

PRIORITY AREA 6: MENTAL HEALTH AND SUBSTANCE ABUSE

Topics

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Tobacco Use in Padampur V.D.C. of Chitwan district (2002)

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Background

Tobacco use is increasing in developing countries due to aggressive advertisement by tobacco companies. The present study has been undertaken to assess the prevalence of smoking in adult population in Padampur village in Chitwan district.

Methods

A descriptive study was undertaken to assess the prevalence of tobacco use in a population of above 18 years in Padampur VDC of Chitwan district. A questionnaire was developed to fulfill the objectives. The sampling techniques for this study was simple stratified random sampling. The sample population was 1584. Data were processed and analyzed using Epi-info 6 software program.

Results

The study revealed that out of total respondents, 675 (42.61%) was regular smokers. Among the 675 regular smokers, 379 smokers (48.65%) were male and 296 smokers (36.77%) were female. The smoking was most common among the population of age group 50-59 years. The study revealed that there were 75 (4.73%) occasional smokers among the study population. Out of the total respondents, 523 (33.02%) were using tobacco in forms other than smoking. Five hundred and eleven of them were using Khaini/surti. Among the khaini/surti users, 91% were using daily. It was also found that 144 had already quit smoking.

Conclusions

No program related to tobacco control has been implemented in the area under study.

Keywords: ex-smokers; khaini/surti; non-smokers; occasional smokers; oral and nasal snuff; pan; pan parag/gutkha prevalence; regular smokers; tambaku.

A Study on Knowledge, Beliefs and Attitude towards Mental Illness among Family Members of Mentally Ill Patients (2002)

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Background

Mental illness has a social stigma attached to it and many patients especially their families suffer from shame, guilt and hopelessness in the context of Nepal. All aspects of mental illness from recognition of symptoms, treatment adherence to rehabilitation are influenced by stigma of that illness. Knowledge, beliefs and attitude of family members are paramount since they are directly involved in the care and management of mentally ill patients.

Methods

A structured multi-choice questionnaire with 38 items scored on Likert scale was administered in the form of an interview to a total of 50 subjects selected by non-probability convenient sampling technique attending the psychiatric out-patient department in B.P. Koirala Institute of Health Science, Dharan. The scores for each item were summed and the range, mean and standard deviation of the scores were tabled for each concept. Analysis of variance and correlation were used to test the statistical significance of difference between the mean scores.

Results

The study revealed that most of the patients whose family members were included in the study were Schizophrenic followed by depression, mania, bipolar affective disorder, psychosis and obsessive compulsive disorder in decreasing order. However majority of the respondents were male falling into the age group of 20-30 years and belonged to the major hill caste. The study further revealed that the respondent's level of knowledge was good on aspects concerning the cause and treatment of mental illness. Although

some prejudices in relation to the traditional approaches to treatment were evident among the subjects, most of them verbalized a negative response to some of the culturally defined norms and stigma associated with mental illness. The level of the burden of the respondents differed in several aspects and found to increase significantly among those holding more negative beliefs towards mental illness.

Conclusions

Efforts are required to be taken to reduce social distance and rehabilitate the mentally ill patients in the community. These efforts should be directed towards raising public awareness and dispelling stereotypes in this area as negative beliefs are bound to affect the social support system as well as help seeking behavior of mentally ill patients.

Keywords: attitude; beliefs; knowledge; mental health; mental health services; mental illness; stigma.

Psychosocial Trend of Mental Illness in Nepal (2002)

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Background

In Nepal mental health service is least developed and neglected by government or public in comparison to physical health. In this context, this study may play an important role to support mental health program planning in the community where people are suffering and the psychosocial intervention is needed.

Methods

In this study 330 sample population was selected. Among them 300 population were torture survivor of mid and far western region and 30 sample population were non-tortured. They were selected randomly. In this study B. Post Traumatic Stress Disorder questions K 22-K 45 was used to detect the post traumatic stress disorder reactions and World Health Organization-DAS-II Core questions was used to detect the condition of disability among the psychiatric patients.

Results

Among the 300 tortured sample population, 34 (10.30%) had acute type, 18 (5.45%) had chronic and 277 (83.93%) had delayed type of post traumatic stress disorder symptoms in which the respondents were suffering for more than a year. Among the tortured population, 11.74% had experienced very bad overall health condition. Due to their health problems 12.33% had

experience severe difficulties for learning new tasks. Similarly 29.7% of the respondents were totally unable to come out for their usual activities. Among the non-tortured population, 7(23.33%),6(20%), 10 (33.33%), 11 (36.67%), 6 (20%), 5(16.67%) respondents felt difficult for taking care of household responsibilities, learning new tasks, joining social activities, emotion affected by health problem concentration and long distance respectively.

Conclusions

The community mental or general health services for their crisis intervention in the conflicting areas by concerned organizations need to be provided.

Keywords: disability; mental health; non-torture; post traumatic stress disorder; psychosocial; services; torture.

Study of Prevalence and Causes of Alcohol Consumption among Females in Sunsari District (2004)

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Background

The alcohol consumption habit is increasing day by day in females. The drinking habit of female may lead to divorce in family life because of not accepting this situation in Nepalese society. Not only has the social impact, this habit directly affects on health of pregnant mother which also affect newborn baby. Due to these reasons alcohol could be one of the great problems if we consider the magnitude and extent of the problem it has created in Nepal. In this scenario this study tried to focus on the alcohol drinking habit on female group in Sunsari district.

Methods

This study covered 2397 females in Sunsari district. Cluster and simple random sampling method was used to select the female of age 15 years and above. The pre tested questionnaire in Nepali language was designed to collect the information. The data was entered in computer through dBASE IV program. Finally screened data was analyzed using SPSS 10.0 version package. Appropriate statistical tools were used for analyzing the data.

Results

The study reported the prevalence of alcohol consumption among the women aged 15 years and above in Sunsari district was 16.6%. The prevalence of alcohol use was increased with increasing age group from 6.2% in 15-24 age groups to peak at 29.3% in the 55-64 years age group. Women belonging to hill native castes were most likely to consume alcohol than others. The findings of this study reported that separated/divorced women were more likely to use alcohol than others ($p < 0.0001$).

Conclusions

The double increase in prevalence of alcohol use may be four times more again if the group is not made aware in time.

Keywords: alcohol use; causes; drinking habit; female; prevalence.