

PSYCHIATRIC LITERATURE PUBLISHED IN OTHER PAKISTANI JOURNALS

STIGMA AND KNOWLEDGE OF DEPRESSION: A SURVEY COMPARING MEDICAL AND NON-MEDICAL STUDENTS AND STAFF IN LAHORE, PAKISTAN

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ABSTRACT

Background: High rates of depression have been reported in various surveys in Pakistan. However, people have limited knowledge of mental illnesses. There is limited information available on knowledge people have and attitudes they hold towards depression and other mental illnesses. A comparative study of the people's attitudes and knowledge can be a good start to explore this topic further.

Aims & Objectives: To assess and compare the attitudes and knowledge of medical and non medical professionals and students in Lahore, Pakistan.

Methods: A survey was circulated among the medical students and the doctors of the three medical colleges, as well as the students and teachers of The Punjab University in Lahore, Pakistan. Of the medical group, 294 (59%) of the 500 survey forms sent out were returned, while in non medical group 194 out of 300 (64.66%) survey forms were returned.

Results: Fifty percent of the medical students and professionals claimed that they had not heard about depression. A significant proportion of all the people surveyed had a negative attitude towards depressed patients.

Conclusion: The psychiatric conditions need a more prominent place in medical education. The educated sections of the Pakistani society need better information about these conditions. Probably lay press and universities need to look into it.

Keywords: Attitudes, Knowledge, Depression

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CAUSES AND OUTCOME OF SUICIDAL CASES PRESENTED TO A MEDICAL WARD

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ABSTRACT

Suicide is one of the leading causes of death in world but its causes and methods may vary. We enrolled patients who presented to the emergency with attempted suicide. The end point was death, discharge or leaving the hospital against medical advice. The study was designed to know the modes of committing suicide and underlying causes. Of the total 107 patients, who presented to the emergency 59 (55%) were males and 48 (45%) were females. Most common poison ingested was wheat pill in 35 (33.3%) patients followed by bleach/bathroom cleaner in 27 (25.7%), benzodiazepines in 20 (19%) and a small proportion of patients had copper sulfate, organophosphorus compounds, rat pills, lice powder, dettol and varnish. Two patients presented after hanging. Twenty eight (26%) patients died, just after reaching hospital and 10 had permanent disability. For suicide the most common poisons used were those that were easily available and without any ban on their sale. So general awareness should be created among masses about them and legal restrictions should be imposed on their sale.

Keywords: Suicide, Wheat pill, Benzodiazepines.

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PSYCHIATRIC MORBIDITY AMONG AFGHAN REFUGEES IN PESHAWAR, PAKISTAN

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ABSTRACT

Background: A review of the literature shows that refugees in different parts of the world have high rates of psychological and emotional problems. However, psychiatric morbidity among afghan refugees in Pakistan has been poorly studied. Most of the studies of psychiatric disorders come from western countries. However, these studies may not be representative of the afghan refugees in Pakistan. This study was carried out to measure psychiatric morbidity among a group of Afghan refugees attending a psychiatric clinic in Peshawar, Pakistan.

Methods: This is a cross sectional study, to measure prevalence of psychiatric morbidity among the residents of Afghan refugee camps in Peshawar, Pakistan, who attended a psychiatric clinic between November 2003 and February 2004. Data were collected using Mini International neuropsychiatry Interview Schedule (MINI), and a form specifically developed for the study.

Results: Nearly 80% of our patients had a diagnosis of Post Traumatic Stress Disorder. Nearly half, (47.9%) reported family history of mental illness, while almost a quarter (23.3%) had a physical disability or long term illness. Only 13.7% (106) had contacted health services prior to seeking help for their psychiatric illness.

Conclusions: A high number of patients presenting with PTSD is not an unusual finding when one considers the traumatic experiences faced by the general population of Afghanistan. Only a small number of the patients had been in contact with the health services prior to their contact with the psychiatric service. This study highlights the importance of health education among afghan refugees and to establish the mental health services for them.

Keywords: Psychiatric, Morbidity, Refugees

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A STUDY OF REASONS OF NON-COMPLIANCE TO PSYCHIATRIC TREATMENT

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ABSTRACT

Background: This study was carried out with an objective to find out the frequency of different reasons of non-compliance to treatment in a sample of out door psychiatric patients.

Methods: This study was conducted at Psychiatry department, Pakistan Institute of Medical Sciences, Islamabad, from Aug, 2001 to Jan, 2002. Data from a non-probability sample of two hundred follow up patients with a definite psychiatric illness was collected. A questionnaire designed for this purpose was administered by a consultant psychiatrist to the patients. The data was categorized into different causes of discontinuation of treatment accordingly.

Results: The commonest reasons for non-compliance were unawareness of the benefits of treatment (43%), nonaffordability of drugs (33.5%), physical side effects (28.5%), no awareness given by the doctor (03%) and unfriendly attitude of doctors (02%). The commonest illnesses leading to non-compliance were major depressive disorder (31.5%), schizophrenia (19.5%) and bipolar affective disorder (19%).

Conclusion: Non-compliance is quite common in Pakistan like any other society. Medical practitioners need to be aware of it and address this problem because compliance is directly related to the prognosis of the illness. It is recommended that all efforts should be exerted to improve the compliance of psychiatric patients by eliminating the factors leading to non-compliance.

Keywords: Non-compliance, Psychiatric illnesses, Treatment.

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