

Profile of Women Mental Health in Kirkuk Governorate

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ABSTRACT

The terms mental health refer to the cognitive, behavioral, and emotional well-being of people. It all comes down to how people think, feel, and act. The word "mental health" is occasionally used to refer to the absence of a mental disease. Mental illness can have a negative impact on daily life, relationships, and physical health. (World Health Organization, 2019) . the aim of the study is to review prevalence rate of the mental health problems among women in Kirkuk city ,and To find out the relationship between incidence of cases and their demographical characterizes such as (age, occupation, residence) A descriptive study design and non-probability sample conducts for this study that includes data for women suffering of mental health problem were obtained from official records of specialized center for psychiatry at Azadi Teaching hospital of Kirkuk governorate this data includes of (401) inpatient and (1027) outpatient , Statistical data analysis is performed using SPSS version 26. the result shows the highest percentage of the studied cases were aged of 15-34 years old and was (58,8%), regarding their occupation ; (71.1%) were Housewife . (72.1%) of the cases were found to be urban residents. As for their medical diagnosis , (22.7%) of females have psychotic disorder. (52.6%) of women stay in the hospital for period from (1-4)days and (48.1%) of women was improved when discharge from the hospital; (81.5%) receive Medical treatment .As for their medical diagnosis of outpatient ; (20.1%) of females with Depression and (49.1%) of women visit the remedial committee . It was concluded through this study that a young housewives women and who are from the urban area represented the majority sample of this study. The study discovers that most common mental illnesses are Depression, psychosis, hysteria, schizophrenia, and anxiety. Another specialized psychiatric center need to be open due to the urgent need for psychological care services and health educational program should be adopted to encourage women to seek psychological counseling when needed, and raise awareness

Keywords: women, health, mental, Kirkuk

INTRODUCTION

Our physical, emotional, and psychological well-being are all intertwined. As a result, it has an impact on how we see the world, how we feel about ourselves, and how we connect with other people. Having good mental health is important at every stage of your life, from infancy to maturity. Everyday life, relationships, and physical health may be harmed by mental illness. ⁽¹⁾Mental health problems affect the majority of the population over a lifetime and account for nearly a quarter of the world's disease burden, additionally, mental health disorders are a major public health problem, and they have increased dramatically in recent years, as a result, WHO adopted a mental health action plan between 2013 and 2020⁽²⁾. Mental health is the ability of individuals to interact with each other in ways that promote subjective well-being, optimal development and utilization of mental capabilities (cognitive, emotional, and relational), and to achieve individual and group goals compatible with justice and to achieve and maintain basic conditions for equality, the definition does not mention gender, but it can Sex has an influence on the production of mental health at all levels - individuals, groups, and the environment⁽³⁾. Mental health is on the global public health agenda, it is now known that mental disorders affect all age groups and are responsible for significant social and economic costs⁽⁴⁾. Well-being is defined as the extent to which an individual - in relation to mental health - can act positively, research has shown that positive well-being (such as happiness and life satisfaction) is a protective factor against behaviors that pose a health

risk⁽⁵⁾. In developed countries in particular, mental health facilities are largely underfunded. Almost 28% of countries lack a separate mental health budget. In the wellness policy and plans, it is also important to take mental conditions into consideration. Parity must be created, in turn, in accordance with the proportionate cost of psychiatric illness as facilities and funding for mental health care are distributed⁽⁶⁾. The Objectives of the Study is to review the prevalence rate of mental health problems among women in Kirkuk city and to find out the relationship between the incidence of cases, and their demographical characterizes such as (age, occupation, residence).

METHODOLOGY

A descriptive study design was conducted through this study from December 1, 2020 to June 1, 2021, in order to achieve the objectives of this study . This study was conducted in Kirkuk governorate at Azadi Teaching Hospital / Specialized Center for Psychiatry on official records to obtain data on women who suffer from psychological problems, Kirkuk governorate is located in the northern part of Iraq. The area of Kirkuk governorate is (10359) square kilometers and includes (16) sub-districts that make up (4) districts. total population 1597876. (central statistic organization Iraq, 2018) A non-probability sample includes data for all the women who admitted to the Specialized Center for Psychiatry (inpatient) from the date (1/1/2009 to December 31, 2019) and their number (401), as well as all the data of the women who reviewed the mental health consultant (outpatient) from the date (1 / 1/2020 until

31/12/2020) and their number (1027). The data collection from the official records and document on was carried out between 1/12/2020 and 31/3/2021. The analysis and objectives were clarified and then started.

RESULTS

The result shows the highest percentage of the studied cases were aged of 15-34 years old and was (58,8%), regarding their occupation ; (71.1%) were Housewife . (72.1%) of the cases were found to be urban residents. As for their medical diagnosis , (22.7%) of females have psychotic disorder. (52.6%) of women stay in the hospital for period from (1-4)days and (48.1%) of women was improved when discharge from the hospital; (81.5%) receive Medical treatment .As for their medical diagnosis of outpatient ; (20.1%) of females with Depression and (49.1%) of women visit the remedial committee .

Table (1) Distribution of the study sample (outpatient) according to their medical diagnosis

Medical Diagnosis	F	%
Psychotic disorder	161	17.8
Bipolar disorder	24	2.7
Hysteria	24	2.7
Depression	181	20.1
Mental retardation	44	4.9
Movement disorder	16	1.8
Behavior disorder	27	3.0
Drug abuse	18	2.0
Epilepsy	66	7.3
Schizophrenia	89	9.9
Personality disorder	20	2.2
Anxiety	78	8.6
Dementia	15	1.7
Obsessive compulsive disorder	48	5.3
Physical symptoms	17	1.9
Mood disorder	19	2.1
Brain paralysis	15	1.7
Sleep disturbance	25	2.8
Suicide	15	1.7
Total	902	100.0

Table (2) Types of services the patient received in the psychiatric clinic.

Type of care	F	%
Medical treatment	837	81.5
Refer to the specialized committees	159	15.5
Refer to another department	17	1.7
Admission	8	0.8
A treatment session	6	0.6
Total	1027	100.0

Table (3) the number of women who visit the psychiatric clinic for the purpose of presenting them to the specialized committees.

Types of specialized committees	f	%
The remedial committee	78	49.1
Medical Committee	41	25.8
Marriage committee	14	8.8
Adoption Committee	3	1.9
Studies examination committee	23	14.5
Total	159	100.0

DISCUSSION

According to the findings of this research, only 35% of the inpatients at the Specialized Center for Psychiatry were

women. This disparity between the sexes may be attributed to two factors: There are two main reasons why women in Kirkuk don't seek treatment for mental illnesses: first, they don't know it's necessary, and second, they're afraid of being stigmatized. On the contrary, Sarmiento, 2015 found that the majority of patients in their study (71.7 percent) were women. Previous studies have found that the crude consultation rate was 32% lower in men than women. (7). For six months longer than males, women with chronic physical illnesses seek mental health treatments at St. Michael's and the Institute of Clinical Evaluation Sciences, according to a new study (ICES). Vigod et al., 2016(8) performed study and discovered that out of 95,055 admissions, 48,083 patients (50.6 percent) were female and 46,972 patients (49.5 percent) were male. According to the World Health Organization (2007)(9), women are more likely than males to be (12.8 percent versus 2.2 percent). As far as age is concerned, nearly three-quarters of women are under the age of thirty-four, with the largest proportion (29.4%) of women in the youth groups and the lowest percentage of women in the middle age groups. One possible explanation for this result is that young people are particularly vulnerable to pressures such as starting a family, finding work, and establishing themselves. According to Parreira et al. (2017), women aged 15 to 49 have a mean age of 33.6 years and an SD of 9.8 years, and the World Health Organization (2007) shows that more than half of respondents (54.4 percent) were between the ages of 18 and 34. The research conducted by Gururaj G,et.al. (2016)(11) shows that the 30 to 49-year-old age group was the most affected, indicating that mental illnesses are on the rise. This supports the view expressed by Mental disease was most common in young people aged 18 to 24 years (27 percent), according to Mental Health First Aid USA, which showed that more than half of all mental disorders begin by age 14 and three-quarters by age 24. Unemployed or housewife patients had a higher risk of mental illness than students or those in the workforce. Lack of personal pleasure, as well as an inability to leave the home and engage in self-entertainment, may explain this. In comparison to the general population, child care providers, especially those with poor income, suffer from depression at far greater rates. According to a 2018 study by public health scholars at the University of Washington, 40 percent of early care and education staff in the UK suffer from psychiatric depression. The WHO reported in 2007 that only 40.8% of the population was employed, and the rest were either students, retired, or unemployed. When it came to unemployment, it was true that those suffering from mental disorders were more likely to be jobless. People with mental impairments may have a more difficult time finding employment. On the other hand, unemployment may be a factor in mental health problems. 1998 was the year of the issue. housewives 55.7% of the total According to the findings of the research by (10). findings of this research revealed that 22.7% of patients had been diagnosed with psychotic illness, whereas 23% of patients had been diagnosed with depression, according to (21.7 percent) While the proportion of those who had sleep disturbances was the lowest, suicide or attempted suicide was (3,7); this may be because psychosis is a serious illness that requires hospitalization as a therapeutic

method.. In psychiatric inpatients, psychosis was the most common diagnosis. According to the results of Charzynska et al., 2011(12) study, psychotic diseases affect women at a later age than men, when women may be further along in their social and professional lives. On the whole, women respond better to treatments than men, but the likelihood of recurrence in women is often higher. These intervals are due before, after birth, and menopause. Unemployment rates were greatest among the jobless, whereas mild episodes of depression were most common among retirees, according to World Health Organization research published in 2007 (nine). According to Gaudiano et al., 2009(13), in the present sample, 5.3% of patients with severe depression had suicidal ideation. There have been reports of psychotic symptoms, according to Baghdad-based study. Iraq, the sixth day of December, the year 2050. In Iraq, more than 590 people died by suicide last year, with 1112 making suicide attempts. Eighty percent of those who died by suicide were women, resulting in an average of one suicide death and three suicide attempts per day. If this problem is not addressed and remedied, it will continue to have a negative impact on individuals and communities all over Iraq. In 2019, the number of suicide cases (519) was higher than in 2018 (519) and 2017 (422), but it's essential to remember that although suicide is tragic, it is often preventable. Understanding what triggers suicide and who is at risk may help reduce the number of suicide deaths (14). 72.1 percent of women are from urban areas, and we may deduce from this that urban women are more aware of the significance of treating mental disorders than rural women are. Among women of childbearing age residing in rural areas, Parreira et al., 2017(10) discovered that the most common mental disease was depression, whereas Iraq Mental Health Survey - 2006/7 discovered that 63.44 percent of those surveyed were from urban areas (9) Between 2004 and 2009, the Indian Council of Medical Research (ICMR) conducted a survey on urban mental health that found that 10% of Delhi residents suffered from psychiatric illnesses, with depression being the most common. This was followed by anxiety and depression, which were the most affected by a high treatment gap because of the social stigma associated with mental illness as well as a lack of awareness and resilience. A total of 52.6% of women are admitted to the hospital for a stay of 1 to 4 days. In my opinion, this short hospital stay is harmful to the patient's recovery since mental disorders are difficult to cure and need a lengthy time of recuperation. We found that the average length of stay was three to ten days and that psychiatric hospitals had longer stays than general acute care hospitals, as well as hospitals with a higher number of Medicare patients and patients with severe mental disorders, as well as a higher rate of readmission There was a wide range in average length of stay in the hospital for those allocated to short stays, from 10 to 8 days to 25.0 days (Glick 1975) to 94 days (Babalola et al., 2014) for those assigned to long stays (19). Most women in our research were released from the hospital in better health, while the next-largest proportion, 44.9%, were discharged on their own own. In the psychiatric counseling clinic, there were 1027 outpatients out of 2395 patients (42 percent) who were women. It was also noted that the number of patients who

visited the mental health clinic is small, at a rate of 1000 patients per year over previous years, and the reason for this may be due to closure of the specialized center and a transfer to an epidemiological center with the imposition of a curfew Kirkuk governorate Olfson M, et al., 2009(20) found that 22% of patients left care early, with the highest dropout rate (32%), while psychiatrists' treatment had the lowest (15%). The number of patients who dropped out of care was moderate in the human services sector (20%), and among patients seen by nonpsychiatrist mental health providers (only 15%). Most women are young, with 42.7% in the 15-30 age range and 33.4% in the 30-plus age range. In 2016, little under one in four young people aged 15 to 19 who responded to the Youth Survey met the criteria for a probable serious psychiatric disorder, conqueringly, there has been a significant rise in the proportion of young people meeting this criteria.

Ethical Clearance: Ethical approval for conducting this study was obtained by the Research Ethics Committee in the Kirkuk Health Directorate, Kirkuk City, Iraq. on (2020/11/1), for the purpose of collecting data from the official records of inpatients and patients reviewing for mental health counseling at the Specialized Center for Psychiatry, and that after taking the no-objection of Azadi Teaching Hospital on (2020/10/18

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