

KNOWLEDGE, PERCEPTION AND ATTITUDE TOWARDS MENTAL ILLNESS AMONG UNDER GRADUATE MEDICAL STUDENTS OF A TERTIARY CARE CENTRE IN SOUTH KERALA

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INTRODUCTION

A revolutionary change occurred in the recent years identifying the key role of mental health in achieving global development goals as evident by its inclusion in sustainable development goals. Even though the prevalence is high, mental health problems still have a stigma attached to it. This stigmatizing approach is not only among the uninformed part of society, but is among the health professionals and medical students who are supposed to care and support such people. So, it's important to have an unprejudiced attitude among the medical professionals.

Objectives

To determine the knowledge, perception and attitude towards mental illness among medical undergraduate students of a tertiary care centre in South Kerala.

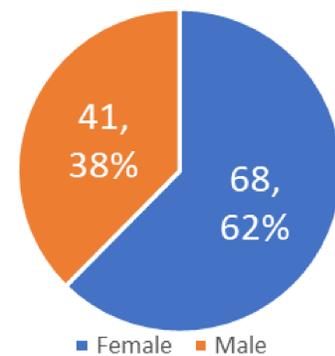
METHODS

A cross-sectional study was conducted in tertiary care centre to determine the knowledge, perception and attitude towards mental illness among medical undergraduate students using a semi-structured questionnaire through online surveys. The minimum sample size required was 98

RESULTS

Among the 109 respondents, 62.4% were females and 37.6% were males. It was found that the mean score of knowledge was 11.91(3.7 SD) and 61.5% of the students had good knowledge, the mean score of perception was 20.53(2.7 SD) and 51.4% of the students had good perception and the mean score of attitude was 54.74(4.9 SD) with 50.5% showed positive attitude towards mental illness. A statistically significant association was found between knowledge and attitude with year of study.

Fig.1 GENDER DISTRIBUTION



	MEAN SCORE	SD	95% CI
KNOWLEDGE	11.91	3.726	11.20 – 12.62
ATTITUDE	54.74	4.988	53.80 – 55.69
PERCEPTION	20.53	2.707	20.02 – 21.05

Table No 1

Fig.2 Knowledge

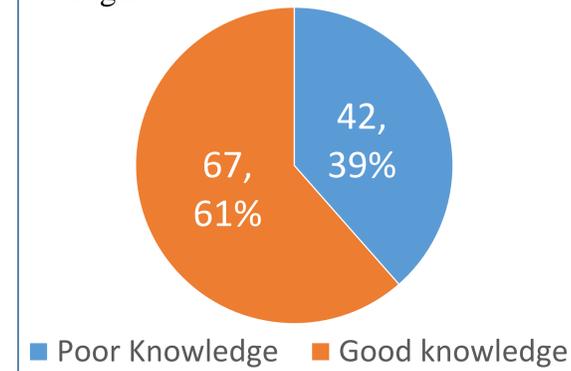


Fig.3 Perception

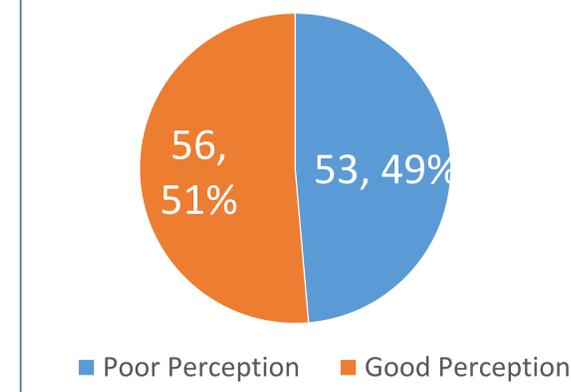


Fig.4 Attitude

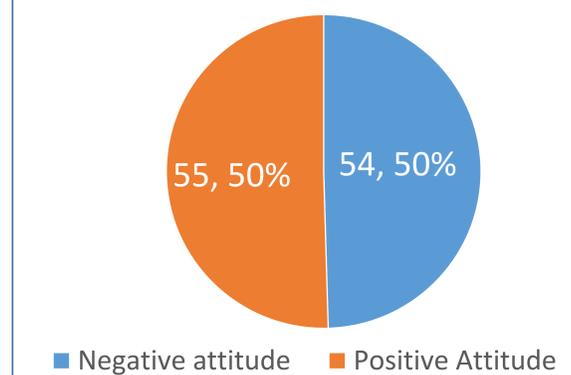


Fig.5 Knowledge Vs Year of study



p=0.023

Fig.6 Attitude Vs Year of study



p=0.027

The study found that students who attended psychiatric posting had better knowledge about mental illness(p=0.001) while those who had a history of mental illness had better perception about it(p=0.036).

CONCLUSION

This study highlights the need for better educational measures at undergraduate level in order to develop a positive attitude of the health professionals and medical students towards mental illness, which is essential for ensuring better care for patients as well as reduction of stigma related to mental illness.