ASSESSMENT OF MENTAL HEALTH AND PERCEPTIONS AMONG PHYSICIANS OF A SECONDARY LEVEL GOVERNMENT HOSPITAL IN INDIA

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Introduction Several studies have suggested that doctors are more likely to be affected by psychiatric and related illnesses owing to multiple stressors like- busy work schedule, role conflicts, unhealthy lifestyle and poor social life etc in them. Poor mental health among doctors is detrimental to existing health care system.

Methods A cross-sectional study was conducted secondary level hospital in north-west district of national capital region (NCR). All 89 doctors working in the Hospital were encouraged to participate. Global mental health assessment tool – primary care version (GMHAT-PC) was used for conducting interviews. It is a validated and extensively used computer based tool for making a quick, convenient and comprehensive standardised mental health assessment. Prior consent was taken from each of study subject and confidentiality was maintained. Data was analysed using SPSS-17 version.

Result Mean age and job duration of the participants was 31.2±4.6 and 7.5±3.4 years. Participants had high prevalence of various psychiatric illnesses like- Anxiety-64%, Depression 32%, Personality disorders 22%, Obsessive compulsive disorder 18%. Alcohol intake and Drug abuse was present in 38% and 12% of participants respectively etc. Significant association was found between age and years of work with presence of mental illness (p=0.04), (p=0.01). Among the doctors interviewed 42.6% believed that they are susceptible to mental disorders. Only 21.3% found themselves capable enough in diagnosis and 17.9% in management of mental disorders. About 71.9% participants felt the need of training in basic mental health screening and management.

Discussion The current cross-sectional study reflects high burden of psychiatric problems viz. anxiety, depression and alcohol consumption among doctors. There is a high demand for a basic training in identification and management of mental illnesses for health professionals and need for mental health promotion.