

Original Article

PREVALENCE OF THE USE OF ANTIDEPRESSANTS AMONG HOUSEWIVES ATTENDING PSYCHIATRY OPD AT MMC MARDANShahana Nasir¹, Uzma Nisar², Ijaz Gul³, Hamza Khan⁴¹Department of Community Medicine, Bacha Khan Medical College, Mardan, Pakistan²(Consultant Radiologist), Armed Forces Institute of Radiology and Imaging, MH, Rawalpindi, Pakistan³Department of Psychiatry, Bacha Khan Medical College, Mardan, Pakistan⁴Department of Community Medicine, Gajju Khan Medical College, Swabi, Pakistan**ABSTRACT**

Objectives: the main aim of the study was to determine the prevalence of the use of antidepressants among homemakers attending psychiatry OPD in MMC Mardan.

Study design : A cross-sectional study

Duration and place of study : Mardan Medical Complex's OPD for psychiatry from jan 2013 to jan 2014

Methodology: The cross-sectional investigation was carried out at the Mardan Medical Complex's OPD for psychiatry. Two months were dedicated to the research. The subjects were asked for their written agreement before the researchers completed the surveys. SPSS version 16 was used to input and analyse the questionnaire data before it was shown as tabular, bar, and pie chart data. A thorough debate was conducted, and conclusions were reached based on this data.

Results: our result showed out of 100 women, 55% of women were regularly taking antidepressants, 30% were taking them sometimes, and 15% were not taking antidepressants. The prevalence of drug use was 85% in the women attending the psychiatry OPD of Mardan Medical Complex. 63.6% of the total were living in a separate family, while 36.3% of the total were living in a combined family. Out of 55 women, 9.09% used antidepressants before marriage, while 90.9% of women did not use antidepressants before marriage. 54.5% of the women had insomnia, while 27.2% of the total sometimes suffered from insomnia. 18.18% of the women did not have insomnia. 65.4% of the women belonged to poor socio. In comparison, ic status, 25.4%, belonged to satisfactory socio. In comparison, status, and 9.09% belonged to good socioeconomic status. 18.8% of the women lost interest in their surroundings and thought that they were not wanted any more by the world, while 45.5% sometimes thought this and 27.2% of the women were free of such thoughts.

Conclusion: From this study, it is concluded that depression, as in other parts of the world, is also prevalent among the homemakers attending psychiatry OPD in MMC Mardan, Pakistan.

Keywords: Depression, antidepressants, prevalence..

INTRODUCTION

Most nations do not have an issue with pharmaceutical access due to the widespread expansion of the pharmaceutical sector worldwide. There is also

a lack of oversight and control over what is made accessible to the general population over the counter in underdeveloped nations like Pakistan. As a result, consumers may get a wide range of goods in more industrialised countries that would only be accessible with a prescription and in restricted quantities. Because of this, self-medication without consulting a health professional is now widely practiced ¹.

Many individuals who take these medicines also often do so for an extended period. However, some substances, such as benzodiazepines, should not be used over an extended period since prolonged use may lead to dependency and even addiction, with

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established withdrawal symptoms². 60% of those surveyed in a research referenced by “Mental Health Weekly” had been using benzodiazepines for more than four months, which is longer than is advised. This demonstrates that these medications may be administered longer than intended, leading to unfavourable outcomes.

There is an amazing diversity of chemical kinds among the antidepressants that are now on the market. These variations, together with variations in their molecular targets, serve as the foundation for differentiating between many subgroups³.

A major brain-related medical condition is depression. It goes beyond just having a brief period of sadness. According to reputable research that the WHO has commissioned, mental diseases account for more than two-fifths of all impairments of them, depression is the most common.

According to the World Health Organization’s report on the global disease burden, depression is one of five disorders that are linked to mental illnesses and are the primary causes of disability worldwide.

More than 300 million individuals suffer from depressive disorders globally, and when combined with schizophrenia, these two illnesses account for 60% of all suicides worldwide⁵.

The British Journal of Psychiatry published a cohort study in 1977 that tracked a group of individuals from 1977 to 1999. The study found that the usage of hypnotics, anxiolytics, and antidepressants increased from 30.6 per 1000 in 1977 to 59.1 in 1999.

Moreover, these substances might be abused alone or utilised as boosters by users of other illicit substances. Furthermore, research has shown that a person’s past use of antidepressants raises the possibility that they would misuse other medications in the future. Furthermore, it’s important to understand the incidence of usage of these drugs since they are often administered in hospital settings to treat depression linked to disease-related events.

August 2011 saw the publication of research conducted by the Aga Khan University Department of Paediatrics & Child Health on Stadium Road in Karachi, Pakistan.

The purpose of this study was to ascertain the prevalence of benzodiazepine use and its relationships

to clinical and sociodemographic traits in adults living in community settings in two urban settlements in Karachi, Pakistan, which demonstrated a notable rise in benzodiazepine use¹⁰.

MATERIALS AND METHODS

The study being conducted was a cross-sectional study. The study area was psychiatry OPD Mardan Medical Complex. It took two months to conduct the study. Written consent was taken from the participants, after whom the researchers filled out questionnaires according to participant data. The information was collected by interviewing the homemakers. All the women were informed that the information would be kept confidential and that the data obtained would be used only for research. The inclusion criteria were all the women who were housewives and not working women attending the psychiatry OPD of Mardan Medical Complex. The exclusion criteria were unmarried women, working women, and women suffering from any serious diseases attending the psychiatry OPD of Mardan Medical Complex. They were excluded from our study. Data was collected from female patients seeking medical care at the psychiatry OPD of Mardan Medical Complex. Our sample size was 100 homemakers attending the psychiatry OPD of Mardan Medical Complex. Data was analysed using suitable statistical tools by SPSS software, and based on this data, a detailed discussion was done & a conclusion was drawn. Keeping the conclusion in view, suggestions and recommendations were formulated & put forward to benefit further research studies.

RESULTS

Out of 100 women, 55% of women were regularly taking antidepressants, 30% were taking them sometimes, and 15% were not taking antidepressants. The total use of antidepressants was 85%, so the prevalence of the drug use was 85% in the women attending the psychiatry OPD of Mardan Medical Complex. 58.8% of uneducated women were using antidepressants regularly, followed by 27.2% of women with primary education level, 9% were having secondary education 5.4% were graduates. The use of antidepressants was less in women with a higher degree of education, and in fact, we found that women who regularly used antidepressants were uneducated.

63.6% of the total lived in a separate family, while 36.3% lived in a combined family. Out of 55

women, 9.09% used antidepressants before marriage. In contrast, 90.9% of women did not use antidepressants before marriage, 45.4% of the women had 1-4 children, followed by 27.2% of the women who had 5-6 children, 18.8% of women had more than 7 children and 9.09% women had no children. 54.5% of the women had insomnia, 27.2% of the women sometimes had insomnia, and 18.18% of the women did not have insomnia. 72.7% claimed to have enough free time, while 27.2% said they didn't have enough time to themselves. Among the women, 25.4% had a tolerable socioeconomic position, 9.09% had a high socioeconomic status, and 65.4% had a bad socioeconomic status. Of the women, 18.8% believed this to be always true, 45.5% believed it sometimes, and 27.2% did not think this way.

DISCUSSION

In this research, we sought to determine how common antidepressant usage was among homemakers who visited the psychiatric OPD at MMC Mardan. Furthermore, we sought to ascertain the rationale for the use of antidepressants and identify any variables linked to their prescription.

According to this survey, a significant percentage of homemakers who visited the MMC Mardan psychiatric OPD used antidepressants. The existence of one or more sick children, relationships with husbands and in-laws, family members who also use antidepressants, and insufficient sleep were all strongly linked to the usage of antidepressants.

Less educated women and more ignorant women both used antidepressants. It was discovered that women without depression medication had positive connections with their spouses and in-laws. We found that in most of the women using antidepressants, the main cause behind the use was that their children were suffering from a disease or disability, which made them depressed, and they started using these medications.

The majority of the women (54%) using antidepressants said that they used the medications for

depression. The second common reason for use was sleeplessness (27%) of the women said that they used the medications for sleep. The least common cause for the use of antidepressants was their inability to carry out routine work, making up 18% of the total.

CONCLUSIONS

From this study, it is concluded that depression, as in other parts of the world, is also prevalent in the homemakers attending psychiatry OPD in MMC Mardan, Pakistan.

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