

REPORT ON MENTAL HEALTH ASSESSMENT AT HEALTH FACILITIES IN UTTARAKHAND

Abstract

The World Health Organization (WHO) defines health as ***“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”***. Thus, in order to attain health, improvement of the mental health of individuals is essential. Having an NCD, increases the risk of concurrent depression and stress, hence, it is essential to target mental health component for populations with chronic NCDs such as Diabetes, Cardiovascular Diseases, and Cancer, among others. There is preliminary evidence that there is both risk of developing and faster progression once acquired for an NCD, if there is co-morbid mental illness. In this regards, HLPPT is conducting this mental health assessment study of NCD patients.

The major objectives of the study is to evaluate the mental health condition of patients suffering from non-communicable diseases in order to provide the best targeted intervention. The study also aims to assess the depression, stress, anxiety and overall emotional health at level of individuals suffering from NCD at different age groups. The proportion of increase in mental health issues with the increase in non-communicable diseases was also assessed.

The study in all 3 health facilities showed that the maximum number of participants reported the problem of High BP, followed by diabetes and dementia. In case of high BP patients, nearly half of the respondents were found with minimal depression, a quarter with mild depression and a small percentage were found to be moderately severe and severely depressed.

For dementia, patients were found to have minimal depression and a very less number was severely affected with depression. When asked about the availability of different services in healthcare center, it was found that the facilities has shortage of medicines, counselor staff and qualified physiologist. CMS of “Selaqui State Mental hospital” stated the need of shelter homes for IPD patients who have no one to take care.

In regard to the psychological distress of diabetes patients, nearly half the patients were found well in condition, but some patients were found affected with moderate and severe disorder. When the age group wise depression was calculated, it was observed that nearly half of the respondents of age group 51 to 70 were severely depressed whereas a low percentage of respondents of age group 16-30 and 31-50 were affected severely by depression. This indicates the increase of depression with respect of age group.