

# Pattern and Prevalence of Psychiatric Disorders among Patients Attending a Tertiary Care Centre: A Cross-sectional Study

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## Abstract

**Background:** Patients, their families, and society frequently fail to notice and take care of those with mental health problems. Epidemiological research over the past ten years has revealed that mental diseases are widespread around the world and are linked to severe functional impairment.

**Aims:** To estimate the prevalence and pattern of psychiatric disorders among patients attending a Tertiary care centre in Bagalkot.

**Materials and Methods:** This cross-sectional study was carried out from January to March of 2022. Details of 512 consecutive subjects in total were gathered. The cases were classified using ICD-10 diagnostic criteria (international classification of diseases). The SPSS trial version was used to examine the data after it was entered using MS Excel. Quantitative data were analysed using frequency, percentage, and proportion.

**Results:** The study included 512 subjects, who attended psychiatry OPD. The sociodemographic details (Age, sex, Residence) of the patients were collected from old records. The mean age of the study sample is 37.10± 14.6 years. The majority of subjects were males (n=285, 56%), New cases (n=185, 36.13%). Regarding habitat, maximum patients (n= 303, 59%) came from rural area. The most prevalent disorders were Anxiety and stress-related disorders (n= 154, 30.1%), Affective (n= 140, 27.3%).

**Conclusion:** The results of this survey showed that anxiety and stress related disorders were the most common condition, followed by depression. To take the early and necessary steps for better care, accurate and relevant statistics of the pattern of psychiatric disorders are required. We anticipate that the findings of this study will be useful in developing a strategy for improving mental health services in tertiary care facilities.

**Keywords:** Common mental disorders; Anxiety disorders; Depression; Substance use disorders; Systematic review, Prevalence.

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## INTRODUCTION

A complete state of physical, mental, and social well-being is a health condition. Psychiatric conditions are a top public health concern. Four psychiatric disorders are among the top ten health problems that affect the Disability Adjusted Life Years (DALYs).<sup>1</sup> Patients, their families, and society frequently ignore and undervalue mental health issues.<sup>2</sup> Epidemiological research conducted over the past ten years has demonstrated that mental

problems are widespread around the world and are linked to severe functional impairment.<sup>3</sup> According to a survey, 1 in 4 persons worldwide experiences mental problems each year. 450 million people worldwide suffer from various mental illnesses now a days.<sup>4</sup> Psychiatric diagnoses may be assigned hierarchically.<sup>5</sup> According to Foulds and Bedford (1975), there are non-reciprocal inclusive links between the four groups of functional disorders they defined. Sensorium abnormalities, such as memory loss and disorientation, are thought to take precedence over all other conditions. The most significant symptoms of schizophrenia are the first-rank ones if these abnormalities are absent (in London, at least).<sup>6</sup> Despite attempts by the 1982 National Mental Health Programme and its district level component, the District Mental Health Programme (DMHP), to increase mental health care coverage, very few people in India who need it receive treatment.<sup>7</sup> Finding out the pattern of psychiatric morbidity among the patients visiting the psychiatry outpatient department was the study's main goal.

## AIM

To estimate the prevalence and pattern of psychiatric disorders among patients attending a Tertiary care centre in Bagalkot.

## MATERIALS AND METHODS

The present study is a cross-sectional study done in outpatient psychiatry department of HSK Hospital, Tertiary Health Care Centre Bagalkot in the State of Karnataka. Ethical clearance was obtained from the institutional ethics committee. The study was conducted over 3 months (January 2022 - March 2022). A total consecutive 512 subjects' details were collected. International classification of diseases - 10 Classification of Mental and Behavioural Disorders (ICD - 10) was used for the diagnosis of subjects.

## STATISTICAL ANALYSIS

Data was entered using MS Excel and analyzed using the SPSS trial version, Quantitative data were analyzed using frequency percentage and proportion.

## RESULTS

The study included 512 subjects, who attended psychiatry OPD. The sociodemographic details

(Age, sex, Residence) of the patients were collected from old records. The mean age of the study sample is  $37.10 \pm 14.6$  years. The majority of subjects were males ( $n=285$ , 56%), New cases ( $n=185$ , 36.13%). Regarding habitat, maximum patients ( $n= 303$ , 59%) came from rural area (Table 1). The most prevalent disorders were Anxiety, stress-related and somatoform disorders ( $n= 154$ , 30.1%), and Affective ( $n= 140$ , 27.3%) (Table 2). It was found that 13% of patients had Drug and alcohol use disorder, 21% had a psychotic disorder, 3% had an organic mental disorder, 3.51% had behavioural syndromes, 0.71% had Mental retardation, 0.19% had a disorder of psychological development, 0.19% had come for fitness certificate, and 1.17% required diagnostic clarification (Fig. 1).

**Table 1:** Distribution of Respondents According socio Demographic Variables

Variable	Frequency (N = 512)	Percentages	
Gender	Male	285	55.66
	Female	227	44.33
Age	1.<12	4	0.78
	2.12-18	27	5.27
	3.19-24	61	11.91
	4.25-44	280	54.68
	5.45-60	95	18.55
Residence	6.>61-75	45	8.78
	Rural	303	59.17
Cases	Urban	209	40.82
	New	185	36.13
	Old (Follow-up)	327	63.86

**Table 2:** Prevalence of mental disorders

Diagnosis	Frequency	Percentage
1. Organic mental disorders	14	2.73
2. Psychoactive substance use	66	12.89
3. Schizophrenia and delusional disorders	108	21.09
4. Mood disorders	140	27.34
5. Anxiety, stress-related and somatoform disorders	154	30.07
6. Behavioural disturbances	18	3.51
7. Mental Retardation	4	0.78125
8. Disorder of psychological development	1	0.195313
9. Fitness Certificate	1	0.195313
10. Diagnostic Clarification	6	1.171875

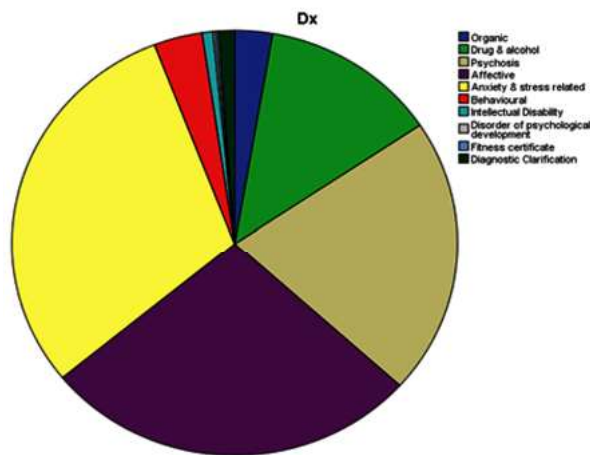


Fig. 1: Prevalence of mental disorders

## DISCUSSION

The bulk of the subjects in our study was male and came from rural areas. Anxiety and stress related disorders and affective disorder were the two most common disorders. According to age distribution, the majority of patients were between the ages of 25 and 44 years (54.68 %) and 45 and 60 years (18.55 %). Patients under the age of 12 and those older than 76 were few, which is consistent with our understanding of the time between sickness start and the mortality rate for mentally ill people.

According to a study by Md. Sultan et al, major depressive disorder (38.6% of respondents) and anxiety disorders were the two most prevalent psychiatric morbidities (25.8%).<sup>8</sup> Depression, however, was the second most common disorder in our study. Given the higher prevalence of depression and anxiety disorders in women compared to men, it is evident at the population level that they are more disabled as a result of mental diseases<sup>9</sup>, however, we did not assess the distribution among men and women. One justification is that somatic complaints (83%) rather than psychological issues are more common in people with an anxiety disorder (17%).<sup>10,11</sup> It may be possible to enhance patient quality of life and reduce misuse of medical services through improved diagnosis and treatment of anxiety disorders in primary care. The most effective use of screening is in conjunction with definite evaluation, support, therapy, and follow-up.

This study offers data on the prevalence of psychiatric illness among patients visiting tertiary care facilities despite several limitations. The investigation was carried out in a medical college hospital that was carefully chosen. The study's

limitations include its relatively small sample size, convenient sampling method, and the possibility that the study population may not accurately reflect the entire community.

## CONCLUSION

"The results of this survey showed that anxiety and stress-related disorders were the most common condition, followed by depression." To take the early and necessary steps for better care, accurate and relevant statistics of the pattern of psychiatric disorders are required. We anticipate that the findings of this study will be useful in developing a strategy for improving mental health services in tertiary care facilities.

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## DECLARATION OF INTEREST

The authors state that there are no conflicts of interest that would compromise the objectivity of the research.

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