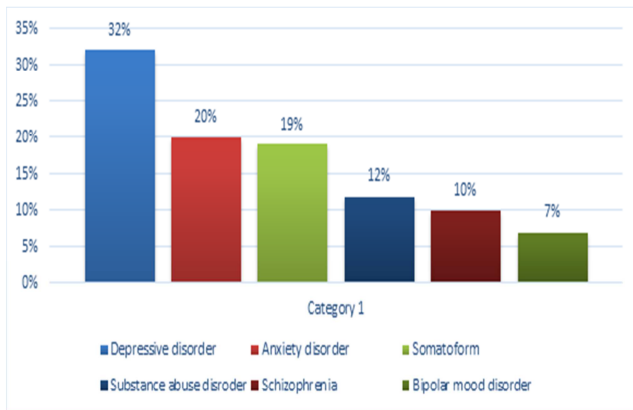
A total of about 200 new patients seeking psychiatry care in an out-patient department in a tertiary care centre who aged more than 12 years were purposely selected for a study period of 6 months. First 2 new patients visiting psychiatry out-patient department were selected daily for the study. Children who were less than 12 years of age have been excluded from this study. Patients suffering from mental retardation and epilepsy have also been excluded from the study. Analysis was done using SPSS statistical software.

Proforma:

Information regarding patients was taken using pre-designed structured proforma.

Diagnosis:

Was done by using ICD 10 criteria for diagnosis.



Results

It was noted that Depressive Disorder (32%) was most commonly seen, followed by Anxiety Disorders (20%), Somatoform Disorder (19%), Substance Abuse Disorder (12%), Schizophrenia (10%), Bipolar Mood Disorder (7%). Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common.

Discussion & Conclusion

Similar to other studies our study also showed that male population were majorly suffering from substance abuse disorder.^[3-5] The major precipitating factor for the psychiatric disorders according to our study were noted to

be poor financial status(12%), marital discord(10%), death of a family member(10%), lack of family support(9%). Mental health disorders account for nearly a sixth of all health-related disorders and yet we have just 0.4 psychiatrists and 0.02 psychologists per 100,000 people, and 0.25 mental health beds per 10,000 populations.^[6] Mental healthcare can be provided at the community and primary level if its access to it is improved. Importance to Rehabilitation for chronic diseases should be given. There is a sincere need of much greater co-operation and collaboration between mental health and primary care health workers.

References

1. Ustun TB, Sartorius N, eds. Mental illness in general healthcare: an international study. Chichester, 1995, John Wiley & Sons behalf of WHO: 323-34
2. Murphy, J.M., Laird, N.M., Monson R.R., Sobol, A.M., Leighton, A.H., 2000. A 40-year perspective on the prevalence of depression: the Stirling County Study. Arch. Gen. Psychiatry 57 (3), 209-215
3. Mason P, Wilkinson G. The prevalence of psychiatric morbidity: OPCS survey of psychiatric morbidity in Great Britain. Br J Psychiatry 1996; 168:1-3.
4. Henderson S, Andrews G, Hall W. Australia's Mental Health; an overview of the general population survey. Aust NZ J psychiatry 2000; 34: 197-205.
5. Malik S & Bokharey Z. Psychiatric admissions in a teaching hospital: A profile of 177 patients. J Coll Physicians Surg Pak 1999; 9(8): 359-61.
6. Sunil Nayak, Sonaliya K N Morbidity patterns of patients attending Psychiatric opd in tertiary care hospital in Ahmedabad . National Journal Of Medical Research Vol 1 Issue 1 July – Sept 2011 : ISSN 2249 -4995

Copyright: © the author(s), publisher. Asian Journal of Medical Research is an Official Publication of "Society for Health Care & Research Development". It is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

How to cite this article: Deepthi VH, Thunga R, Kumar PKK, Kauser L. Prevalence And Distribution Of Psychiatric Disorders Among Patients Visiting Psychiatry OPD In A Tertiary Care Centre In Mangalore. Asian J. Med. Res. 2018;7(4):PY20-PY21. DOI: dx.doi.org/10.21276/ajmr.2018.7.4.PY4

Source of Support: Nil, **Conflict of Interest:** None declared.