

To Assess Knowledge and Attitude about Mental Health among MBBS Students of Amaltas Medical College, Dewas

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Abstract: *This crosssectional study was conducted to assess the mental health literacy MHL among first and fourth year medical students at Amaltas Medical College. The study involved 223 students, with 133 from the first year and 90 from the fourth year. The findings revealed that fourth year students had a significantly higher understanding and awareness of mental health issues compared to first year students, who had just transitioned from school. The results also showed that both groups exhibited stigmatizing attitudes toward mental health disorders, though fourth year students demonstrated better perception and acceptance. This study highlights the critical need for targeted mental health awareness programs, especially for early year medical students, to foster better understanding and reduce stigma in the future medical workforce.*

Keywords: mental health literacy, medical students, stigma, awareness, mental health disorders

1. Introduction

Mental Health is often overlooked when considering the problems faced by medical students. The stress of maintaining the everyday work load and also learning how to become a doctor often takes a toll on our health. The breakthrough we expect after experiencing the covid times is still in works.

- A vital component of overall wellbeing is mental health. According to the WHO constitution, "health is a condition of full physical, mental, and social well - being, not only the absence of sickness or incapacity. " According to this idea, mental health entails more than only the absence of mental disorders or deficits. (1)
- When a person is in good mental health, they are aware of their own abilities and are able to deal with challenges and stresses, thus performs well at work, and gives back to the community. (2)
- Health literacy (HL) has been defined as the ability to receive, understand, and apply knowledge in ways that promote and preserve good health.
- In 1998, the WHO expanded the term "HL" to encompass "the cognitive and social qualities that characterise an individual's motivation and ability to receive, grasp, and apply knowledge in ways that promote and sustain good health. " (3)
- Due to a dearth of knowledge about mental diseases, the delivery system for mental health care faces challenges. (4)
- Both HL and awareness are interrelated concepts. Negative effects like stigma and discrimination result from ignorance and false information. A study was done to evaluate mental health literacy in India (MHL). (4)

2. Aims and Objectives

- 1) To gauge medical students' understanding of mental health disorders.
- 2) To determine how medical students feel about the prognosis and course of treatment regarding various mental health issues.
- 3) To compare first - year medical students' understanding, attitudes, and perceptions of mental health issues with those of fourth - year medical students.

3. Materials and Method

Study Design

Cross Sectional Study carried out in Amaltas Medical College.

Study Time

Study period from may 2022 to July 2022.

Study Population -

The candidates were selected from 1st year and 4th year undergraduate program in AIMS, Dewas.

Sample size -

Sample size consisted of total 223 candidates out of which 133 are from 1st year and 90 are from 4th year.

Sampling Technique -

Non - stratified, Non - random and purposive sampling.

Inclusion Criteria: The study's inclusion criteria were as follows:

- 1) Age range of 17 to 25 years.
- 2) Any gender.
- 3) Be prepared to grant the study's informed consent.

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4) MBBS students in their first and last years.

Exclusion Criteria: The following criteria led to study exclusion:

- 1) The existence of any mental illness.
- 2) A history of persistent physical illness.
- 3) Lack of interest in taking part.

Tools of Assessment:

- 1) Mental Health Literacy Scale.
- 2) Socio Demographic Pro - forma.

Methodology

After describing the study's goals and design, a participant's written informed consent was obtained. By using inclusion and exclusion criteria, the participants were selected among the MBBS students in their first and final years. The research tools were then put to use. For this study, a total of 223 participants—133 first - year MBBS students and 90 fourth year MBBS students—were recruited. Following the collection of the data, statistical analysis was carried out using the independent t - test and the Chi - square test to compare the two groups in terms of insight and other factors.

Table 1: Gender Wise Distribution of Study Population

Gender	Frequency	Percentage
Male	120	53.8
Female	103	46.2
Total	223	100

The gender distribution of the study population was shown

in **Table 1**. The bulk of the study's patients were male 53.8%, it has been noted from the research. The study population had a sufficient gender distribution, with 46.2% of the patients being female. Figure 1 (pie diagram), shows that most of the candidates in study were males.

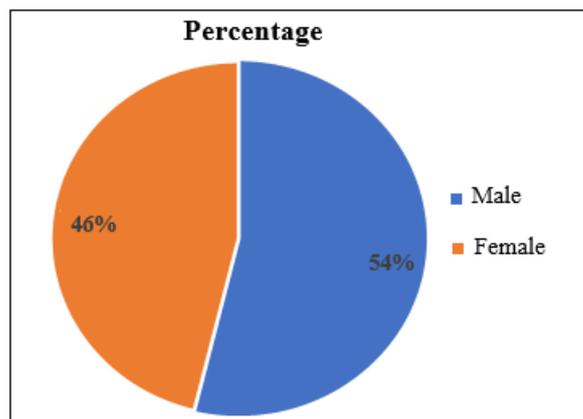


Figure 1: Pie Diagram

Table 2: Mean Age of Study Population

Age	First Year	Final Year
Mean +/- SD	19.76+/- 1.78	25.06+/- 1.42
Total	133	90

- The average age (in years) of 1st year and 4th year students is displayed in Table 2. The average age of first year student group was 19.76 years, while the average age of the final year student group was 25.06 years.

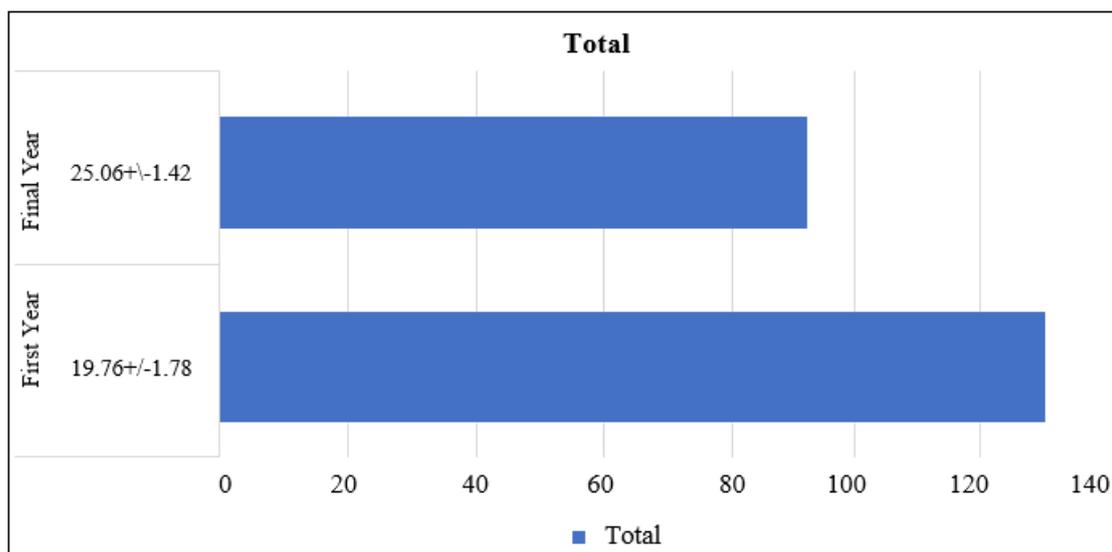
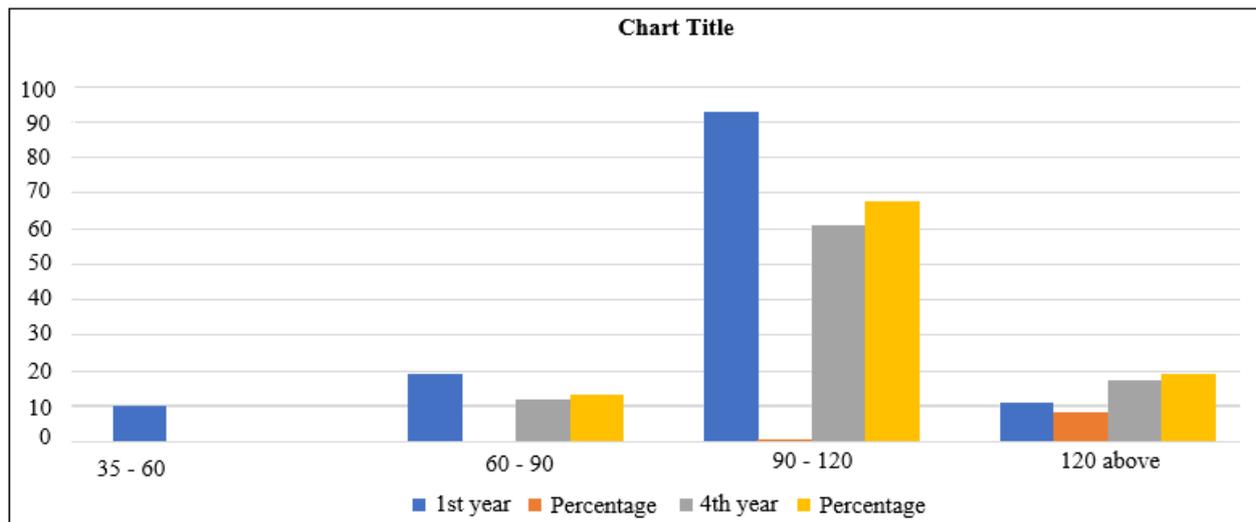


Table 3: The number of students with a MHLS score within the range

MHLS range	35 - 60	60 - 90	90 - 120	120 above
1st year	10	19	93	11
Percentage	7.50%	14.30%	69.90%	8.3
4th year	0	12	61	17
Percentage	0	13.4	67.7	18.9

Table 3:

The average score in this MHLS was found to be 97 in first year students and 112 in final year students. This result concludes that the knowledge and perception about MHLS in first year students was less compared to fourth year medical students.



4. Discussion

This study sought to evaluate medical students from 1st year and 4th year medical students knowledge of Mental Health Literacy, preferred help seeking behaviours, and attitude about mental health issues in Medical College of AIMS, Dewas.

In this study, first year students were 19.76+/- 1.78 years old on average, whereas fourth year students were 25.06+/- 1.42 years old on average. In a research similar to this, a questionnaire was distributed to students over the age of 20 at 11 institutions in Taiwan with departments of medicine and public health between April and June 2018 as part of a similar study to gauge MHL in students pursuing careers in healthcare. (5) As we have included students who are fresh pass outs from school, their understanding of mental health issues is still limited.

Whereas 4th year students were quite apt with the knowledge and attitude of mental health issues and also regarding the interventions needed for the treatment of a mentally ill patient.

The results show that both 1st year and 4th year students had a derogatory and stigmatising attitude toward mental health disorders, according to the findings. In a similar research of 1st and 4th year students to assess the stigma attached to mental health issues, it was found that 4th year students who were aware of mental illness were less likely to have an unfavourable attitude toward mental health issues. (6)

People who have previously interacted with the mentally ill were more accepting of them and perceived them as less dangerous.

Because they were less experienced with mental illness, first year students tended to view those who were mentally ill as more dangerous and believed that a greater social distance should be kept from the target person.

5. Limitations of the Study

The following limitations apply to current study:

- 1) A study with a larger sample size would have produced

better results.

- 2) There was no comparison in the study between male and female students knowledge, attitude, and perceptions of mental health problems.

6. Conclusion

The participants in this study had lower than ideal mental health literacy. The findings of this study highlight the critical need to raise awareness of mental health disorders in order to boost possibilities for early help seeking, which will lead to early detection and the beginning of therapies and improve long term mental health outcomes. Although in our study results showed that final year students have more perception and knowledge about mental health disorder, right diagnosis, treatment and interventions compared to 1st year.

First year having joined medical college freshly passed out from school has no perception or knowledge of mental health disorders. Even though India has a National Mental Health program in place, there aren't many school - based or targeted interventions connected to mental health, which may be another significant factor in the population's low rates of diagnosis of mental illness.

Acknowledgment

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