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A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING ELECTRO CONVULSIVETHERAPY AMONG GENERAL PUBLIC IN INDORE, MADHYA PRADESH

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INTRODUCTION

Mental health is an integral and essential component of health; indeed, there is no health without mental health. 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”. The WHO describes mental health as "a stateof well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Mental health is more than just the absence of mental disorders or disabilities.

A mental disorder, also called a mental illness or psychiatric disorder is a behavioural or mental pattern that causes significant distress or impairment of personal functioning. Mental illness has a long history of being stigmatized in societies around the globe. Mental illness is surrounded by ignorance, superstition andfeeling of fear among the public. Many patients suffering with mental illness are often taken to different religious places and healers before coming for treatment to a mental health hospital.

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and

disability worldwide. Depressive disorders are already the fourth leading cause of the global disease burden. They are expected to rank second by 2020, behind ischaemic heart disease but ahead of all other diseases.

The report of the National Mental Health Survey (NMHS) of India suggests that nearly 150 million Indians are in need of active interventions and every sixth Indian needs mental health help. Nearly 1 in 40 and 1 in 20 suffer from past and current depression, respectively. Substance use disorders (SUDs), including alcohol use disorder, moderate to severe use of tobacco and use of other drugs (illicit and prescription drugs) was prevalent in 22.4 % of the population above 18 years. Nearly 1% of the population reported high suicidal risk, 1.9% of the population was affected with severe mental disorders in their lifetime and 0.8% was identified to be currently affected with a severe mental disorder.

OBJECTIVE :

1. Assess knowledge regarding electro convulsive therapy among general public.
2. Assess attitude regarding electro convulsive therapy among general public.
3. Find out correlation between knowledge and attitude regarding electro convulsive therapy among general public.
4. Find out association between knowledge regarding electro convulsive therapy among general public and selected variables.
5. Find out association between attitude regarding electro convulsive therapy among general public and selected variables.

HYPOTHESIS

H_1: There is a significant correlation between knowledge and attitude regarding ECTamong general public.

H_2: There is a significant association between knowledge regarding ECT amonggeneral public and selected variables.

H_3: There is a significant association between attitude regarding ECT among generalpublic and selected variables.

RESEARCH METHODOLOGY

A non-experimental research approach was adopted for the present study in view of the nature of the problem and the objectives to be accomplished. A descriptive survey design was adopted to assess the knowledge and attitude of general public regarding electro convulsive therapy. Setting refers to the area where the study is conducted. This study was conducted in different Out Patient Departments (OPDs) of selected hospital at Indore M.P. It is a tertiary referral centre located in the Indore M.P. that serves 40% of the population of Indore. Sample size were 320 general public.

RESULTS

In the present study, 33.2% of participants belonged to the age group of 30-39 years and 58.1% were females. Among the participants, 36.6% had secondary education and 28.4% had graduation. These findings are in concordance with the findings of a study conducted among 420 patients receiving ECT and their relatives in China. Findings show that the mean age was 34.2 + 11.6 years, 55.7% of patients were males, and 36.7% had secondary education whereas 39% had graduation.

In the present study, 68.1% of the participants were married and 74% were residing in rural area. These results are consistent with the findings of a study conducted in a tertiary care centre in Northern India among patients and their relatives. 63.3% were married and 56.6% were residing in rural area.60

The present study found that the most common source of information regarding ECT for participants are movies or films (69.69%) followed by television (50.94%) and books or magazines (25%). The findings are supported by the results of a study that aimed to assess the public stigma of ECT in the Czech Republic (n=365) which showed that 62% of the participants learned about ECT from the media (film, print).

In the present study, the findings revealed that more than half (57.2%) of the participants had poor knowledge, 28.8% had average knowledge and only 14% had good knowledge regarding ECT. The findings are consistent with the results of a descriptive study carried out to assess the level of knowledge and attitude towards ECT among care givers of patients with mental illness (n=100) in selected hospital, Indore,

which revealed that majority of caregivers (63%) had poor knowledge, 34% had average knowledge and merely 3% had good knowledge toward ECT.

CONCLUSION

The following conclusions were derived based on the findings of the study.

- The most common source of information regarding ECT for participants was movies/films followed by television.
- Among the general public, 57.2% were having poor knowledge regarding ECT but majority had a favourable attitude towards ECT.
- There was a significant moderate positive correlation between knowledge and attitude regarding ECT among general public.
- Statistically significant association was found between knowledge regarding ECT with religion, education, occupation, socio economic status and contact to person received ECT.
- Statistically significant association was found between attitude regarding ECT with type of family and socio-economic status of participants.

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