



ORIGINAL RESEARCH PAPER

Psychiatry

PREVALENCE OF COMMON PSYCHIATRIC DISORDERS AMONG CHILDREN IN RURAL INDIA

KEY WORDS: attention problem, externalizing problem, internalizing problem, paediatric symptom checklist, childhood psychiatric disorders

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ABSTRACT

The purpose of the study was to identify the prevalence of common psychiatric disorders in children. The assessment was based on subscales of attention problem(ADHD), Internalizing Problem(Anxiety& Depression) and Externalizing Problem(Conduct disorder) in paediatric symptom checklist(PSC) and results analysed and tabulated.

INTRODUCTION

According to UNICEF Child(plural= children) is defined as a human being below the age of 18 years, Unless majority is attained earlier. Biologically a child is generally anyone between birth and puberty.

The issue of childhood psychiatric morbidity is more serious in developing countries because these countries have larger proportion of adolescent population. In india, adolescent constitute 25% of the population^{[1][11]}, comprising one fifth of the total population.

Psychiatric Problem in children are under reported and only present to specialists when it is of severe intensity. So the actual Prevalence of the disorder may be higher in the general population compared to those presenting to psychiatrist or paediatrician^{[2][3]}.

This study is an attempt to identify the actual prevalence of psychiatric disorders among children in general population. In this study, Paediatric Symptom Checklist(PSC)^[4] is used, Which helps to identify emotional and behavioral problems in children. PSC is a 35 item parent reported questionnaire and a widely used tool for this purpose. PSC subscales for Internalizing, externalizing and attention problems can be calculated from specific questions. Internalizing problem from questions 11,13,19,22&27. Externalizing problem from questions 16, 19, 31, 32, 33, 34 & 35. Attention problem from questions 4, 7, 8, 9&14 respectively. Each question is scored Never-0, Sometimes-1, and Often-2. Subscale score of >5 for internalizing problem and >7 for externalizing problem and attention problem are significant.

MATERIALS AND METHODS

This study was conducted among children accompanying parents in a general outpatient clinic between July 2018 to December 2018. Children of parents who gave written consent were included in this study.

INCLUSION CRITERIA

- 1) Children with score >7 in attention and externalizing subscale of PSC^[5]
- 2) Children with score of >5 in Internalizing subscale of PSC
- 3) Children of parents who gave written consent

EXCLUSION CRITERIA

Children who attained puberty^[6].

RESULTS AND DISCUSSION

Children of both gender upto age of 18 years who have not attained puberty were included^[7].

Total number children assessed in this study was 206. Since PSC is a parent reported Questionnaire the parents were the one who answered the question.

Sex distribution

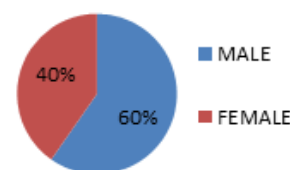


Fig.1 SEX DISTRIBUTION

GENDER	FREQUENCY	PERCENTAGE (%)
MALE	123	59.7
FEMALE	83	40.3
TOTAL	206	100

TAB 1. SEX DISTRIBUTION

ATTENTION SUBSCALE (ADHD)

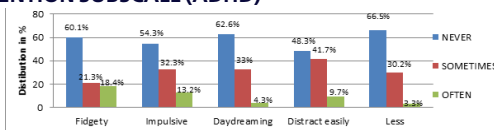


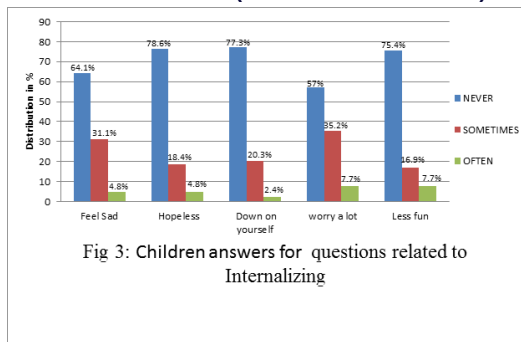
Fig 2: Children answers for question related to Attention subscale

PREVALENCE OF PSYCHIATRIC PROBLEM AMONG CHILDREN

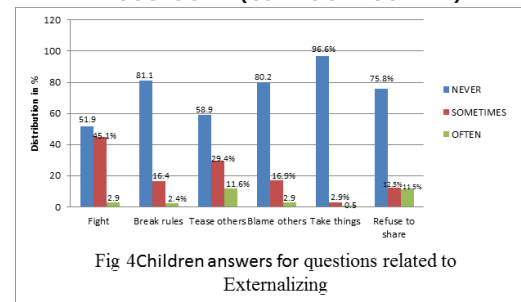
Table 2:PREVALENCE OF PSYCHIATRIC PROBLEM AMONG CHILDREN

	No.(total=206)	Percentage (%)
INTERNALIZING	12	5.8%
EXTERNALIZING	5	2.47%
ADHD	4	1.94%
ADHD+ INTERNALIZING	1	0.48%
ADHD+ EXTERNALIZING	1	0.48%

INTERNALIZING SUBSCALE (ANXIETY & DEPRESSION)



EXTERNALIZING SUBSCALE (CONDUCT DISORDER)



From Fig 1. & Tab 1. Males 123(60%) > Female 83 (40%)
Figure 2. Denotes the percentage of children suffering from the problems mentioned in the ATTENTION SUBSCALE

Most of the children have given never as a response for all the five questions. Out of 206 children 86 (41.7%) gets distracted easily sometimes. 44 (21.3%) of children unable to sit still sometimes. In often category, 7 (3.3%) children are not able to concentrate well and 38(18.4%) children are unable to sit still.

But only 4 children scored >7 in Attention subscale (Tab 2).

Fig 3. Denotes the Percentage of children suffering from problems mentioned in INTERNALIZING SUBSCALE. For all the five questions, never response has highest percentage ranging from 57% to 78.6%. Among the 206 children 73 (35.2 %) children worry a lot sometimes and 35 (16.9%) have less fun sometimes. In often category 16 (7.7%) children often worries a lot, 16 (7.7%) children seems to have less fun compared to others and 5 (2.4%) often feels down on them self. Children scoring >5 in this subscale is 12 (Tab 2).

Fig 4. Denotes the percentage of children suffering from the problems mentioned in the EXTERNALIZING SUBSCALE.

200 children (96.6%) have responded that they never take things that don't belong to them. 93 (45.1%) children have responded that they fight sometimes with other children, and 6 (2.9%) take things that don't belong to them sometimes. Based on the often criteria 24 (11.6%) children tease others and 1 (0.5%) take things from others which doesn't belong to them. children scoring >7 in this subscale is 5 (Tab 2).

CONCLUSIONS

Based on our study the most common psychiatric disorder prevalent in children are internalizing subscale (Anxiety and depression) ^{[8][9]} 5.8%. Followed by externalizing subscale (Conduct disorder) ^{[10][11]} 2.47% and ADHD ^[12] 1.94% from Table 2. Further Conduct disorder was found only among male children in this study ^{[13][14]}.

The parents of these children were unaware of their problems and they never received psychiatric help

Since SUCIDE RATES are increasing and Anxiety and Depression may cause impairment in all areas of Functioning including

academics ^{[15][16]}. Steps to create proper awareness of psychiatric illness among the parents, teachers and general public is the only way forward.

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