

# A Study to Assess Mental Health Disorders in Selected Mental Health Centres, Pune, India

Silas Treveli Munighati<sup>1</sup>, Wormichon Ngasainao<sup>2</sup>, Dr. Sheela Upendra<sup>3</sup>

<sup>1,2</sup>Department of Mental Health Nursing, Symbiosis College of Nursing, Pune, India

<sup>3</sup>Head of the Department, Symbiosis College of Nursing, Pune, Maharashtra, India

**Abstract:** According to World Health Organization, One out of four people in the world will be affected by mental or neurological disorders at some point of their lives. Around 450 million people currently suffer from mental illness, placing mental disorders among the leading causes of ill-health and disability worldwide. The present study was undertaken to assess the prevalence of various mental health disorders at two different rehabilitation centres of Pune city, India. **Materials and Methods:** This descriptive study was carried out in two Mental Health Centres of Pune City. All the patients admitted in those two centres during the time of the study were included. Distributions of the patients were done according to their diagnosis using ICD-10 classification. Appropriate statistical tests were used for analysis. **Results:** A total of 268 patients were included for the study. 162 Male patients & 106 Female patients were included in the study. Prevalence of Schizophrenia was found to be 50.37%. **Conclusion:** Schizophrenia dominates almost half of the mental health disorders found at the centres.

**Keywords:** Mental Health Centres, Mental Health disorders, Schizophrenia, Mental Illness

## 1. Introduction

Mental illness is an equal opportunity illness. Every one of us is impacted by mental illness. One in five adults are dealing with this illness, and many are not seeking help because the stigma prevents that.

Margaret Larson

According to WHO, One out of four people in the world will be affected by mental or neurological disorders at some point of their lives. Around 450 million people currently suffer from mental illness, placing mental disorders among the leading causes of ill-health and disability worldwide.<sup>[1]</sup>

Nearly 50% of adults experience a mental illness at some point in their lives. More than half of these people experience moderate to severe symptoms. In fact, 4 of the 10 leading causes of disability among people aged 5 and older are mental health disorders. Despite this high prevalence of mental illness, only about 20% of people who have a mental illness receive professional help.<sup>[2]</sup>

Considering the fact that India has 17.5% of the world's population, the number of people suffering with mental illness is assumed to be huge. It is highly crucial for India to have a true estimate of the number or prevalence of mental illness in the nation. So far, several determinants of mental illness have been identified.<sup>[3]</sup>

Poverty, genetic and environmental factors: Stress and abuse in childhood stage are common associates of mental disorders in the nation. Distribution of mental disorders also varies with age, socioeconomic status, gender, rural and urban settings.<sup>[4]</sup>

A study conducted in Pune in 2012 reported the overall life time prevalence of mental disorders to be nearly 5 percent. Males were reported to be at higher risk. Major cause was depression followed by substance abuse and panic disorders.<sup>[5]</sup>

As the overall life time prevalence of mental health disorders in Pune city is near to 5%, the researcher wanted to find the distribution of mental health disorders in percentage with respect to their demographic variables.

## Study's Objective

**Statement:** A study to assess mental health disorders in selected mental health centres of Pune city in India.

**Aim:** The primary aim of the study was to find out the prevalence of various mental health disorders in selected mental health centres of Pune city in India. The Objective was to assess mental health disorders in mental health centres.

## 2. Materials and Methods

### Research Approach

A univariant descriptive design was adopted to assess the Mental Health Disorders in selected mental health centres of Pune city in India.

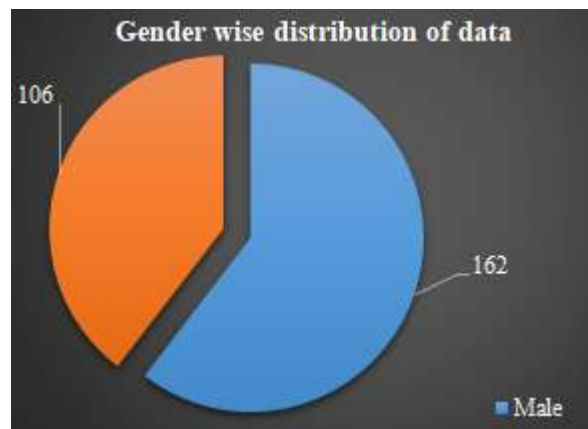
The study was conducted in two different Mental Health Centres of Pune City for a period of one week (1<sup>st</sup> of December to 8<sup>th</sup> of December 2015). Target population being all the patients who were admitted in two Mental Health Centres of Pune City from 23<sup>rd</sup> of November to 8<sup>th</sup> of December 2015.

The sampling technique used was consecutive sampling method. A tool for Demographic estimation was classified into 2 sections; Section A which consisted of demographic variable including Age and gender of all the patients and Section B which consisted of Diagnosis of the patient. An Informed consent was taken from the authorities of the centres for the data collection. All the patients were distributed using the ICD- 10 classification.

### 3. Result

**Table 1:** The Demographic details of the patients according to the gender  
 N= 268

Gender	Frequency	Percentage
Male	162	60.44
Female	106	39.55

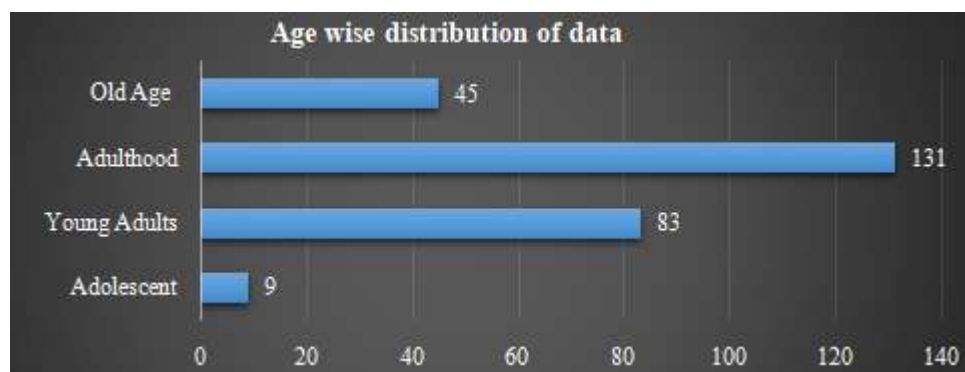


**Figure 1:** Distribution of data according to the gender.

From Table 1& Figure 1, the total numbers of patients in both the centres were 268, out of which men dominating by 60.44% and females by 39.55%.

**Table 2:** The Demographic details of the patients according to age group  
 N= 268

Age Group	Age in years	Frequency	Percentage
Adolescent	12- 18	09	3.35
Young Adult	19- 35	83	30.97
Adulthood	36- 64	131	48.28
Old Age	65 & Above	45	16.79

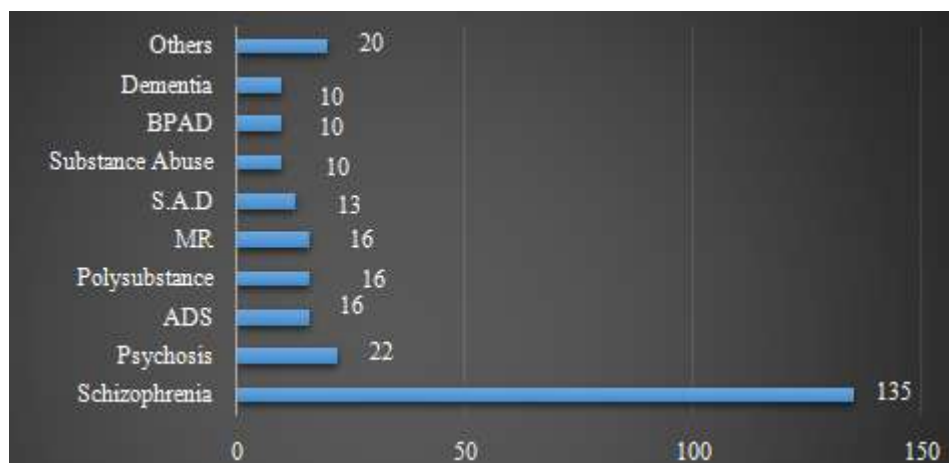


**Figure 2:** Distribution of data according to age

From Table 2 and Figure 2, the adulthood group patients were high in number with a percentage of 48.28 followed by young Adults with a percentage of 30.97, Old age patients with 16.79% and Adolescents being the least with a percentage of 3.35.

**Table 3:** Distribution of Disorders in selected Mental health centres using ICD- 10, N= 268

Disorders	Frequency	Percentage
Schizophrenia	135	50.37
Psychosis	22	8.20
Alcohol Dependence	16	5.97
Polysubstance	16	5.97
Intellectual Disability	16	5.97
Schizo-affective disorder	13	4.85
Substance abuse	10	3.73
Bipolar Affective Disorder	10	3.73
Dementia	10	3.73
Others	20	7.46



**Figure 3:** Distribution of disorders in selected mental health centres.

Table 3 & Figure 3 shows that, schizophrenia leads the graph with highest percentage of 50.37, Psychosis the second highest with a percentage of 8.20 and other disorders which includes Depression, Conduct Disorders, Obsessive Compulsive Disorder, Personality Disorders, Delirium, Mania, Mixed Affective disorders, Adjustment Disorders, Parkinson's disease, Autism, Alzheimer's together with a percentage of 7.46

#### 4. Discussions

The findings of this study are, the prevalence of schizophrenia is highest among all the mental health disorders in both the mental health centres. The research results were similarly correlated with the following study.

Fifteen epidemiological studies on psychiatric morbidity in India were analysed by Ganguli HC, Former Professor & Head, Department of Psychology, University of Delhi, Delhi. National all-India prevalence rates for 'all mental disorders' and five specific disorders have been worked out. The national prevalence rates for 'all mental disorders' arrived at are 70.5 (rural), 73 (urban) and 73 (rural + urban) per 1000 population. Prevalence of schizophrenia is 2.5/1000 and this seems to be the only disorder whose prevalence is consistent across cultures and over time.<sup>[6]</sup>

#### 5. Conclusion

The study concluded that the prevalence of schizophrenia is highest among all the mental health disorders and hence it is very important for all the health care professionals to prevent this disorder by providing necessary education and early diagnosis of this disorder. Success in such efforts will require special contribution of community participation, family and as an individual.

#### 6. Source of Funding

Self.

#### 7. Conflict of Interest

None

#### Acknowledgement

First of all, I raise my heart in gratitude to God Almighty who has been the guiding force and light behind all my efforts. The present study has been undertaken and completed under the inspiring and valuable guidance and supervision of my Guide Mrs. Sheela Upendra, Head, Department of Psychiatric Nursing, Symbiosis College of Nursing, Pune. I express my deep sense of gratitude for her expert guidance, valuable suggestions, encouragement and keen interest in conception, planning and execution of the study. I express my sincere thanks to the, Mr. Anto Augustin, Coordinator for granting permission to conduct the study. A load of thanks to my Classmates, Teachers and Friends from Symbiosis College of Nursing, Pune all those who have, in one way or the other, contributed to the successful completion of this study. Last but not the least, I express my love to my cute nephew Master. Jeremy whose innocence refreshed me during my difficult times.

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