



STUDY OF COMMON MENTAL DISORDERS IN RURAL INDIA.

Community Medicine

**Dr. Snehal P
Chavhan**

Assistant Professor, B. J. Medical College, Pune .

**Dr. Pankaj M.
Kasdekar***

Assistant Professor, B. J. Medical College, Pune . *Corresponding Author

**Dr. Preeti Namdeo
Pawar**

Medical Officer, Baharatratna Dr. Babasaheb Ambedkar Hospital, Kandiwali, Mumbai

ABSTRACT

Objective - 1) To know the prevalence of common mental disorders. 2) To know their relation with socio-demographic characteristics, lifestyle and medical conditions in rural population in rural health practice area of medical college.

METHODOLOGY-Study type: Community based Cross –sectional study.

Study area: Rural field practice area of dept. of community Medicine, BJ Medical College, Pune,

Study period: Dec 2016-June 2017.

Study Subjects: Participants over the age of 18 years.

Sample size: 200 participants Selected by Systematic random sampling, considering 30% prevalence and 20 % allowable error. With written informed consent A semi structured questionnaire was used to obtain information about socio-demographic aspects, lifestyle and disease frequency. In addition, the SRQ-20¹ was used to measure common mental disorders (CMD) developed by WHO. With cut off of >7. For analysis Chi-Square test was used, $p < 0.05$ considered significant.

RESULTS -Prevalence of participants scoring > 7 were 36 i.e. 18%. It is associated with Female Sex, Advancing Age, Married Marital Status, History of Chronic Diseases i.e. (DM, Asthma.), Family history of Chronic Diseases & Addictions i.e. Tobacco, Alcohol.

CONCLUSION - Prevalence of Common mental Disorders was 18%. It is associated with Female Sex, Advancing Age, Married Marital Status, History of Chronic Diseases i.e. (DM, Asthma.), Family history of Chronic Diseases & Addictions i.e. Tobacco, Alcohol.

KEYWORDS

Common mental disorders, Rural India.

INTRODUCTION-

Developing country like India has started facing problem of Psychological disorders in modern times which is posing a major public health problem. Affects the health of large population and incurring high expenses for public health. Psychological disorders range from Common mental disorder to more severe Psychotic disorders. Large quantity of literature is available from western countries and Indian studies are covering mostly urban India. Very few studies focus on mental health of rural India. With this background a study was conducted to know the prevalence of common mental disorders and to know their relation with socio-demographic characteristics, lifestyle and medical conditions in rural population in rural health practice area of medical college.

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Material And methods -

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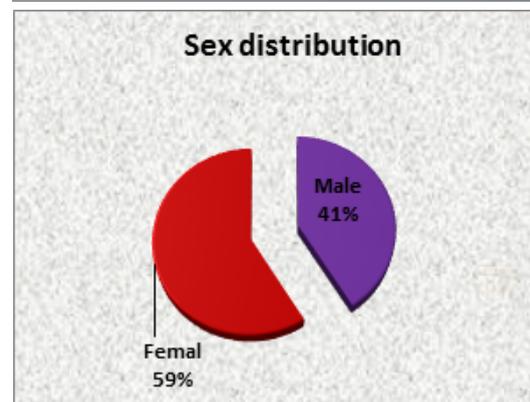
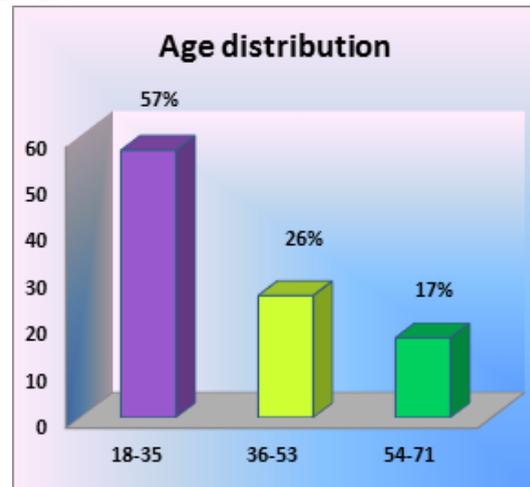
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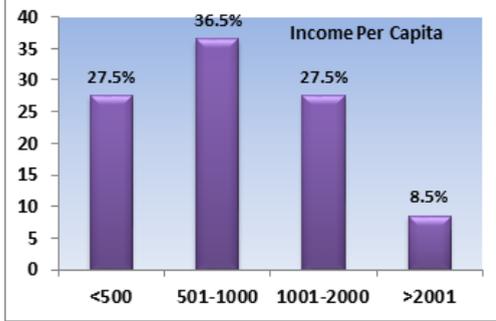
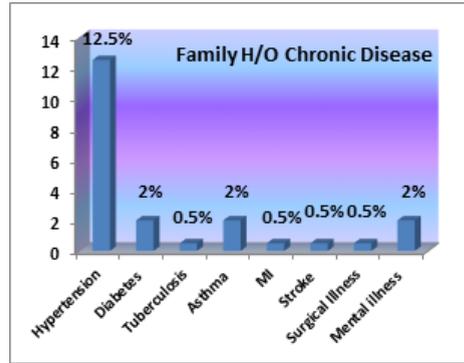
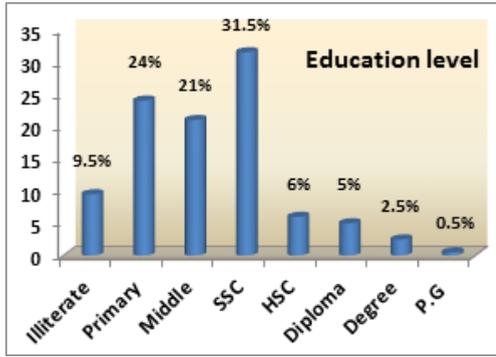
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RESULTS -





Participants Characteristics	No.	%
Leisure time Activities		
Yes	19	9.5
No	181	90.5
Exercise		
Yes	21	10.5
No	179	89.5
Drug Addiction		
Yes	2	1
No	198	99

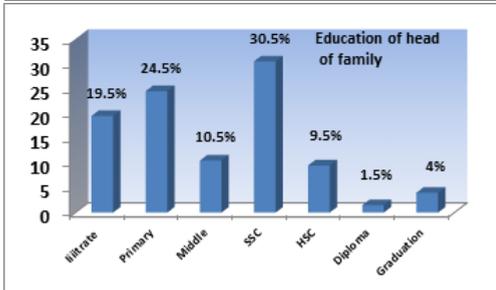
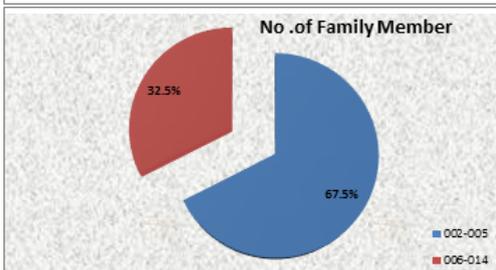
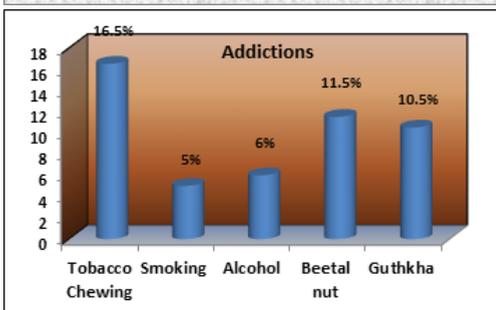


Table - Prevalence of Common mental Disorder According to Socio demographic, lifestyle & Clinical conditions.

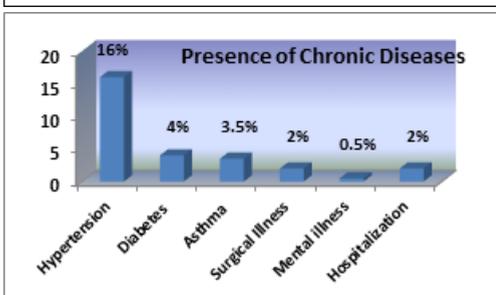
Variable	Frequency of common mental disorders			
	Yes	No	%	P value
Sex				
Male	9	82	10.97	0.0311
Female	27	118	22.88	
Age				
18-35	12	114	10.52	0.045
36-53	13	52	25	
54-71	11	34	32.35	
Religion				
Hindu	31	167	18.56	NS
Muslim	3	22	13.63	
Buddha	2	11	18.18	
Marital Status				
With Partner	43	154	27.92	0.0209
Without Partner	3	46	6.52	



Level of Education	Yes	No	%	P value
Illiterate	6	19	31.57	0.0415
Primary	14	48	29.16	
Middle	4	42	9.52	
SSC	8	63	12.69	
HSC	3	12	25	
Diploma	1	10	10	
Degree	0	5	0	
P.G	0	1	0	



Income Per Capita	Yes	No	%	P value
<500	9	55	16.36	0.832
501-1000	15	73	20.54	
1001-2000	10	55	18.18	
>2001	2	17	11.76	



Education of Head of Family	Yes	No	%	P value
Illiterate	11	39	28.20	NS
Primary	8	49	16.32	
Middle	2	21	9.52	
SSC	9	61	14.75	
HSC	3	19	15.78	
Diploma	0	3	0	
Graduation	3	8	37.5	

No. of Family member	Yes	No	%	P value
2-5	27	135	20	NS
6-20	9	65	13.84	

Addiction	Yes	No	%	P value
Tobacco Chewing	10	33	30.30	0.03
Smoking	3	10	30	
Alcohol	1	12	8.33	
Beetle nut	4	23	17.39	
Guthkha	8	21	38.09	

Presence of chronic disease				
Hypertension	3	32	40.62	0.003
Diabetes	3	8	37.5	
Asthma	4	7	57.14	
Surgical Illness	1	4	25	
Mental illness	1	1	100	
Hospitalization	1	4	25	

DISCUSSION–

In Our study Prevalence of Common Mental Disorder was found to be 18% which was consistent with Z. Steel et al² which showed Global prevalence of 17.6% , Gari Hunduma et al.³ which showed prevalence of 14.9% , Soni A et al⁴ which showed prevalence of 22% but higher prevalence was found I studies done by Ali Y, Yigzaw N, Bekana L, Mekonen S (2016)⁵ which showed prevalence of 67% and Vives M et al⁶ which showed prevalence of 47.7% .

In our study Significant association of Common mental disorder was found with female gender , Advanced age , Married status , Chronic Health conditions and addictions p<0.05 similar findings were reported by Vives M et al⁶, Parreira BDM⁷, Ali Y et al⁵, Abraham Y et al⁸, Yimam K et al⁹.

RECOMMENDATION-

Present study suggests mental disorders have non modifiable as well as modifiable risk factors risk factors associated with its occurrence.

Actions should be aimed at changing modifiable risk factors like addictions by enhanced IEC Activities, So also chronic diseases should be given enough emphasis considering its long duration

Conflict of interest – None

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