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EVALUATION OF PREVALENCE AND FREQUENCY OF PSYCHIATRIC DISORDERS AMONG PATIENTS ATTENDING PSYCHIATRY OUTPATIENT DEPARTMENT IN A TERTIARY CARE HOSPITAL

Psychiatry

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ABSTRACT

Background: Mental and substance use disorders are the leading causes of disability-adjusted life years, accounting for 7.4% of all disability-adjusted life years worldwide. **Materials and Methods:** This cross-sectional study was conducted in the Department of Psychiatry, World College of Medical Sciences and Research. A total of 130 new patients seeking psychiatry care in an out-patient department in a tertiary care hospital, diagnosis was done by using ICD 10 criteria. **Results:** It was noted that Depressive Disorder (32.3%) was most commonly seen, followed by Anxiety Disorders (20%), Somatoform Disorders (19%), Substance Abuse Disorder (12%), Schizophrenia (10%), Bipolar Mood Disorder (6.9%). Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common. **Conclusion:** Depressive Disorder was most commonly seen, followed by Anxiety Disorders, Somatoform Disorders, Substance Abuse Disorder, Schizophrenia, Bipolar Mood Disorder. Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common.

KEYWORDS

Prevalence, Frequency & Psychiatric Disorders

INTRODUCTION:

The first General Hospital Psychiatry Unit (GHPU) in India was started at RG Kar Medical College and Hospital, Calcutta, India, in 1933 [1]. Over the years, the number of GHPUs have increased significantly [2], thus resulting in a greater interaction among psychiatrists, physicians and other specialists. Currently, the consultation-liaison services in India follow the consultation model, where in a psychiatrist evaluates and manages the patient who is referred from a physician/surgeon.[3] Mental and substance use disorders are the leading causes of disability-adjusted life years, accounting for 7.4% of all disability-adjusted life years worldwide.[4] 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.[5] The responsibility of early diagnosis is increasingly falling on healthcare professionals in tertiary healthcare centres.[6] 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 attending the psychiatry out-patient department in a tertiary care hospital. To evaluate the prevalence and patterns of psychiatric disorders among patients visiting psychiatry out-patient department in a tertiary care hospital.

Materials and Methods:

This cross-sectional study was conducted in the Department of Psychiatry, World College of Medical Sciences and Research, Jhajjar, Haryana, during the peroid from July, 2018 to August,2019. A total of 130 new patients seeking psychiatry care in an out-patient department in a tertiary care hospital who aged more than 14 years were purposely selected for a study period of 12 months. First 2 new patients visiting psychiatry out-patient department were selected daily for the study. Children who were less than 10 years of age have been excluded from this study. Patients suffering from mental retardation and epilepsy have also been excluded from the study. Information regarding patients was taken using predesigned structured proforma. Diagnosis was done by using ICD 10 criteria. Data analysis was done using IBM SPSS 22 statistical software.

RESULTS AND DISCUSSION:

This present study was carried in the Department of Psychiatry, World College of Medical Sciences and Research Hospital, Jhajjar. It was noted that Depressive Disorder (32.3%) was most commonly seen, followed by Anxiety Disorders (20%), Somatoform Disorders (19%), Substance Abuse Disorder (12%), Schizophrenia (10%), Bipolar Mood Disorder (6.9%). Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common. Similar to other studies our study also showed that male population were majorly suffering from substance abuse disorder. [7-9]

Table 1: Distribution of different Psychiatric disorders Patients:

Different Psychiatric Disorders	No. of patients (%)
Depressive	42 (32.3%)
Anxiety	26 (20%)
Somatoform	24 (18.5%)
Substance Abuse	16 (12.3%)
Schizophenia	13 (10%)
Bipolar Mood	9 (6.9%)

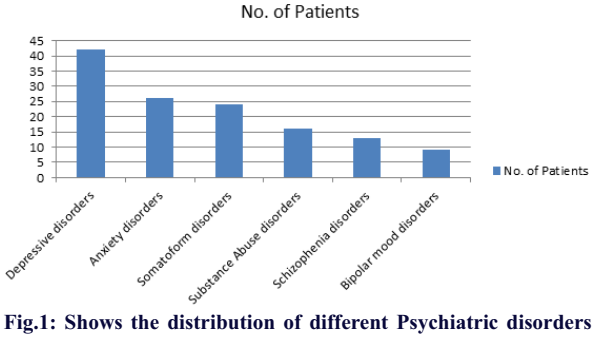

Fig.1: Shows the distribution of different Psychiatric disorders Patients.

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 1,00,000 people, and 0.25 mental health beds per 10,000 populations.[10] 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. When the psychiatric diagnoses of the patients were analyzed, it was found that Depressive Disorder (32.3%) was most commonly seen, followed by Anxiety Disorders (20%), Somatoform Disorders (19%), Substance Abuse

Disorder (12%), Schizophrenia (10%), Bipolar Mood Disorder (6.9%).. This category includes some of the common psychiatric conditions like Anxiety Disorders, Substance Abuse Disorder, Schizophrenia, Bipolar Mood Disorder and somatoform disorders.[11] This finding was consistent with the data of a majority of the previous studies. [12,13] Interestingly, no psychiatric diagnosis was made in a significant 7.3% of the patients. It is pertinent to note that all of the above mentioned psychiatric disorders are not only common, but that they can also lead to a significant functional impairment.[14] The WHO has reported that by 2020, unipolar depression is anticipated to be the second most common cause of morbidity in the world, next only to cardiovascular disorders.[15] Also, the recent introduction of safe and effective psychotropic medication has improved the prognosis of many psychiatric conditions [16], which were once considered to be untreatable. In this context, psychiatric referrals are of utmost significance, as patients with psychiatric illnesses generally tend to consult other specialists before being referred to a psychiatrist.

CONCLUSION:

In conclusion, we found that Depressive Disorder was most commonly seen, followed by Anxiety Disorders, Somatoform Disorders, Substance Abuse Disorder, Schizophrenia, Bipolar Mood Disorder. Female population were noted to have depressive episode, anxiety disorders and somatoform disorders in more common.

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