

# A study on mental health disorder patients presenting at Dr D Y Patil Medical College - A retrospective study

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## Abstract

**Background:** A mental disorder is a pattern of behavior or thought that causes considerable discomfort or impairs one's ability to function. These symptoms might be chronic, relapsing, and remitting, or they can appear in a single episode. Many diseases have been identified, with indications and symptoms that differ greatly across them. A mental health expert can diagnose such illnesses. **Methods:** From January 2016 to May 2018, a retrospective research was done among patients admitted to Dr. D. Y. Patil Medical College and Hospital with mental illnesses. The information was gathered from the medical records department's registries. The Z test is used to compare proportions in statistical analysis. **Results:** In our medical college & hospital, there were 1078 mental illness cases recorded, with 723 (67.0%) males and 355 (33.0%) females. The majority of occurrences occurred between the ages of 18 and 40. Males were more likely than females to suffer from mental illness. Males had more mental and behavioral illnesses as a result of psychoactive substance use, whereas females had more schizophrenia, delusional disorders, mood disorders, stress-related diseases, mental retardation, and so on. **Conclusion:** The most common mental condition was mood disorder, followed by mental and behavioral problems caused by the use of psychoactive substances. Counselling can aid in the prevention of the majority of mental illnesses. The way to managing mental illnesses will be to improve mental health care facilities.

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## INTRODUCTION

The causes of mental illnesses are frequently unknown. Findings from a variety of disciplines may be incorporated into theories. A person's behavior, feelings, perceptions, and thoughts are generally used to characterize mental illnesses.<sup>1</sup> This is typically linked to specific brain areas or processes, and occurs in a social setting. One component of mental health is a mental

illness. When developing a diagnosis, cultural and religious views, as well as societal standards, should be considered.<sup>2</sup> Mental health specialists such as psychiatrists, psychologists, psychiatric nurses, and clinical social workers conduct evaluations in psychiatric institutions or in the community, utilizing diverse methods such as psychometric testing but often depending on observation and questioning. Various mental health specialists give treatment. Two primary treatment options are psychotherapy and psychiatric medication. Lifestyle modifications, social interventions, peer support, and self-help are some of the other therapies available. In a small number of situations, involuntary detention or treatment may be necessary. Depression has been found to be reduced through prevention measures.<sup>1,3</sup> Depression, which affects approximately 264 million people worldwide, bipolar disorder, which affects about 45 million people, dementia, which affects about 50 million people, and schizophrenia and other psychoses, which affects about 20 million people, are among the

most prevalent mental illnesses in 2019.<sup>4</sup> Neurodevelopmental diseases include intellectual disabilities and autism spectrum disorders, which often appear in childhood or early adulthood.<sup>[5]</sup> Stigma and prejudice can exacerbate the pain and impairment associated with mental illnesses, prompting a slew of social initiatives aimed at raising awareness and combating social exclusion.

## METHODS

It was a retrospective study. This study was carried out on individuals with mental illnesses who were admitted to

Dr. D. Y. Patil Medical College and Hospital. Between January 2016 until May 2018, Data was gathered from the medical records department of a medical college hospital in Pimpri, Pune [MS], India. The research was carried out with the approval of the institutional ethical committee. The study population consists of all patients admitted in the Dr. D. Y. Patil Medical College and Hospita, Pimpri, Pune. And follows the guidelines of International Classification of Diseases (ICD)-10 coding. When comparing proportions, the Z test is used. There is a significant difference between the proportions of two groups if the P value is less than or equal to 0.05.

## RESULTS

**Table 1;** Age and Sex distribution among mental health disorders patients.(n=1078)

Age group	Male	Female	Total	p Value
18 – 40 Years	417(38.7%)	139(12.9%)	556(51.6%)	<0.0001
41 – 60 Years	103(9.5%)	127(11.8%)	230(21.3%)	0.143
>60 Years	203(18.8%)	89(8.3%)	292(27.1%)	0.00005
<b>Total</b>	<b>723(67.0%)</b>	<b>355(33.0%)</b>	<b>1078(100%)</b>	

The total number of mental health disorder cases reported in the medical college hospital was 1078. 723 (67.0%) males and 355 (33.0%) females. Most of the cases were belonging in age group 18-40 years. 38.7% were male and 12.9 % were female.

**Table 2:** Pattern of mental disorder among male and Female Patients

Pattern of mental disorder	Male(n=723)	Female(n=355)	Total(n=1078)	p Value
Mental and behavioral disorders due to psychoactive substance use	369(51.0%)	6(1.7%)	375(34.8%)	<0.0001
Mood disorders	229(31.7%)	224(68.7%)	453(42.0%)	<0.0001
Schizophrenia, schizotypal, and delusional disorders	62(8.6%)	43(12.1%)	105(9.7%)	0.043
Neurotic, stress-related and somatoform disorders.	14(1.9%)	45(12.7%)	59(5.5%)	<0.0001
Mental retardation	15(2.0%)	12(3.4%)	27(2.5%)	0.117
Dementia	12(1.7%)	8(2.3%)	20(1.9%)	0.329
Behavioral and emotional disorders	10(1.4%)	7(2.0%)	17(1.6%)	0.315
psychoactive substances	7(1.0%)	6(1.7%)	13(1.2%)	0.246
Other mental disorders due to brain damage and dysfunction and to physical disease	5(0.7%)	4(1.1%)	09(0.8%)	0.373

In Table 2, represents the number of cases and percentage of cases among male, female and total number of cases. Sex-wise difference was occurred in following Pattern of mental disorder were- Mental and behavioral disorders due to psychoactive substance use predominantly higher male cases369(51.0%) than female cases 6(1.7%).

## DISCUSSION

Anxiety disorder is defined as anxiety or fear that interferes with a person's normal functioning.<sup>6</sup> According to a research published by the World Health Organization, neuropsychiatric illnesses affect around 10% of individuals.<sup>7</sup> If deemed to be unusually inflexible and maladaptive, a person's core traits that affect thoughts and actions across contexts and time may be disordered. Autism spectrum diseases, oppositional defiant disorder and conduct disorder, and attention deficit hyperactivity disorder are examples of developmental illnesses that start in infancy and can last into adulthood. In most nations across the world, more than one out of every three persons suffers from some form of mental illness at some

point in their lives.<sup>8</sup> According to a research by Kessler *et al.*<sup>9</sup> 46 percent of adults in the United States suffer from mental illness at some time. Reddy and Chandrasekhar<sup>10</sup> conducted a meta-analysis of available Indian research and found that the total prevalence of mental illnesses in the population was 5.8%. Psychiatric morbidity ranges from 40 percent to 75 percent in underdeveloped nations.<sup>11</sup> Dr C.J. John, Chief Psychiatrist, Medical Trust Hospital, Kochi, says divorces as well as growing unemployment are directly linked to the mental illnesses among women.<sup>[12]</sup> A meta-analysis of 13 studies consisting of 33,572 persons carried out by Reddy and Chandrasekar<sup>10</sup> According to a recent survey, anxiety disorders are the most frequent of all mental illnesses,

whereas drug abuse and impulse control issues are continuously less common.<sup>13</sup> According to a study of anxiety disorder surveys conducted in various nations, the average lifetime prevalence estimates for anxiety disorders are 16.6%, with women having higher rates on average.<sup>14</sup> Anxiety disorders were found in 28.8% of people in the United States,<sup>14</sup> and 13.6 % of people in the Alonso *et al.* research.<sup>15</sup> Anxiety disorders usually develop in conjunction with depression or substance misuse. Anxiety disorders are more common among women.<sup>16</sup> Anxiety levels range from 16 percent to 45 percent.<sup>17</sup> Mental and behavioral problems account for around 12% of the worldwide burden of illnesses,<sup>18</sup> and Demyttenaere K *et al.* found that about 10% of the adult population was affected at any given moment.<sup>19</sup> Mental and behavioral illnesses caused by psychoactive substance use accounted for 34.8 % of the study's findings, while behavioral syndromes caused by physiological abnormalities and physical factors accounted for 1.6 %. According to the study report by Demyttenaere K *et al.*, depression, alcohol use disorders, schizophrenia, and bipolar disorders are among the top ten diseases contributing to the global burden of disease among those aged 15 to 44.<sup>19</sup> In developed countries, depression rates range from 23% to 85%.<sup>20</sup> Mental illnesses related to Schizophrenia, schizotypal, and delusional disorders accounted for 9.7% of the total in this research. This disparity may have arisen as a result of the current investigation, which was done in a poor nation. In a study of mood disorder surveys from throughout the world, researchers discovered lifetime rates of 6.7 percent for major depressive disorder (higher in certain studies and among women) and 0.8 percent for bipolar I disorder. It was 20.8 % in the United States.,<sup>14</sup> In the research by Alonso *et al.*, 13.9% of the participants had mood disorders.<sup>15</sup> Females are more likely than males to suffer from mood disorders.<sup>16</sup> According to a current survey, mood disorders are the second most common mental condition.<sup>13</sup> Mood disorders were responsible for 42.0% of mental illnesses in the current study. This discrepancy might be due to the fact that the current investigation was conducted in a hospital. The mental illness instances are used as the denominator. An international review of studies on the prevalence of schizophrenia found an average (median) figure of 0.4% for lifetime prevalence.<sup>21</sup> In Australia almost one in 100 Australians will experience schizophrenia during their lifetime. In the present study, 9.7% of mental disorders occurred due to schizophrenia, schizotypal, and delusional disorders. In the present study, 1.9% of dementia was due to vascular diseases. Prevalence of mental disorders increases from the youngest group (age: 18-40) to the next oldest age group (age: 41-60) and then

declines, sometimes substantially, in the oldest group (age >60). The present study also shows that mental disorders increases from the youngest group (age: 18-40) to the next oldest age group (age: >60) and then declines.

## CONCLUSION

The most common mental condition was mood disorder, followed by mental and behavioral problems caused by the use of psychoactive substances. Counselling can aid in the prevention of the majority of mental illnesses. The way to managing mental illnesses will be to improve mental health care facilities.

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