

Mood elevators in psychiatric patients: A study from Western Development region of Nepal

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Abstract

Introduction and Rationale

According to WHO, it is anticipated that major depression would be the second most leading cause of disability in the world by 2020. Information regarding the utilization pattern of mood elevators is lacking in Nepalese population particularly in Western Nepal. This is the first study done on mood elevators among Nepalese Inpatient.

Objective:

The main objective of this study was to find the utilization pattern of mood elevators prescribed in a tertiary care centre with major depression in hospitalized patients of Western Nepal.

Materials and Methods

A hospital based study undertaken at Psychiatry Ward of
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Manipal Teaching Hospital, Nepal. Both qualitative and quantitative data was collected from bed side. Prior the study, ethical committee approval was taken from the institutional ethical committee, Manipal Teaching hospital, Pokhara, Nepal. Z test and logistic regression was used for the analysis. Odds ratio were calculated. P-value < 0.05 was considered to be statistically significant.

Results

Among the 240 psychiatric patients studied, 38 (15.8%) cases were suffering from major depression. Male and female patients were 44.7% and 55.3% respectively, 95% CI [28.9, 60.5 and 39.5, 71.1]. Depression was more common in housewives 42.1% followed by teachers 18.4% and students 10.5%. Fluoxetine was the commonest mood elevators to be prescribed 42.1% followed by Amitriptyline 26.3%, Trazodone 21.1%.

Conclusion

According to the utilization pattern of mood elevators it was found that among the Selective serotonin reuptake inhibitors Fluoxetine was used relatively higher than conventional drugs like Tricyclic antidepressants recommend that there is a trend of using Typical drugs for depression rather than Newer mood elevators.

Keywords: Depression, Drug utilization study, Psychiatry, Nepal

SOCIO-DEMOGRAPHIC CHARACTERISTICS OF PEOPLE WITH ALCOHOL DEPENDENT SYNDROME (ADS) – A CROSS-SECTIONAL STUDY

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Abstract

Introduction and Rationale

Alcohol consumption has been steadily increasing in developing countries including India since 1980s. Recently among various strata of society there is increasing social acceptance of alcohol intake. In India, no reliable data about the extent of the public health problems due to alcoholism and various socio-demographic factors responsible are available.

AIM:

To study the Socio-demographic factors among people with Alcohol Dependence Syndrome (ADS) undergoing treatment at large tertiary Hospital of Maharashtra

Methodology:

A cross-sectional hospital based descriptive study was carried out for duration of 6 months and all the admitted patients with ADS were taken into the study. A total of 75 people with ADS consented to be part of the study and were included in the study. Data was collected by means of personal interview method with the help of pre-tested questionnaire.

Results:

30.6% of persons with ADS were of age group 35-39 years, while 29% were of 30-34 Years. 86.6% had family income of <20,000/- while 12 % had between 20,000-30,000/- and only 1.3% had family income above 30,000/- .As per education status is considered 34.6% had primary education, 36% secondary education, 17.3% had higher secondary and 11.9% had undergone graduation.82.6% belong to rural areas.

28 % had upto 3 siblings, 29% had 4-5 siblings and 42% had more than 6 siblings.15.6 % had history of alcohol intake in their family. 30 % say that they started drinking when away from family. 57.3% said that they started drinking at the age of 20-24 years while 25% told that they started at 25-29 years. The main reasons for starting alcohol were to be social (66.6%), to relieve stress (30.6%) and to improve work (2.6%). 76 % said that they usually drink outside i.e., hotels while 24% drink at home.

Conclusion

This study clearly shows the effects of family history, age of onset, loneliness, socialism, low income, education and effect of family size on the severity of alcoholism. Intensive educational programs for school children and campaign for general public through most common mass-media technology would be most effective. An proactive approach by motivating alcohol addicted parents to join drug de-addiction center for de-addiction will go a long way to save their children from becoming alcohol dependent.

Keywords: Alcohol; stress

Mental Health Research in Indian Psychology

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Abstract

This paper critically analyzes the differences between the basic research methodologies followed by western academic psychology and Indian Psychology. The rigid western scientific paradigm characterized by methods of deduction, induction and generalization often fails to recognize hidden avenues for research in Indian psychology which can make invaluable contributions to mental health scenario of human life on the surface of earth. The paper addresses the need for evolving a novel method of research that can be depended by scholars interested in Indian psychology. KenWilber's Integral approach which gives adequate representation to the theories and findings of Indian psychology is very much revolutionary in terms of its holistic approach towards mental health. The concept of 'holons' challenges the very basis of constructs upon which empirical findings of psychopathology rests. But Ken Wilber's findings too suffers from credibility issues as the established research methodologies are inadequate to convey the efficacy of Integral approach to the scientific world which is still under the clutch of rigid traditional fact finding methods. The present study which mainly relied on books on Indian psychology and 33 articles from electronic media on Indian psychology investigates into impediments

that discourage researchers of new generation to plunge into the treasure house of Indian psychology. It gives a glimpse into the methods used in ancient Indian culture to understand the concepts like mind and consciousness. The paper ratifies the relevance of these methods in the present world by giving special reference to research findings in the fields like Yoga Psychology.

Keywords: Mental Health; India

A study to assess the Nurse Psychologist Role on Career Direction of Children with specific Chronic Illness

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Abstract

Introduction and Rationale

“We make our own destiny” (Swami Vivekananda). Today’s adolescents in the high school are important asset of our nation. Career. Adolescents with a diagnosis of chronic illness are confronted with an array of profound losses, both real and imagined. They may have realistic fears about pain, perpetual dependency and an increased likelihood of a foreshortened future.

Objectives:

.Assess the health factors affecting career interest direction of rural high school students. Validate the nurses role in career direction the students. Assess the effectiveness of career guidance.

Research Methodology

The qualitative and quantitative approach was used. Quasi-experimental design used. The population comprises of rural high School students. Probability simple Random sampling technique used. The Data was collected by self reporting, health assessment, school health record, and interview with parents and school teachers. The analysis was done in the computer using the programme SPSS.

Results and Discussion: FGD with Children:

Most of the students were girls (65%) and boys were (35%) in the age group of 13 to15 years.9th standard are 40% and 8th standard are 60%. The qualitative analysis led to the emergence of the four themes which are discussed from the perspective of each of the respondent in focus group discussion, the themes were “children with chronic illness”, “carrier guidance”, “nurse psychologist” and “interested job”.

Conclusion:

The outcome or productivity of professional job that one undertakes depends on his physical, and mental, physiological and social factors. And so the well being of a person in all these factors are obligatory. The competent nurse psychologist can contribute more effectively to the wider changes needed in health and social policy as well as structural changes locally, nationally and internationally.

Key Words: children with chronic illness, nurse psychologist, carrier guidance.

Psychosocial Study of Depression amongst Women in Western Region of Nepal

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Background;

In Nepal, 1 - 2 % of the population suffers from severe mental illness, 5 % from moderate mental problems, while 20 - 30 % of all the patients coming to health institutions have some problems related to mental illness. The aim of the study was to describe the socio-demographic profile and problems of the female patients with depression attending psychiatry OPD of Western Regional Hospital & Manipal Teaching Hospital, Pokhara.

Material and Method;

The study was carried out in the Out Patient Department of Psychiatry at Manipal Teaching Hospital and Western Regional Hospital, Pokhara, from May 2005 to April 2006. Cohort data of 50 patients from MTH and 50 patients from WRH were collected. The screening criteria for cases for inclusion in the study were as follows: Female patients with headache, mental tension, feeling of hopelessness and persisted sadness in women with abnormal behavior. The diagnosis and management of all the cases were done by

the Psychiatrists and doctors of MTH and WRH. The primary source of data was interview of the patients, their relatives and doctors and observation by the study group.

Results;

71.51% female patients and 48.29% male patients visited psychiatry OPD at MTH during the study period. Likewise, compare to male patients (47.5%), female patients (52.5%) were higher in WRH during the study period. Most of the women in depression were in productive age group in both the hospitals ; 42% between 21-30 yrs followed by 33% in 31- 40yrs, 16% in 41-50yrs and 4% in 51-60 yrs . 17% women were service holder in different fields, 39% were housewives, 7% in Business, 33% were working in Agriculture / laborer and 4% were in miscellaneous fields.

Conclusion;

Higher caste women suffered more from depression and incidence is more in rural than in urban areas. Due to lack of awareness, most of the mental disorders go unreported. Sociological intervention is needed for the treatment of mental health problems.

Topic : Emotional intelligence and perceived stress among first and final year BSc Nursing students

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Abstract

Background;

Emotional intelligence and the experience of stress effects go hand in hand. The nursing students face a lot of stress during their course. This study aims to find out the relationship between emotional intelligence and perceived stress among first and final year B.sc nursing students of self financing nursing colleges of Kottayam district in Kerala, India, using comparative descriptive design. The study was conducted in Kottayam district of Kerala state randomly selecting four self financing institutions offering four year baccalaureate programme in nursing where first and final year, BSc nursing course, are being conducted. Information was collected from 100 first year and 100 final year students, selected by simple random sampling. Dr. Cohen's 10 item Perceived Stress Scale was used to assess the perceived stress and Thomas and Sushamas' Emotional Intelligence Inventory was used to measure emotional intelligence. Data on perception of intensity of the stressors and the associated personal factors were collected using a stress questionnaire and a demographic data sheet. The collected data was analysed using descriptive and inferential statistics with the help of SPSS 20th version and presented in tables and figures.

The study showed a negative correlation between emotional intelligence and perceived stress. On comparison

it is found that the emotional intelligence and perceived stress do not vary significantly between first and final year BSc nursing students and it is not affected by the nature of administration of the institution. On regression analysis personal efficacy was found to be the influential factor of emotional intelligence.

This study would help the nurse educators and administrators in implementing strategies for reducing stress through developing emotional intelligence especially personal efficacy and thus enable the student nurse to confront the stressors of the career in a more healthy way.

Key Words;

Emotional Intelligence, Perceived stress, stressor

Sleep Disturbance, Related Problems and coping strategies among antenatal Women in south India- A Comparative study of primigravid and multigravid women

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Abstract

Introduction and Rationale:

Sleep disturbance is common problem in the pregnancy.

Objective: The objective of the study was to determine the sleep disturbance during pregnancy as perceived and expressed by the antenatal women, to identify the physiological, psychological medical and environmental problems related to sleep disturbance, to determine the practices followed by primigravid and multigravid women to reduce sleep disturbance.

Materials and Methods:

Sleep disturbance is a common problem in pregnancy. A comparative study was carried out to assess sleep disturbances, related problems and coping practices among primigravid and multigravid antenatal women attending a rural maternal and child health welfare centre in South India. A total of 120 antenatal women were selected using a purposive sampling technique (60 primigravid and 60 multigravid). A semi-structured interview schedule was used to collect data which was later analysed using SPSS Version 10.

Results:

Results show that most (35,58.2% and 23,38.3%) women had awakening due to increased urinary frequency. Other

major complaint of pregnant women was fatigue which was relieved by resting for brief period.

Conclusion:

There is no difference in sleep disturbance among the primigravid and multigravid women. The common related problems are frequency of urination and fatigue.

Key Words;

Related problems, primigravidae, multigravidae, coping strategies

Mental health of Adolescents

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Abstract

Introduction and Rationale:

Adolescents are verily rebellious in nature. Their habits are entirely differ from others. They are not like the toddlers and like the adults in dealings. They need to exercise their mind the way they condition the body. There is a tremendous charges occur in synapses, muscles and bones during adolescents.

They are mentally out of order in most of the situations. They easily tend to fall in love with evils and crimes other than others, Because of their age demands for the same. A careful rearing is needed to look after them and strengthen their performance. They have been using many a kind of intoxicants as pans, Hans, alcohols and other noxious body stimulants for getting temporary enjoyments. They feel merriness and joyous mood by using several noxious substances. Their pro-social and conjunctive feeling should be explored for the progress and prosperity of a society and nation as whole. The study is a lightening run across the problems of adolescents and their solutions through scientific way.

Objective:

- To identify adjustment problems of adolescents.
- To identify ADHD among adolescents
- To identify phobia/anxiety disorders among adolescents.
- To identify conduct disorders among adolescents.
- To identify OCD among adolescents.
- To identify dpression among adolescents.
- To identify Psychosis among adolescents.
- To identify general health problems of adolescents.

Materials and methods:

This study is an attempt to reveal the mental health problems of adolescents by using teenage screening questionnaire (TSQ 2009). This study is based on survey conducted among 100 students in Thalassery Taluk at Kannur District.

Result:

The evaluation of the result was done as per the responses of the subjects for each questions regarding mental health problems. Finally total responses were calculataed, and make it in a tabular form.

Conclusion:

Adolescents today all over the world are a confused lot. They are in the process of breaking away from all that is binding, but it is in the family, the society, or the tradition. This study named the mental health of adolescents has a high relevance in the present scenario. Because it touches all kinds of mental health problems faced by adolescent in different stages of life. Besides, this study measures the common mental health problems of adolescents using mental health screening questionnaire and general health questionnaire.

Key words: Symptoms, Psychosis, Toddlers, noxious, conjunctive.

Psychological Well-Being And Anxiety Among Adolescents—A comprehensive Analysis

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Abstract

Introduction and Rationale:

Given the affective and emotional complexities typical to the developmental stage of adolescents, ensuring their psychological well-being in a society is not an easy task. And anxiety is one of the most common psychological disorders in adolescents worldwide.

Objective of this study was to analyze the distribution of psychological well-being and anxiety among 153 normal adolescents selected from 5 higher secondary schools of Kerala. Taking into account previous findings, that “negative affect” always co-occur with anxiety while “positive affect” gets reflected in the outcomes of psychological well-being measurements and the “bipolar” and “bi-variate” views(eg:Reich, JohnW,2003)about the relationship between two, pattern of interaction between anxiety and psychological well-being was studied in detail. Scale by Devendra Singh which evaluates psychological well-being along five dimensions and IPAT-Anxiety scale by Samuel King were used for data collection. Data analysis centered on, pearson-correlation, t-test and linear-regression(SPSS version-20).

88.8% of adolescents were moderate and 10.4% were high in their psychological well-being. Mean anxiety of the sample (36.3) was average. Adolescents in urban& rural

areas, aided& private schools, and males& females hadn't any significant difference in their mean psychological well-being or anxiety as per t-test. Age of participants hadn't any significant correlation with psychological well-being but that with covert anxiety($r=.3, p<.00$) was highly significant. Enhancing the “bi-variate” views about positive-negative affects, significant negative correlations between the sub-variables of psychological well-being and anxiety, ranging from ($r= -.37$) to($r=-.20$) was observed except for “sociability”. Anxiety which is usually characterized by physiological hyper-arousal can cause significant variation in “satisfaction”(R-sqr=.13,F=23.18,P<.00), “efficiency”(R-sqr=.08,F=14.08,P<.00), “sociability”(R-sqr=.003, F=.517,not-sig.), “mental health”(r-sqr=.14,F=24.50,P<.00) and “interpersonal relations”(R-sqr=.04,F=6.60,P<.01) of psychological well-being variables as per regression. Major implications are in adolescent counseling and psychotherapy and future investigations focusing on inverse relationship between positive& negative affects.

Keywords: Psychological well-being, Anxiety, Adolescents, positive/negative affect

Use of Social Media to Explore the Professional Issues in the Field of Clinical Psychology

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Abstract

Introduction and Rationale:

Newer concepts and innovations suffered criticism most of the times irrespective of their usefulness. Likewise social media has also been criticized on various grounds such as exploitation, addiction and so on in spite of its advantages such as facilitation of effective communication, exchange of ideas, marketing etc. Current study is highlighting its effectiveness by gathering information regarding ongoing issues in the field of clinical psychology through a survey done through one of the famous social network.

Objective: To highlight the usefulness of social network to gather information on various professional issues in the field of clinical psychology.

Materials and Methods:

A survey form created by paying adequate amount to one of the famous survey creating website. It gathered information regarding certain personal data like age, education, place etc along with various professional issues which was categorized into various domains such as education related, issues related professional training, issues related to practice, issues related to licensing, issues related to involvement with professional associations etc. The survey link was sent to members in various psychology

professional groups formed in one of the famous social network portal and the survey was open for a month.

Results:

A total of 212 professional responded in which 6 from outside India. In India high representation from Kolkata (29.59) percentage followed by Delhi (22.63) rest scattered below 15 percentages. The mean age of respondents was 26.84±13.2 with 68 percentages of male highlighting middle aged participation can be considered as potential and unbiased respondents as all of them are currently practicing and may exposed to various issues addressed in the survey. Training licensing has been seriously criticized among the issues.

Conclusion:

Social networking can be utilized as a positive platform for fast approach to obtain and disseminating information and utilization of such resource in a positive way is highly appreciated in the growing community.

Keywords: Social media, Survey, Clinical Psychology, Professional Issues

Stress among the Clergy in the Indian Orthodox Church and its Effects on their Life Satisfaction

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Abstract

Introduction and Rationale:

The present study focuses on the effects of stress on the Life Satisfaction of the clergy and on Spirituality of the Clergy. It is deduced that at the initial stage of ministry, most of the clergy are smart and enthusiastic. Later, from the experience of the ministry the energy reflected in the beginning depletes, which, it is surmised, may be due to the stress that has overcome the clergy while in the ministry. The study has more significance that effective ministry is essential for a healthy church, family and society.

Objective:

The following objectives were proposed for the study. To study the life satisfaction of the clergy of the Indian Orthodox Church. To study the effect of stress on the Life Satisfaction. To study the relationship between life satisfaction and the spiritual well being. To study the impact of Diocese, Age income, Education, Marital status, Duration in Ministry, Number of families in parish, Employment status of spouse, Living arrangement, Number of children, Occupation of children, on the life satisfaction of the study group. To study the impact of

stress on the life satisfaction of married and unmarried clergy.

Materials and Methods:

For the statistical analyses, various tools were used, namely, One - way ANOVA, t-Test, Chi-Square Test. The tools employed for the collection of data are Personal data sheet, Stress rating scale (R.R.Rundall and E.M.Altmaier 1994) Life Satisfaction Inventory (Ramamurthy, 1968. Subramaniam, 1989) and Spirituality Scale, (D.Barnabas, 2001).

Results:

From the analysis of the data it is found that there is an adverse effect of stress on Life Satisfaction. The major factors affecting the life satisfaction are age, income and number of families in the parish. Also there is no difference between the Life Satisfaction among married and unmarried Clergy. Stress is found to have a negative impact on the spiritual scores of the Clergy and among the married Clergy is less than that of the unmarried. The secular education and marital status have a diminutive influence over the life satisfaction of the clergy.

Conclusion:

The study concluded with suggestions to the Church, Asrams and Family of the Clergy. Suggestions for noted Stress management therapies, the implications on Clinical Counseling and suggestions for further research have found inclusions.

Keywords: Clergy, Stress, Marital Satisfaction, Indian or Malankara Orthodox Church.

Effect of Meditation, Music on Stress Level, Blood Pressure and Heart Rate – A Cross Sectional Study.

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Abstract

Introduction and Rationale

Introduction and Rationale: Medical students are continuously exposed to stress which often exerts a negative effect on the academic performance, physical health, and psychological well-being. Stress reduction could be done by listening meditation music for certain time. Meditation music is beneficial in this context. So aim of this study was to assess the effect of meditation music on blood pressure and heart rate and stress reduction.

Material and Methods:

57 Medical students of first and second year, in Manipal College of Medical Sciences were participated in the study. Students are allowed to listen Buddhist meditation music (30 minutes) in the morning and night before sleep. Before and after the experiment STAI questionnaire was distributed, blood pressure, heart rate (normal condition) was taken.

Results:

Meditation music significantly decreases the level of anxiety for students after the experiment (STAI-X-1 score 34) ($p < 0.001$). It also reduces heart rate a little, non significant, but significantly lowers diastolic blood pressure for students with comparatively higher B.P ($p < 0.05$).

Conclusions: Meditation Music can induce a relaxing effect; reduces anxiety and stress level and physiologically significant role for lowering Blood pressure.

Keywords: Meditation music, blood pressure

Mental Health and Social Sustainability

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Abstract

Introduction and Rationale

The present study focused on the mental health of college students. The world health organization defines mental health as a state of 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. In this study depression, anxiety, inward directed irritability and outward directed irritability were assessed in the students based on the adult wellbeing questionnaire (Snaith et al 1978). Adult well being scale looks at how an adult is feeling in terms of depression, anxiety, and irritability. The average score for the depression, anxiety, inward directed irritability and outward directed irritability were found to be above normal in students. Also this study showed that 12% of the students have depression, 15% of them have anxiety, 22% of them have inward directed irritability and 21% have outward directed irritability. This study clearly showed that a significant percentage of students have depression, anxiety, inward directed irritability and outward directed

irritability. These negative emotions and stress result in increased release of cortisol and epinephrine and disturb the normal balance of dopaminergic and serotonergic coordination through the functional relation between these systems. Disturbance of the normal balance of the neurohormonal system through negative emotions leads to development of depression and fatal diseases in later life. Also depression, anxiety and irritability in students result in refusal to attend college, decline in academic performance, sub stance misuse and behavioural problems. So it is important to take necessary step to improve the mental health of the students for the sustainable development.

Keywords: Health, Emotions, Depression, Sustainability

Drugs for ICD-10 (Tenth revision) F40-48: A study from a private medical college of Nepal

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Abstract

Introduction and Rationale

Neurotic, stress-related and Somatoform disorders is a common psychiatric disorder. According to ICD-10 (Tenth revision) its code is F40-48. Data regarding the drugs used for Neurotic, stress-related and Somatoform disorders is lacking in Nepalese population particularly in Western Nepal

Objective:

The main objective of the study was to research about the commonest treatment modalities used in the treatment

Neurotic, stress-related and Somatoform disorders in a teaching hospital in Western Nepal in inpatients.

Materials and Methods

An observational cross sectional study was done at Manipal Teaching Hospital, Pokhara, Nepal. The present study was undertaken at Manipal Teaching hospital, Psychiatric inpatient department, at the bed side after interviewing with them.

Results

Anxiety was the commonest disorder which found to be 63.3% followed by Somatoform disorder 21.7%, Reaction to stress and adjustment disorders 6.7%, Obsessive compulsive disorder 5% and Dissociative Disorder was 3.3% amongst Neurotic, stress-related and Somatoform disorders. In the treatment of Neurotic, stress-related and Somatoform disorders in Anxiety, Alprazolam was the commonest drug prescribed 50%, followed by Clonazepam 31.6%, Chlordiazepoxide 15.8% and Lorazepam 2.6%. In Somatoform disorder Fluoxetine 61.5% was the commonest drug to be prescribed followed by Alprazolam 23.1% In case of Obsessive compulsive disorder Fluoxetine, Diazepam and Alprazolam was prescribed 33.3% each. In Dissociative Disorder Diazepam and Chlordiazepoxide was



commonly used 50%. In Reaction to stress and adjustment disorders Alprazolam was most commonly prescribed 75% followed by Diazepam 25%.

Conclusion

F40-48 occurs commonly between 14-40 yrs, housewives and in female patients. Alprazolam was the commonest drug prescribed followed by clonazepam and chlordiazepoxide in Anxiety. In Obsessive compulsive disorder Benzodiazepines and Fluoxetine, in Dissociative Disorder, Reaction to stress and adjustment disorders Benzodiazepines were used commonly and in Somatoform disorder Fluoxetine and alprazolam was used. Anxiety was the commonest type of disorder.

Keywords: Anxiety, Nepal, Psychiatry.
