

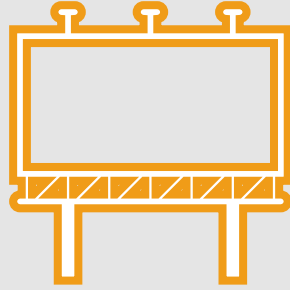


PERCEPTION AND ATTITUDE OF PEOPLE TOWARDS MEDICINE USED IN DEPRESSION AND ANXIETY

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INTRODUCTION

India Inc's Hidden Mental Health Problem

1 in 5 Indians
will suffer from
depression in their
lifetime

42%
of private sector
employees
have general anxiety
disorder or depression



150 million
people across India are in need of
mental healthcare interventions,
both short- and long-term

46%
of private sector employees
report extreme stress as a
result of their work

Mental health illness stats

7.5%

of India's population
suffers from some kind of
mental disorder

50%

Clinical depression has
risen by 50% in the last
8 years

21.9%

of the elderly
population suffers from
depression

34%

Depression is most
common (34%); bi-polar
disorder the least (1.1%)

20%

Indian mothers
battle post partum
depression

42.5%

corporate employees
suffer from stress and
anxiety

9

out of 10 Indians suffer
from stress

95%

millennials aged 18-34
suffer from severe
stress

Source: TLLLF

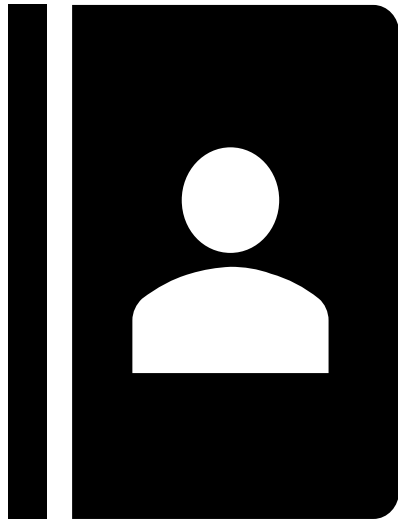
OBJECTIVE



To understand perception and attitude about anti-depressants and anxiolytics.

To identify commonly prescribed medications

METHODOLOGY



Type of study –
Descriptive

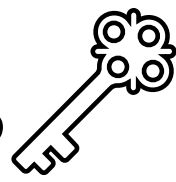
Duration of study –
3 months

Sample size and
collection –
100 respondents
aged 15 years and
above

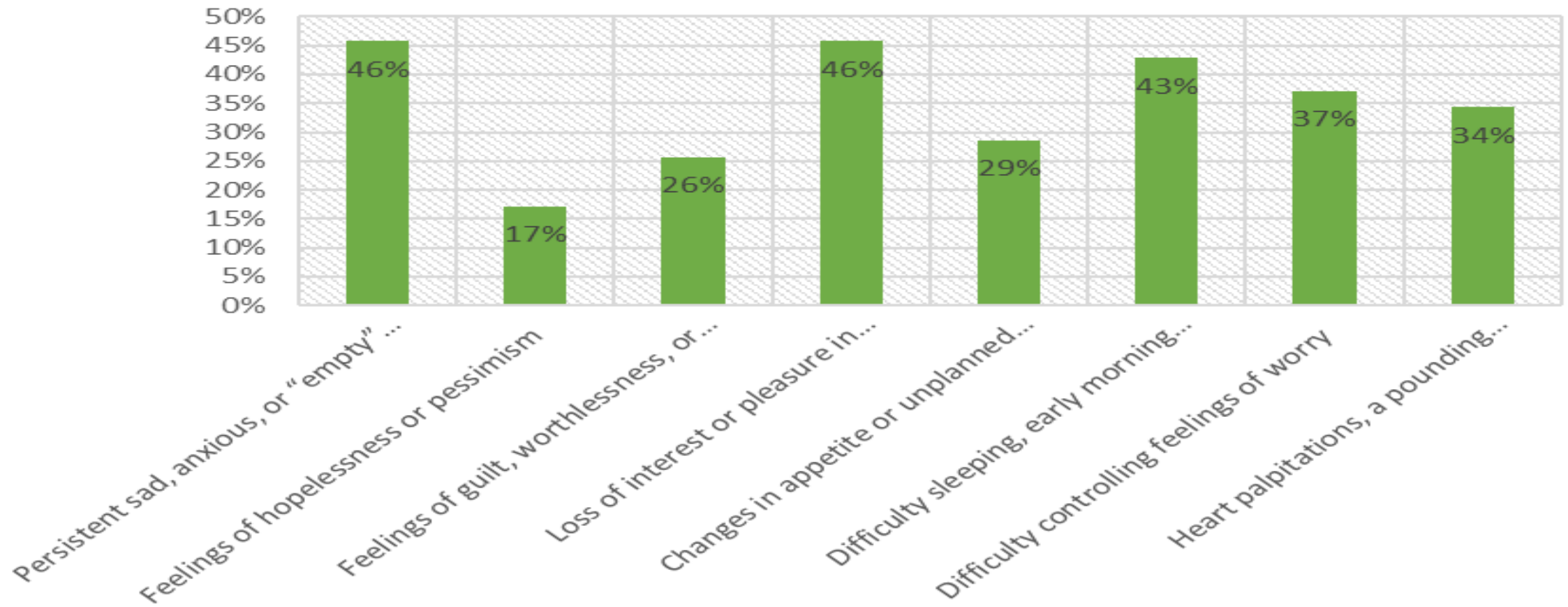
Data collection-
Primary data
collection through
google forms.

Data analysis –
MS Excel

KEY FINDINGS



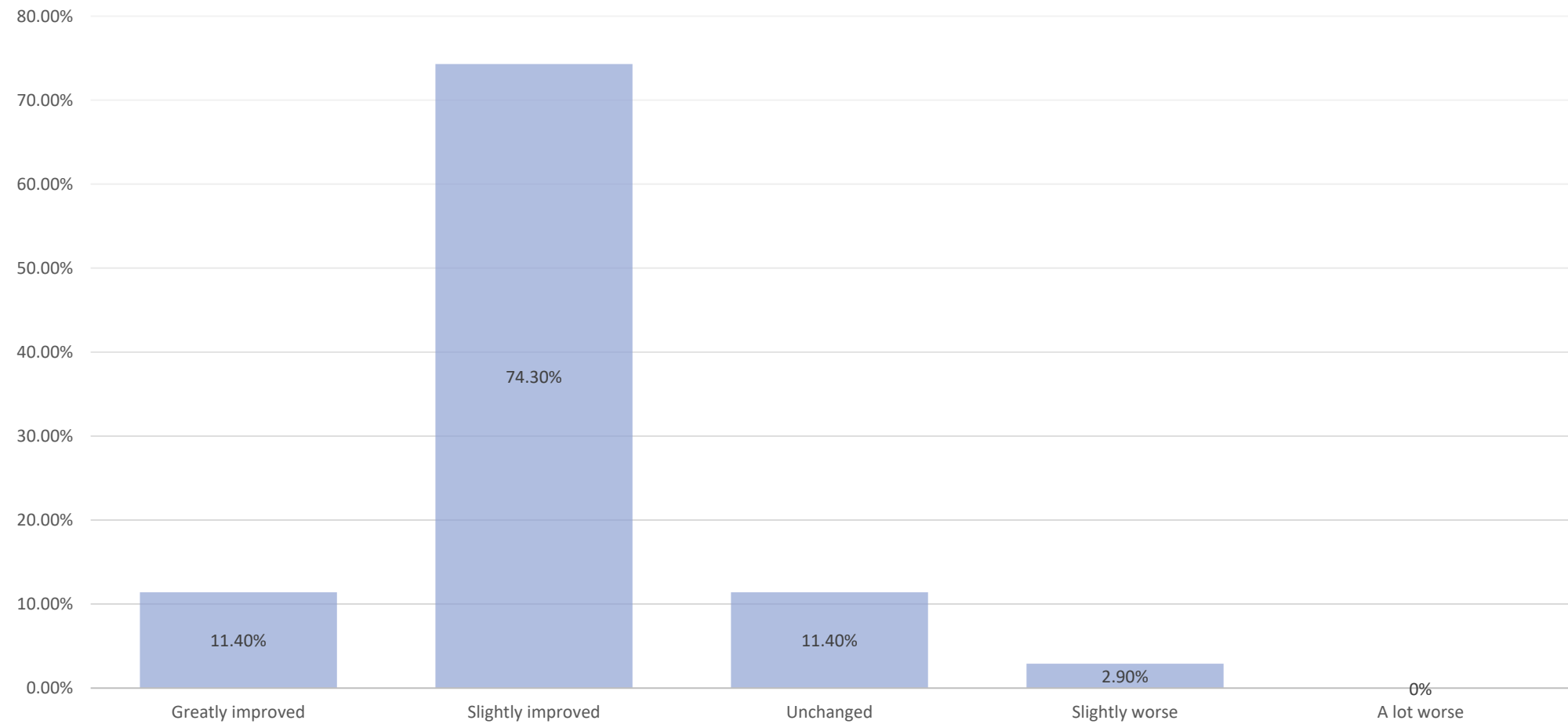
Common symptoms



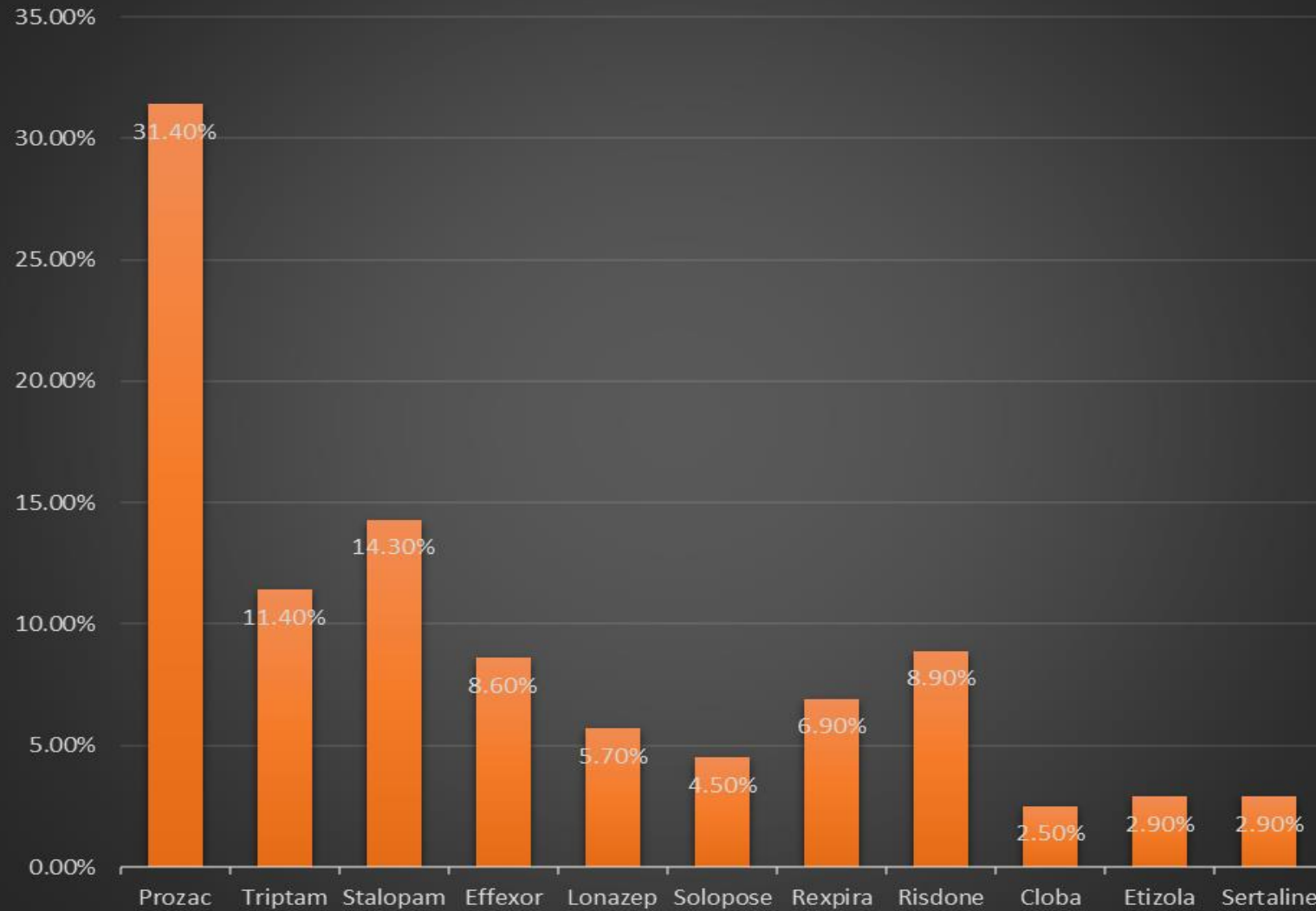
KEY FINDINGS



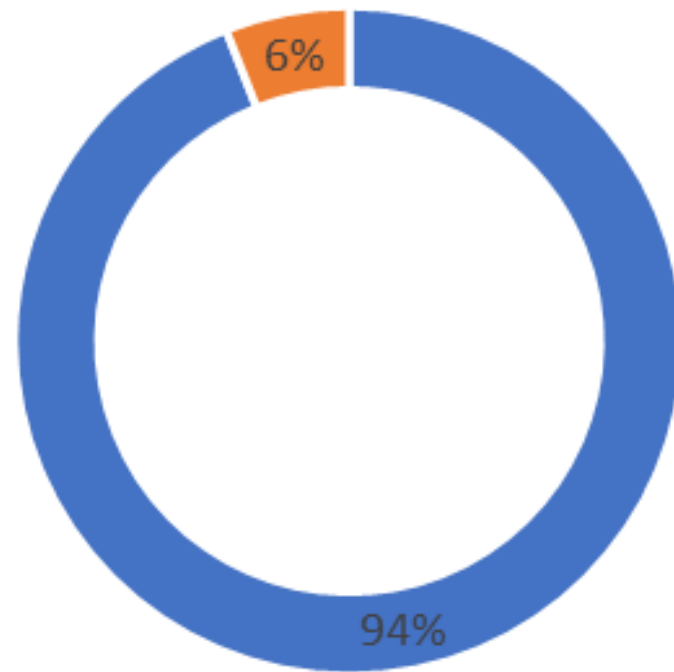
QUALITY OF LIFE



Brand prescribed

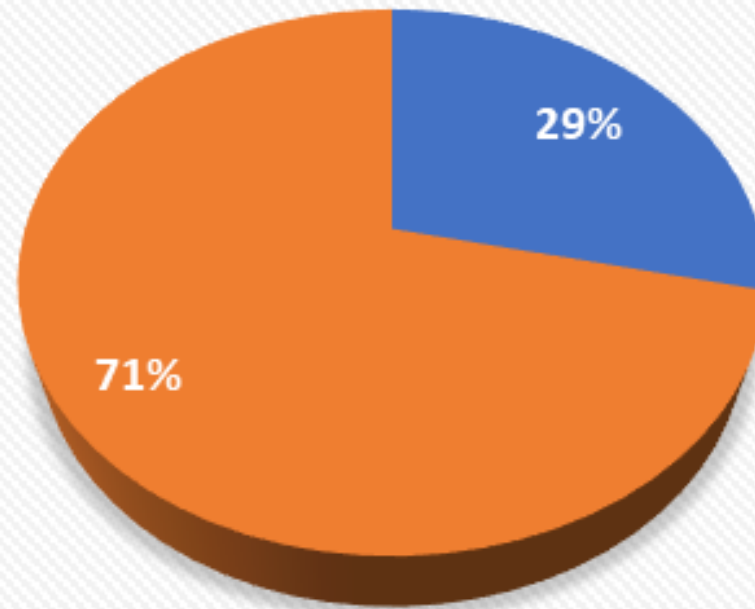


Frequency of taking medicines



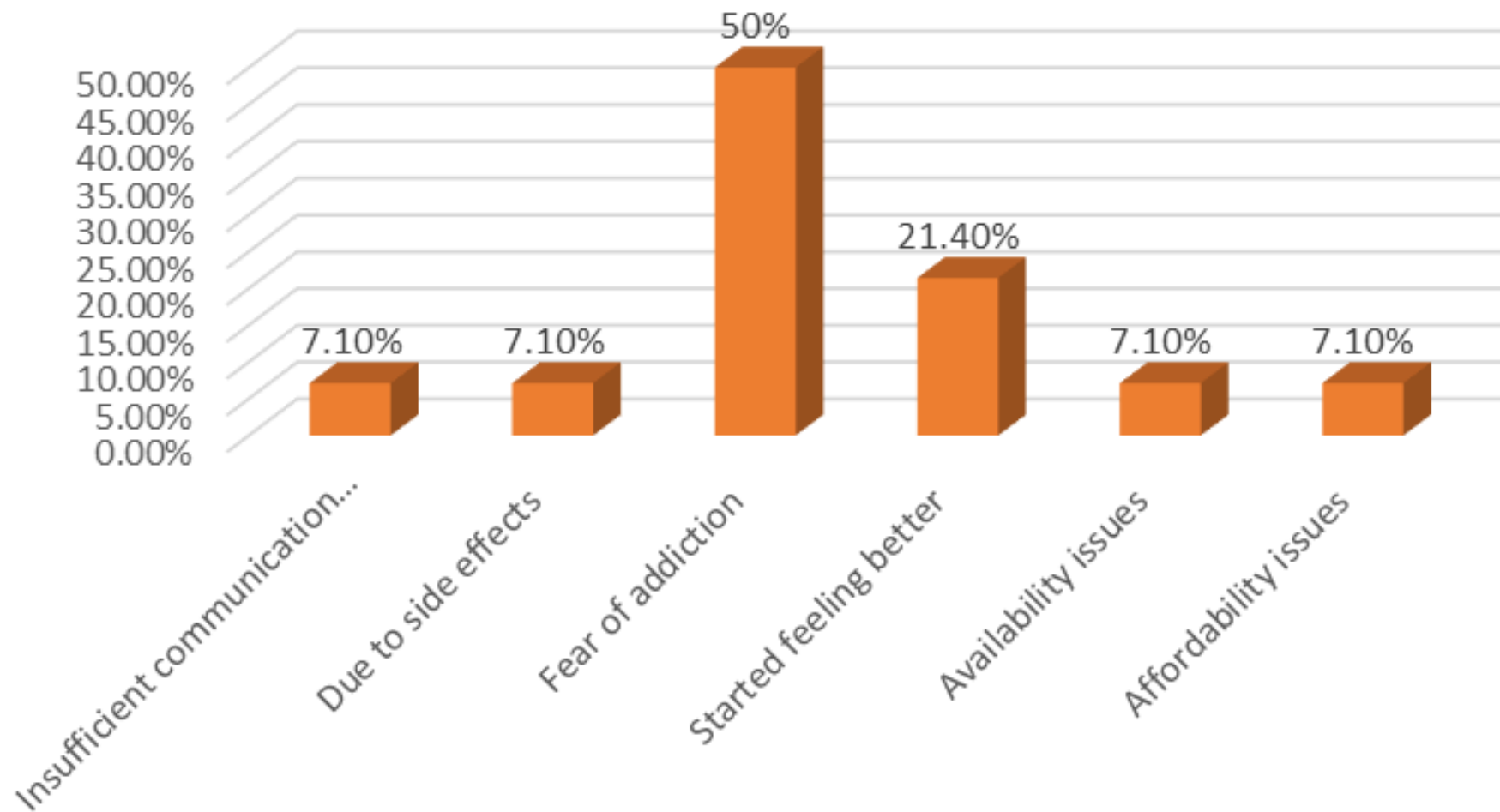
■ Once a day ■ Twice a day

Discontinue treatment without consultation

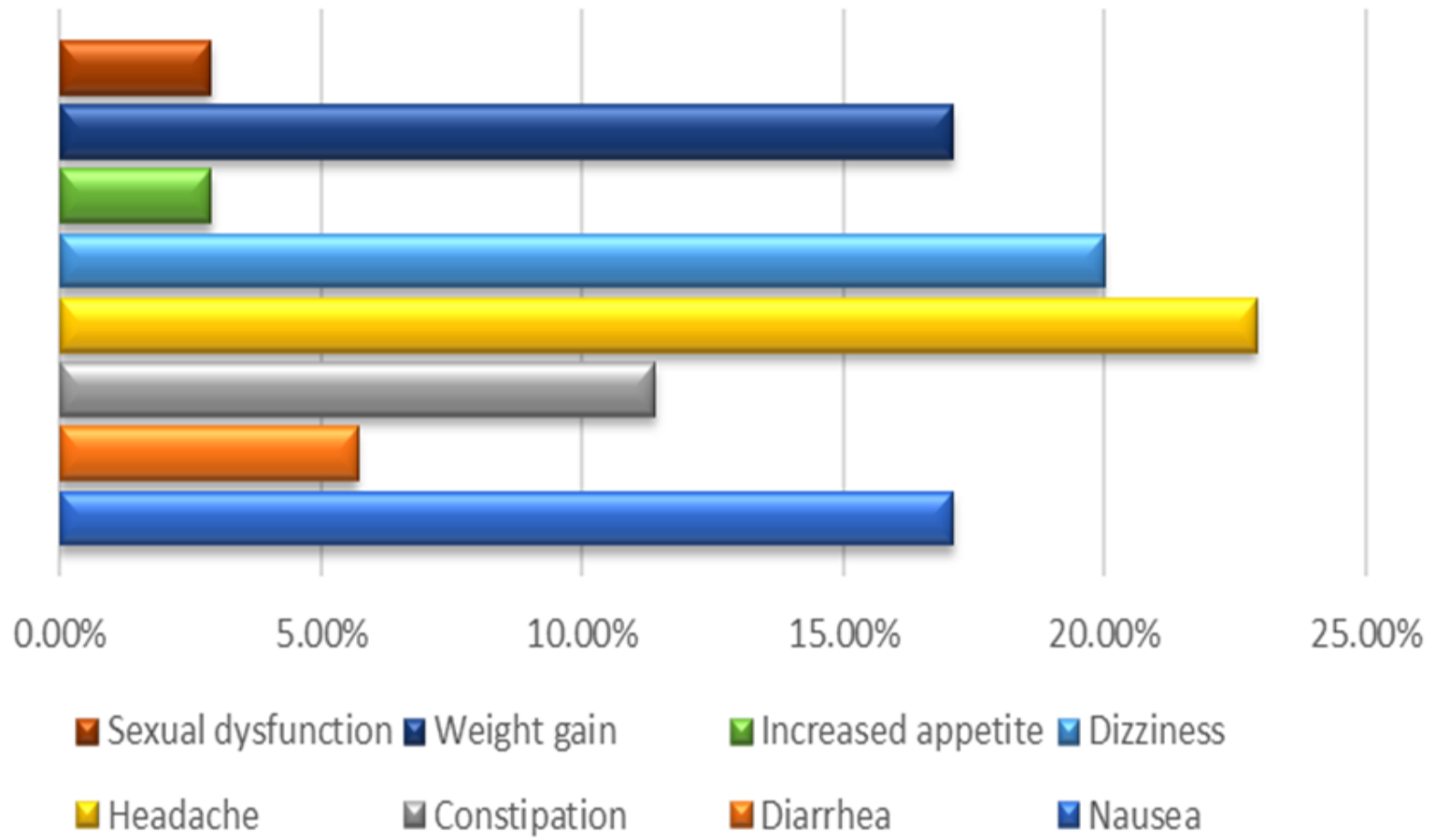


■ Yes ■ No

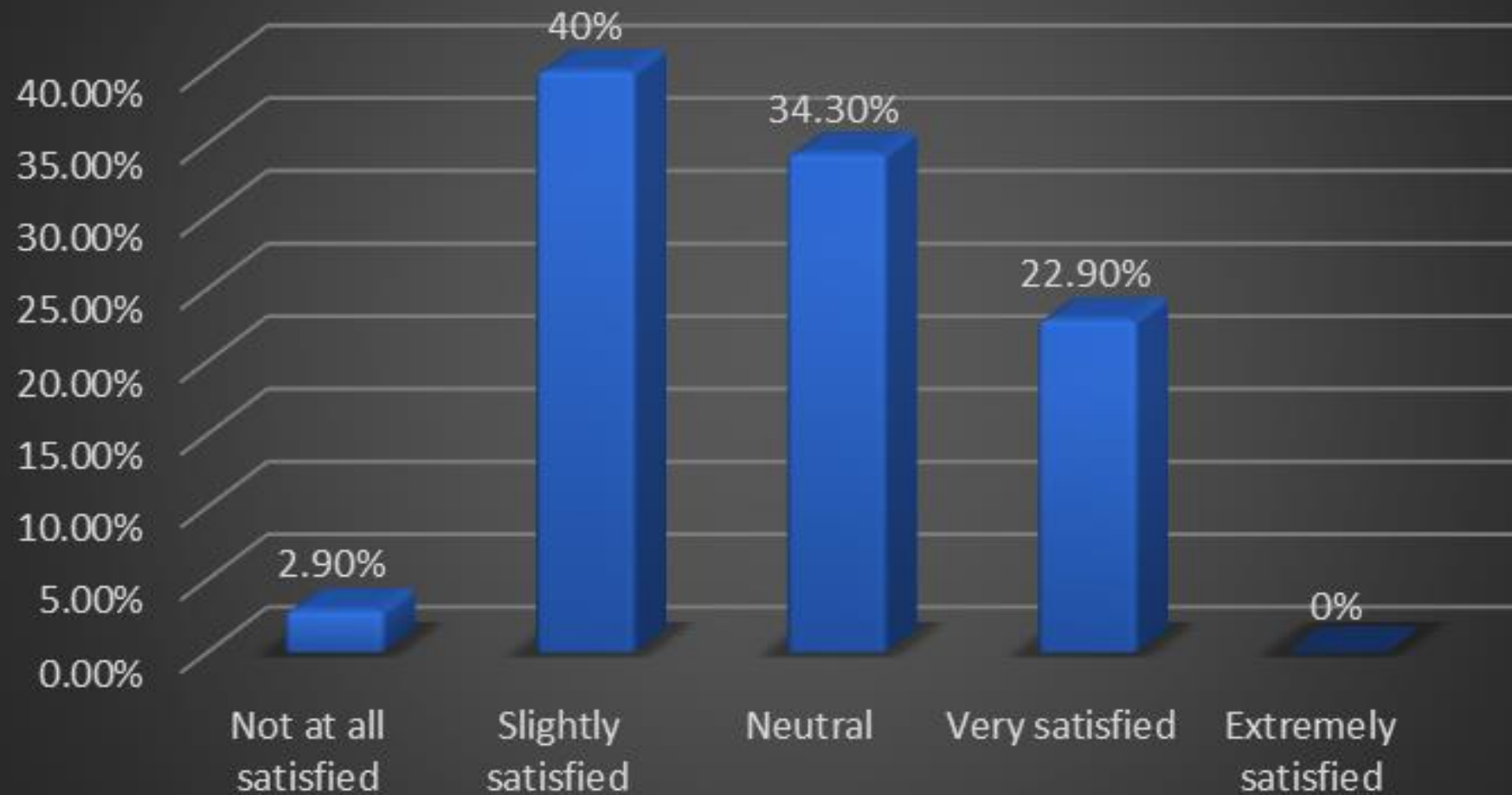
Reasons for discontinuation of treatment



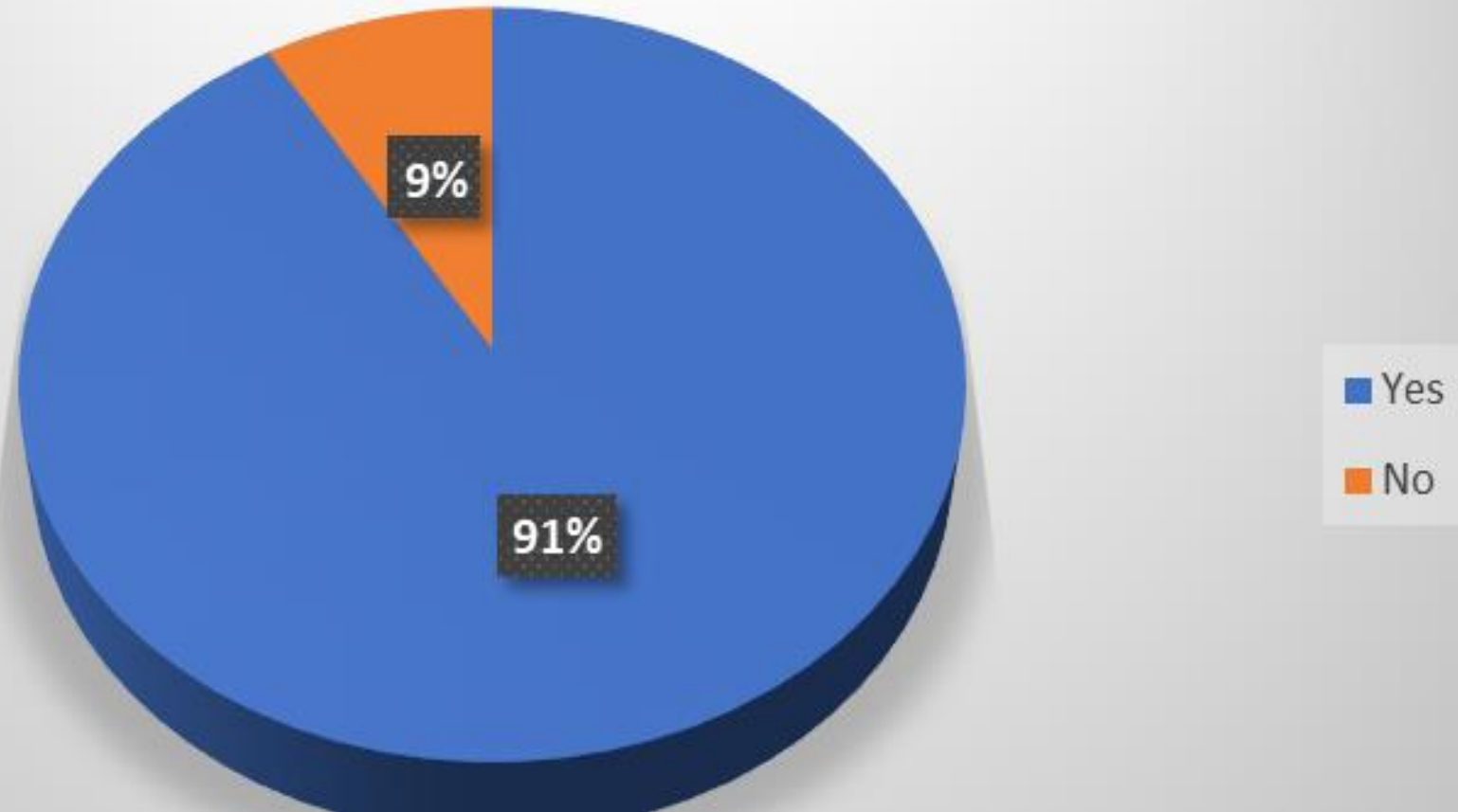
Side effects



Satisfaction with treatment



Suggest others to seek mental health



CONCLUSION

This study shows that majority of people are now taking professional help to address their mental health issues and majority of will them suggest others also to seek help which is good as it indicates increasing levels of awareness among people about anxiety and depression. Also, the some of the most prescribed molecules are – Escitalopram and Etizolam. And during their treatment people felt that their quality of life had improved slightly.

RECOMMENDATIONS

Though the awareness about mental health problems is rising, it is still not satisfactory. Efforts should be made to raise awareness levels through campaigns and advertisement. Some people discontinue their medications without consulting their doctors. This issue should be addressed by doctor and patient interaction, possible side effects that can happen and confidence should be built in patients. Apart from medicines, counselling can also help to reduce the burden of the patients. Knowledge dissemination is the key for retaining patients.



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