

Original Article

Selected Profile of Psychiatric Patients Admitted in a Specialized Hospital

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Abstract

The current study had been carried out on the admitted patients in Mental Hospital, Pabna who was admitted during the calendar year 2008. Mental patients having only psychotic type (major) of illness are admitted in this hospital. A total of 101 (one hundred and one) admitted patients were included in the study. Among them, male patients were 79 (78.22%) and females were 22 (21.78%). Their age ranges from 19 (nineteen) to 48 (forty eight). The mean age of the patients was 27.35. Among the respondents, 21 to 30 year age group population found suffering more (46.54%) in this study than other age group. The number of the first group people is a few which may be due to the small age span. More than half (55.45%) of the cases were unmarried. Secondary and Higher secondary educated people occupies more than half (57.43%) of the respondents. Illiterate group population occupies the third (12.87%) position. More than half (55.45%) of the cases do not have any job during the time of admission. About two-thirds (63.37%) of the cases were from rural background and more than half (58.42%) were diagnosed as Schizophrenics. Schizo- affective disorder (25.74%) occupies the second position so far the diagnosis of the respondents were concerned. Most of them (81.19%) did not give any positive family history of mental illness. More than two-thirds (66.34%) of the cases have given the history of taking mixed type of treatment before attending the OPD of Mental hospital, Pabna.

Introduction

This is a retrospective type of study that was carried out on the mental patients admitted in Mental Hospital, Pabna during the calendar year 2008. A total of 101 (one hundred and one) admitted patients were included in the study. Mental Hospital Pabna is the largest specialized teaching cum service hospital in our country for the treatment of all types of mental patients for more than half a century. The clinical service of this hospital was started in the year 1957. In course of time, the service of this hospital has attained a positive image on all over the country. The teaching activity has started since 2010 and it is continuing the academic activities on both undergraduate and post graduate level. A lot of reason is there for choosing this hospital by the guardian of mental patients for the treatment of their patients from almost all corners of the country. As a result, the result of this study on the admitted patients in this hospital

may be a reflection of the greater picture of mental illness of the country. As the epidemiological data on mental illness in our country is still inadequate, the result of this study may be helpful to improve preventive and rehabilitative aspects as well as development of its mental health service.

Materials and methods

This is a retrospective and record based study from the hospital case records of individual admission form of the patients admitted in Mental Hospital Pabna during the year 2008. The samples were collected purposively 2 to 3 samples in a week. A total of one hundred and one (101) admitted patients were included in this study. Male patients were 79 (seventy nine) and Females were 22 (twenty two). The age limit of mental patients for admission in this hospital is 18 to 50 years. Information was taken on the basis of a structured questionnaire on a

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two stage setting. The said questionnaire was developed by the working specialist doctors including the principal author of this study and the psychiatric social workers working in this hospital with a view to collect a detailed information within a shortest possible time. The information aimed at clinical, personal and social matters. At the first stage, the general information was recorded by the nursing staffs working at the registration desk at the OPD, who was trained before their placement at that desk. On the second stage, other required clinical information was taken and Mental State Examination (MSE) was done after admission by the principal author himself. Collected data was placed in the tables on the basis of the chronology of their frequency from higher to lower except table no- I, where the placement was done on the basis of their age from lower to higher.

Results

The number of patients were 101 (one hundred and one). Males were seventy nine (79) and Females were twenty two (22). Their age ranges from nineteen (19) to forty eight (48) years. The mean age in this study was 27.35.

Table - I Distribution of the respondents according to Age and Gender (n=101):

Age (in years)	Male	Female	Total	Percentage (%)
18 -20	06	04	10	09.90
21 -30	40	07	47	46.54
31 -40	23	10	33	32.67
41 -50	10	01	11	10.89
Total	79	22	101	100

Table-I shows that, 21 to 30 years age group people suffer more (46.54%) than other age group people. Males are 78.22% and Females are 21.78% revealed in this study.

Table - II Distribution of the respondents according to their marital status (n=101):

Marital status	Muslim		Hindu	Christian	Total	Percentage
	Male	Female	Male only	Male only		
Unmarried	46	06	04	00	56	55.45
Married	18	08	03	01	30	29.70
Separated	05	04	Nil	Nil	09	08.91
Divorced	02	01	Nil	Nil	03	02.97
Widow	Nil	03	Nil	Nil	03	02.97
Total	71	22	07	01	101	100

The above table shows that, more than half (55.45%) of the respondents were unmarried.

Table- III Distribution of the respondents according to their level of education (n=101):

Level of Education	Muslim		Hindu	Christian	Total	Percentage
	Male	Female	Male only	Male only		
Illiterate	07	05	01	Nil	13	12.87
Literate	05	01	Nil	01	07	06.93
Primary	09	04	03	Nil	16	15.84
SSC+HSC	44	11	03	Nil	58	57.43
Graduation	04	Nil	Nil	Nil	04	03.96
Post graduation	02	01	Nil	Nil	03	02.97
Total	71	22	07	01	101	100

Jointly Secondary and Higher Secondary level educated are more than half (57.43%) among the respondents (Table- III). A few graduation and post graduation level educated cases was also available.

Table- IV Distribution of the respondents according to their profession (n=101):

Profession	Muslim		Hindu	Christian	Total	Percentage
	Male	Female	Male only	Male only		
No Work	42	12	02	Nil	56	55.45
Student	14	01	01	Nil	16	15.84
House Wife	Nil	09	Nil	Nil	09	08.91
Cultivation	07	Nil	Nil	Nil	07	06.93
Service	04	Nil	01	01	06	05.94
Business	03	Nil	01	Nil	04	03.96
Day Labour	01	Nil	02	Nil	03	02.97
Total	71	22	07	01	101	100

Table IV shows that, more than half (55.45%) of the respondents do not have (or not able to do) any work during the time of admission in this hospital.

Table- V Distribution of the respondents according to their Diagnosis (n=101):

Diagnosis (with ICD-10 coding)	Muslim		Hindu	Christian	Total	%
	Male	Female	Male only	Male only		
Schizophrenia (F-20)	40	14	05	Nil	59	58.42
Schizo Affective Disorder (F 25)	19	05	02	01	27	26.73
Substance Related Disorder (F 10-19)	08	Nil	Nil	Nil	08	07.92
Bipolar Affective Disorder (F 31)	04	03	Nil	Nil	07	06.93
Total	71	22	07	01	101	100

More than half of the respondents (58.42%) were diagnosed as Schizophrenics (Table- V).

Table- VI Distribution of the respondents on the basis of their family history of mental illness (n=101):

Family History	Degree of Relation	Muslim		Hindu	Christian	Total	%
		Male	Female	Male only	Male only		
Negative		55	19	07	01	82	81.19
Positive	1 st degree	12	02	Nil	Nil	14	18.81
	2 nd degree	04	01	Nil	Nil	05	
Total		71	22	07	01	101	100

Most of the respondents (81.19%) reported as they do not have any positive family history of mental illness (table-vi). First degree relatives suffer more in case of the positive family history group.

Discussion

More than two thirds (78.22%) of the respondents were male and the rest (21.78%) were females. This finding shows a close similarity with another study carried out by Chowdhury S. et al¹, where male population were 64.50% and females were 35.50%. Though that study was done on only the Schizophrenic patients who were admitted in NIMH (National Institute of Mental Health) Dhaka. On the other hand, this study was done on the admitted patients in Mental Hospital, Pabna who were psychotic patients of different types (table-v). The

results are similar in both the studies. But the patients were not exactly similar. This study includes most of the types of Psychotic patients and the other study includes only Schizophrenic patients. But the similar result can be explained that, psychotic illness affects similarly in male and females. Another similar study done in the same hospital during the early 70's shows surprisingly very close similarity in the findings of the current study². The mean age of the respondents in this study is 27.35 which is very close to the findings of that study which was 28.52. The age range is different from that study¹ due to age range for admission which is minimum 18 years and maximum 50 years in Mental Hospital, Pabna. The same table (table-i) also shows that, the greater portion (46.54%) of the respondents belongs to 21 to 30 year age group. This result is very much close to many other similar type of studies from home and abroad¹⁻⁸. The small figure (09.90%) of the first age group may be due to small age range of the group. Considering the marital status (table-ii), unmarried were more than half (55.45%) of the respondents. Married, separated, Divorced and Widow were 29.70%, 08.91%, 02.97% and 02.97% respectively. This result shows a similar but more higher incidence on this variable conducted on only male psychiatric patients in three different English special Hospitals during 1961 to 1965. Among the three hospitals, Broadmoor hospital shows 61%, Rampton hospital 90% and Moss side hospital shows 92% of their patients as single (unmarried) respectively⁹. This result, though shows a much more higher percentage of unmarried patients than this current study, the reason may be due to that, the previous study have conducted on only male patients. On the other hand, this current study has conducted on both male and female patients. Some other studies also shows a higher percentage of unmarried population^{3,10,11,12}. The higher percentage of unmarried population among the psychotic patients are also mentioned in the text books¹³.

From table-iii, it is evident that, more than half (57.43%) of the respondents were educated jointly secondary and higher secondary level. Percentage of illiterate group (12.87%) is not negligible. But percentage of the graduate (3.96%) and post graduate (2.97%) level educated cases are also not ignorable. Some other studies show a similar result on this variable. One study carried out on the admitted patients at the NIMH, Dhaka shows 10.1% of their respondents were illiterate.

The result on the level of educational status in some other studies shows a close similarity to this study^{1,2,3,14,15}. Table no. iv reveals different professions of the respondents. The table shows that, more than half (55.45%) of the respondents and the caregivers reported that they were not able to do any job or work after become mental patient. At the early stage of their illness, they can do some wage earning activities. But as the disease become chronic, the ability of the patients deteriorated. Actually, those patients can do some household activities but they cannot earn any wages, The next higher group were students (15.84%). The percentage of the jobless group of respondents are much more higher (86.2%) in other study but ranks similarly as first position as this study¹.

Considering the diagnosis of the respondents (table- v), Schizophrenia ranks the highest (58.42%). One point must be mentioned that, only psychotic (major) type of patients are admitted in this hospital. The diagnosis of the patients was done on the basis of ICD-10 (International Classification of Diseases 10th version)¹⁶. DSM-IV-TR was also consulted during the diagnostic procedure,¹⁷. This result corresponds several other studies^{3,4}. But result some other studies shows some difference also^{15,18}. Other types of psychotic illnesses was also revealed including Psychoactive substance use Disorder (07.92%). Schizo affective Disorder (SAD) ranks the second (25.74%). But Bipolar Affective Disorder (BAD) ranks fourth (06.93%). This finding may be a reflection of the percentage of taking psychoactive substance by the respondents which can be taken as alarming in our society.

From table- VI, it is evident that, excepting a very few (18.81%), most of the respondents (81.19%) do not have any positive family history of mental illness. But, among the positive family history group, 1st degree relatives suffer more. Other study on similar variable done by the same author shows a similar result where 23.75% of the total respondents showed a positive family history of mental illness¹⁹. One other study on the similar variable done by Islam T et al²⁰ reported a higher percentage (44.64%) of positive family history of mental illness among the respondents. The lower percentage of this study may be due to the tendency of the guardian's to conceal the true history.

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