

Abstract for Troped Website

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Year : 2013

Title: Physical Illness among Psychiatric Patients: A Cross Sectional Study in Banda Aceh Psychiatric Hospital, Indonesia

Keywords: Prevalence, Hypertension, Obesity, Skin problem, Smoking, Substance abuse.

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The prevalence of physical illness among psychiatric patients is high. The people with a mental problem die approximately 20 years younger due to their physical illness (Koranyi & Potoczny 1992), and their physical complaints are often untreated (De Hert et al. 2011). Numerous studies on this subject have been conducted, mostly in the develop countries. Mental health research in Indonesia is rare, and the burden of physical illness among psychiatric inpatients in the country remains unknown.

The present study was aiming to reveal the prevalence of hypertension, obesity, skin disease, smoking behavior and history of substance abuse among patients in Banda Aceh psychiatric hospital, Indonesia. Some 242 patients were randomly selected as the study sample. Data on the physical condition and lifestyle factors were generated with a questionnaire developed for this study. Cross sectional design was used for the data collection.

Findings from the study suggest that the prevalence of hypertension among the study population was approximately 9.5. The prevalence of overweight and obesity was 8.7% and 5%, respectively. About 69.8% respondents have a healthy BMI, and about 16.5% were underweight. The mean BMI of all respondents was 21.44 Kg/m² (SD: 3.43).

The prevalence of current tobacco smoking among the patients was approximately 80.17%. Among male patients was 90.52% and among female only

9.68. Approximately 36% of the patients have the history of substance abuse at least once in their lifetime. More of the substance abuser were found among male than female with 40.2% and 6.45% respectively, suggesting that there was a significant difference between sexes ($P < 0.001$).

The low prevalence of hypertension among psychiatric patients should be maintained. Further studies to investigate the comprehensive reasons behind low case of hypertension among this group are important. Adequate nutritional intake is needed to help gain their weight. Research on nutritional status, skin problem and smoking behavior and substance use among persons with the mental problem in the hospital setting would be beneficial. Comprehensive public health message should also be addressed to this vulnerable group. Improvement of the policy towards the betterment of mental health care is important, because there is no health without mental health.