

## Assessment of Pattern and Associated Factors of Psychiatric Disorders Among Known Population Group: An Institutional Based Study

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### ABSTRACT

**Background:** There is evidence that the ever changing period of adolescence with its attendant expectations and aspirations, places a lots of strain on the mental fabric of the adolescent and consequently on his mental health.

**Materials and Methods:** The descriptive study was conducted at Department of Psychiatry, Teerthanker Mahaveer Medical College & Research Centre, Moradabad, Uttar Pradesh, India. All the patients visited in last 6 month were included in the study. The present study was done in the all age group. Demographic and behavior data collected from the patients. A semi-structured interview schedule was used to gather data regarding the socio-demographic profile, and school / home peer groups, the diagnoses profile of each adolescent patient was crosschecked from the treating physician.

**Results:** Total 58 patients suffering from internalizing syndrome, 35 with externalizing syndrome and 23 patients with other type of syndrome.

**Conclusion:** This study concluded that showing total 58 patients suffering from internalizing syndrome, 35 with externalizing syndrome and 23 patients with other type of syndrome. There major reason is addictions to drug, alcohol, and smoking.

**KEYWORDS:** Addiction, Drug, Smoking, Syndrome.

### INTRODUCTION

There is evidence that the ever changing period of adolescence with its attendant expectations and aspirations, places a lots of strain on the mental fabric of the adolescent and consequently on his mental health. The adolescent is sometimes not able to come unscathed from this physical, physiological, emotional and psychosocial roller coaster, giving rise to a pattern of mental ill health dependent on the forces acting at those times. Many young people are confronted by relatively serious problems connected with their home life, their school experiences, their work activities and their social relationships<sup>1-4</sup>

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mental ill health dependent on the forces acting at those times. Many young people are confronted by relatively serious problems connected with their home life, their school experiences, their work activities and their social relationships.<sup>5-6</sup>

### MATERIALS AND METHODS

The descriptive study was conducted at Department of Psychiatry, Teerthanker Mahaveer Medical College & Research Centre, Moradabad, Uttar Pradesh, India. All the patients visited in last 6 month were included in the study. The present study was done in the all age group. Demographic and behavior data collected from the patients.

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**Table 1: Type of syndrome study patients**

Type of Syndrome	Number
<b>I. Internalizing syndrome</b>	
1) Withdrawn	5
2) Somatic	25
3) Anxious/Depressed	28
<b>Total</b>	<b>58</b>
<b>II. Externalizing</b>	
1) Delinquent	10
2) Aggressive	25
<b>Total</b>	<b>35</b>
<b>III. Others</b>	
1) Social	19
2) Thought	2
3) Attention	2
<b>Total</b>	<b>23</b>

**Table 2: Psychiatric Disorders and Presence of Addiction In Adolescents**

Addiction in Self	Number
<b>Alcohol</b>	20
<b>Alcohol/Smoking</b>	34
<b>Alcohol/Drugs</b>	2
<b>Drugs</b>	6
<b>Smoking</b>	10
<b>Tobacco chewing</b>	2
<b>Nil</b>	2

## RESULTS & DISCUSSION

In this study, the frequency of patients in 35 years. As the age advanced, number of patients also increased. So in the age group 30 to 40 years, there was maximum number of patients i. The pattern is similar to that reported by Cohen et al.<sup>7</sup> They observed that in 10 to 20 years old, prevalence of psychiatric disorders increased in the 14-16 years old as compared to 10-13 years. According to them, this rise can be attributed to the post pubertal disorders in adolescents. The results of Rutter's Isle of Wight (1976)<sup>8</sup> study are similar to the present study. According to their observations, prevalence increases from age 10 to 14 years from 10.9 percent to 12.5 percent. Majority of patients had a good relationship with their father, while some reported that they did not have a good relationship with their father. Quality of relationship with father and the sex of the patient were significantly associated. This factor may play a role in genesis of psychiatric disorders. This fact is supported by various other studies. Palosaari et al (1996)<sup>9</sup> had observed that adolescents lack of closeness to their father is an important link to development of depression. Christi et al (1993)<sup>10</sup> observed a similar trend in 12- 17 years. She found that, lack of ability to

communicate well with the father significantly increased the risk of development of depression for both boys and girls.

## CONCLUSION

This study concluded that showing total 58 patients suffering from internalizing syndrome, 35 with externalizing syndrome and 23 patients with other type of syndrome. There major reason is addictions to drug, alcohol, and smoking.

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