

A Study on Knowledge and Attitude Regarding Psychiatric Patient Among Undergraduate Health Sciences Students of Selected Educational Institutions.

Received: 24 October 2022, **Revised:** 23 November 2022, **Accepted:** 25 December 2022

¹Suresh Velumani., Bariya Nehaben Rasikbhai², Bariya Mitalben Pravinsinh², Bhavik Bhatt²

¹Professor & HOD, Department of Mental health Nursing, Sumandeep Nursing College, Sumandeep Vidyapeeth Deemed to be University, Piparia, Vadodara, Gujarat, India.

²Final year Basic BSc Nursing students, Sumandeep Nursing College, Sumandeep Vidyapeeth Deemed to be University, Piparia, Waghodia, Vadodara, Gujarat, India.

Key Words:

Knowledge, attitude, Psychiatric patient. Undergraduate, Health Sciences.

Abstract:

Background: Undergraduate health sciences students will likely play a significant role in addressing mental health issues in their communities and society as a whole. By equipping them with knowledge and skills related to mental health, we can help them become better advocates and allies for those who are affected by mental illness. The aim of this study was to assess level of knowledge and attitude towards psychiatric patients among undergraduate health science students of selected educational institutions. **Methods:** A quantitative approach with non-experimental descriptive research was used to conduct the study. The study sample consisted of 384 students from Nursing, Physiotherapy and Medical who are having psychiatric subject in their curriculum from selected undergraduate health sciences institute. A self structured questionnaire and attitude scale were used to assess the undergraduate health sciences student's knowledge and attitude related to psychiatric patient. Frequency percentage and chi square test were used to analyze the collected data. **Findings:** The study revealed that the majority of the sample population had good to excellent knowledge about psychiatric patients and a significant proportion had a favorable attitude towards psychiatric patients. **Conclusion:** These findings suggest that healthcare education program curriculum can have a positive impact on students' knowledge, and attitude, understanding of psychiatric patients.

1. Introduction

Mental illness is a significant global public health concern, and negative attitudes towards people with mental illness are prevalent among the general public. Health sciences students have a crucial role to play in the care and rehabilitation of psychiatric patients, and their attitudes towards mental illness may impact their decision to pursue training in this field.(1,2) Healthcare professionals, despite their training and expertise, may also hold negative attitudes towards people with mental illnesses. This can lead to substandard care and difficulty in meeting the needs of individuals with mental illnesses.(3) Early research has shown that increased education about mental illness, including its causes, symptoms, and treatment options, can lead to more positive attitudes towards individuals with mental illness. Education can help combat stigmatization and misconceptions surrounding mental health and contribute to more compassionate and effective care for

individuals with mental illness.(4) Another research has also demonstrated that increased personal contact with individuals who have mental illness can lead to more positive attitudes towards them. A meta-analysis of 35 studies conducted by Kolodziej and Johnson found that increased interpersonal contact between students and individuals with psychiatric disorders resulted in improved attitudes towards this group. This suggests that direct exposure to individuals with mental illness can help reduce the stigmatization and promote more positive attitudes towards mental health.(5) One commonly reported negative view among undergraduate students is the belief that people with mental illness are dangerous, unpredictable, and antisocial. However, research suggests that unpredictability is the strongest negative influence. This is because people tend to fear what they cannot predict or understand, and this fear can contribute to the stigmatization of individuals with mental illness.(6) Research on this topic is limited, but there are some

Journal of Coastal Life Medicine

studies that have explored the attitudes of healthcare providers towards psychiatric patients in India. Overall, more research is needed to understand the knowledge and attitudes of undergraduate health sciences students towards psychiatric patients in the Indian setting. Hence the study is undertaken to explore the knowledge and attitude of undergraduate health sciences students.

2. Methodology

The study was conducted at selected undergraduate health sciences educational institutions including Nursing, Physiotherapy, and Medical institutions using a quantitative non-experimental descriptive research design. The sample size was calculated by using Raosoft software online(7), By entering the Undergraduate health sciences students unknown population size(20,000) with 95% Confidence interval (CI) and 80% power of study. The calculated sample were 384. A purposive sampling technique was applied to the sampling process. Inclusion criteria is undergraduate health sciences students studying psychiatry as one of the subject of their curriculum were enrolled in the study. Exclusion criteria Undergraduate health sciences students who have family history of mental illness were excluded. The institutional ethics committee's clearance was taken from SVIEC(Ref.no: SVIEC/ON/NURS/SRP/22016). A self-structured questionnaire and attitude scale were prepared. Questionnaire and attitude scale was designed and composed of three parts: Socio-demographic variables, knowledge and attitude towards psychiatric patients. The knowledge section contained 37 questions, and the correct answer was scored 1 point, while the wrong or unanswered question was scored 0. Furthermore, participants were categorized into having a Poor, average, good, and excellent. Knowledge was considered poor if the score from 00-10 points, average from 11-18 points. Good from 19-26, and excellent if more than 26 points. The attitude section involved 30 statements, and responses were scored on a five-point scale. The attitude was categorized as highly favorable, favorable, neutral, unfavorable, and highly unfavorable. Highly favorable response was given a score of 5 points and highly unfavorable scored 1 point. Negative statements had a reverse scoring. Subsequently, Reliability of the tool was assessed by karl-pearson correlation. The reliability of the tool found 0.92 which confirms that the tool was reliable. cronbach's alpha was 0.8 for the

attitude statement. The investigator approached the proper authorities for obtaining the necessary permission and cooperation, and prepared tool was converted into Google form and the link was circulated through emails and social media application (whatsapp). The collected data was recorded in the format developed for the purpose. Statistical analysis was done using the Statistical package of social science (SPSS) version 16 Data were coded and tabulated according to their level of measurement. Categorical variable were presented in frequency and percentage tables. The Chi square test was applied to find out the association between the variables, The alpha cutoff point for significance was 0.05.

3. Result:

Table 1: Knowledge related to psychiatric patient among undergraduate health sciences students.

Level of Knowledge	Nursing (%)	B.P.T(%)	Medical (%)
Poor (Score 0-10)	7.5	0	0
Average (Score 11-18)	15.0	0	0
Good(Score 19-26)	40.0	40.0	42.5
Excellent (Score 27-37)	37.5	60.0	57.5

The table: 1 shown that nursing group, 7.5% of them had poor knowledge, 15% of them had average knowledge, 40% of them had good knowledge and 37.5% of them had excellent knowledge regarding psychiatric patient. In B.P.T. group, 40% of them had good knowledge and 60% of them had excellent knowledge regarding psychiatric patient. In Medical group, 42.5% of them had good knowledge and 57.5% of them had excellent knowledge regarding psychiatric patient.

Table 2: Attitude related to psychiatric patient among undergraduate health sciences students.

Attitude	Nursing (%)	B.P.T (%)	Medical (%)
----------	-------------	-----------	-------------

Journal of Coastal Life Medicine

Highly Favorable (Score 120-150)	17.5	0	15
Favorable (Score 90-119)	82.5	100	85
Neutral (Score 60-89)	0	0	0
Unfavorable (Score 30-59)	0	0	0
Highly unfavorable (Score 1-29)	0	0	0

The table: 2 shown that nursing group, 17.5% of them had highly favorable attitude and 82.5% of them had favorable attitude towards psychiatric patients. In B.P.T. group, all of them had favorable attitude towards psychiatric patients. In Medical group, 15% of them had highly favorable attitude and 85% of them had favorable attitude towards psychiatric patients.

Table 3: Association between knowledge and attitude related to psychiatric patient and selected demographic variables of undergraduate health sciences students.

Sr. no.	Variable		Knowledge p-Value	Attitude p-Value
1	Age in year	18-20 Years	0.954	0.256
		21-22 Years		
		23-25 Years		
2	Gender	Male	0.68	1.000

3	Religion	Female	0.614	0.720
		Hindu		
		Muslim		
4	Native Residential area	Urban	0.253	0.049
		Rural		
		Semi Urban		
5	Academic Performance in last Year	Pass Class	0.019	0.378
		Second Class		
		First Class		
		First Class with Distinction		
6	Type of Family	Joint	0.944	0.626
		Nuclear		
		Extended		
7	Father's education	Illiterate	0.108	0.613
		Primary		
		Secondary		
		Graduate and above		
8	Mother's education	Illiterate	0.362	0.827
		Primary		
		Secondary		
		Graduate & above		
9	Father's / Guardian's occupation	Government Sector	0.230	0.473
		Private Sector		
		Own Business		

Journal of Coastal Life Medicine

10	Annual Income	1,00000 or less	0.293	0.047
		Rs.100001 to 2,00000		
		Rs. Above 2,00001		
11	Attended any seminar, conference on mental illness	Yes	0.757	0.510
		No		
12	Leisure time activities	Playing Game	0.097	0.648
		Watching T.V.		
		Roaming with friend		
		Visit to social network		

Table:3 Shown all p-values are large (greater than 0.05), none of the demographic variables was found to have significant association with the knowledge of the health science students regarding psychiatric patients. Regarding attitude p-values corresponding to native residential area and annual income were less than 0.05, the demographic variables native residential area and annual income were found to have significant association with the attitude of the health science students regarding psychiatric patients.

4. Discussion

The level of knowledge and attitude about psychiatric patients among Undergraduate health sciences students is important, because they are the future decision makers dealing with such problems. The present study demonstrated that majority of undergraduate health science students has good and excellent knowledge about psychiatric patients. In consistent with these findings, Gureje et al reported that knowledge about mental illness was very poor in the Nigerian community specific regarding the causative factors of

mental illness.(8) As regards the attitude assessment, the present study reported that Nursing group had a relatively mixed attitude towards psychiatric patients, with only 17.5% of them having a highly favourable attitude and the remaining 82.5% having a favourable attitude. On the other hand, the B.P.T. group had a uniformly favourable attitude towards psychiatric patients, with all members of the group having a favourable attitude. Finally, the Medical group had a similar attitude to the Nursing group, with 15% of them having a highly favourable attitude and the remaining 85% having a favourable attitude towards psychiatric patients. Similar to the current study results, a study was carried out at Umm AL-Qura University to explore the views of both medical and non-medical female students regarding mental illness and psychiatric patients. The findings revealed that medical students had a more favorable perception towards mental illness and psychiatric patients compared to non-medical students.(9) In the current research proved all p-values were found to be greater than 0.05, it was concluded that none of the demographic variables had a significant association with the health science students' knowledge of psychiatric patients. The study also found that the p-values for the demographic variables of native residential area and annual income were small, meaning they were less than 0.05. As a result, it was concluded that these two demographic variables had a significant association with the health science students' attitude towards psychiatric patients. A previous study conducted among health and non-health university students in Riyadh stated that only 13.46% of university students demonstrated a good understanding of mental illness. It was observed that the knowledge level was notably higher among students enrolled in health-related programs than those in non-health-related programs. Furthermore, the attitude towards mental illness was generally favorable, and it was influenced by factors such as gender, type of program (health or non-health), and level of knowledge regarding mental illness.(10) These findings suggest that healthcare education program curriculum can have a positive impact on students' knowledge, attitude and understanding of mental health and illnesses.

5. Conclusion:

In conclusion, the study on knowledge and attitude regarding psychiatric patients among undergraduate health sciences students of selected educational institutions revealed valuable insights into the attitude

Journal of Coastal Life Medicine

of future healthcare providers. The findings indicated that education and the type of program can have a significant impact on students' knowledge and attitudes towards mental health. Furthermore, the study identified demographic factors such as gender, native residential area, and annual income that were significantly associated with students' attitudes towards psychiatric patients. Overall, the study's results suggest that interventions aimed at improving mental health education for health sciences students can help reduce the stigmatization of psychiatric patients and promote better care for individuals with mental illness.

References

- [1] Sartorius N, Schulze H. Reducing the Stigma of Mental Illness: A Report from a Global Programme of the World Psychiatric Association. Geneva: World Health Organization, 2006.
- [2] Sadik S, Bradley M, Al-Hasoon S, Jenkins R. Public perception of mental health in Iraq. *Int J Ment Health Syst* 2010;4:26. [<http://dx.doi.org/10.1186/1752-4458-4-26>]
- [3] Mavundila T, Uys L. The attitudes of nurses towards mentally ill people in a general setting in Durban. *Curationis* 1997; 20 (2): 3-5.
- [4] Sarbin T, Mancuso J. Failure of a moral enterprise: Attitudes of the public towards mental illness. *Journal of Consulting and Clinical Psychology* 1970;35: 159-173.
- [5] Murray MG, Steffen JJ. Attitude of the case managers toward people with Serious mental illness. *Community Mental Health Journal*, 1999; 35: 505- 514.
- [6] Read J, Law. The relationship of causal beliefs and contact with users of mental health services to attitudes to the mentally ill. *The International Journal of Social Psychiatry* 1999; 43: 216-229.
- [7] Raosoft.com. 2016. Sample Size Calculator. [online] Available at: <<http://www.raosoft.com/samplesize.html>>
- [8] Gureje O, Lasebikan V, Oluwanuga O, Olley B, Kola L. Community study of knowledge of and attitude to mental illness in Nigeria. *Brit J Psychiat*. 2005;186:436-41.
- [9] Abo El magd M, Al Zamil L. Medical and nonmedical female students' attitudes toward mental illness and psychiatric patients at Umm Al Qura University. *Life Sci J*. 2019;10(2):882-8.
- [10] Mahboub, Samira & Aleyadhi, Rahaf & Aldrees, Reema & Almuhanha, Shahad. (2020).

Knowledge and attitude towards mental illness among health and non-health university students in Riyadh. *International Journal of Research in Medical Sciences*. 8. 3497. 10.18203/2320-6012.ijrms20204223.



Author profile

Dr. Suresh V, MSc, Ph.D. (N) is currently HOD and Professor in Department of Mental health (Psychiatric) Nursing, Sumandeep Nursing College, Sumandeep Vidyapeeth deemed to be University, Vadodara. Core Staff of the JBIC Entity, Sumandeep Vidyapeeth Centre for Evidence Based Education & Health care: A JBI Affiliated Group, Adelaide, Australia. He has successfully completed international short-term training certificate course on comprehensive systematic review training program, Jonna Briggs Institute, Australia. Suresh is the member of steering committee of the international network of the UNESCO chair in Bioethics Haifa. He has extensive experience in quantitative research, systematic reviews and meta-analysis. He has published two Book Chapters, more than 65 original and review articles in international and national journal of repute indexed with Pubmed, Scopus, WOS and Google scholar. He has received best researcher award in 2017 for his significant contribution in the field of nursing research. Additionally, He is Peer Reviewer in Journal of Natural remedies, Journal of Clinical and Diagnostic Research, Journal of Integrated Health Sciences and International Journal of Research and Reports in Gynaecology. He is recognised Post-Graduate/Ph.D. Guide. His prime area of interest is psychopharmacology, metabolic disorders, Screen dependency and psychosomatic disorders. He is a lifetime member of Indian Society of Psychiatric Nurses (ISPN) and Trained Nurses association of India.