

**KNOWLEDGE, PERCEPTION AND ATTITUDE ABOUT DEMENTIA AMONG ADULT
POPULATION OF EITHER GENDER**Vivek Pamula^{1*}, Akanksha Patil² and Srabani Bhattacharya³^{1,2}Medical Students, Rajiv Gandhi Medical College and CSM Hospital, Maharashtra, India.³Professor and Head of Physiology department Rajiv Gandhi Medical College and CSM Hospital, Maharashtra, India.***Corresponding Author: Vivek Pamula**²Medical Students, Rajiv Gandhi Medical College and CSM Hospital, Maharashtra, India.

Article Received on 17/07/2023

Article Revised on 07/08/2023

Article Accepted on 27/08/2023

ABSTRACT

It is a cross-sectional study. Total number of respondents were 114. Among them 78.1% were between age group 18-25 years, 6.1% 26-40 years, 8.8% 41-50 years, 5.3% 51-60 years, 60 years and above were 1.8%. Among the participants 59.6% were female and 40.4% were male. About 59.6% were aware about dementia. Awareness about cure of dementia among the participants were 68.4%. Health promotion campaigns regarding the importance of informing the public about lifestyle related risks and protective factors of brain health and dementia should be carried out more.

KEYWORDS: Awareness, Brain health, Lifestyle, Dementia.**INTRODUCTION**

Learning and memory are two fundamental cognitive functions.^[1] Old people with neuropsychiatric problems including dementia and depression represent a frail and important subgroups of aging population whose needs, together those of caregivers are still poorly understood.^[2]

Dementia is an acquired global impairment in memory, personality and intellect in an alert patient. Dementia commonly occurring in later life as a result of neurodegenerative and cerebrovascular processes is a major and growing public health concern.^[3] One of the

easiest symptoms of dementia in the most common form is mental impairment.^[4]

MATERIALS AND METHODS

This cross-sectional study was conducted among 114 adult male and female participants who stayed for an Urban and Rural area of Maharashtra, India. Prevalidated questionnaire via Google form was uploaded. The participants age group were 18 years and above. Those who agreed to take part in the study were included. Statistical analysis were carried out as per the responses received

RESULTS AND DISCUSSION**Table 1: Age of the participants**

Age	No. of participants	Percentage (%)
18-25 years	89	78.1%
26-40 years	7	6.1%
41-50 years	10	8.8%
51-60 years	6	5.3%
61 years and above	2	1.8%

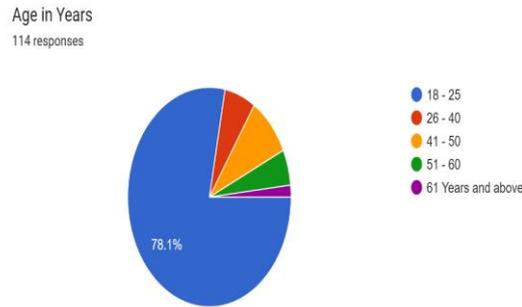


Fig. 1: Pie chart depicting relative distribution of participants of different ages.

Table 2: Gender distribution of participants.

Gender	No. of participants	Percentage
Male	46	40.4%
Female	68	59.6%

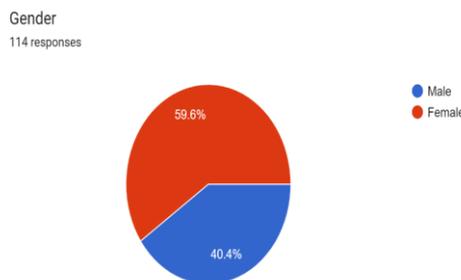


Fig. 2: Pie chart depicting relative distribution of participants of different genders.

Table 3: Residence of participants.

Residence	No. of participants	Percentage (%)
Rural	38	33.3%
Urban	76	66.7%

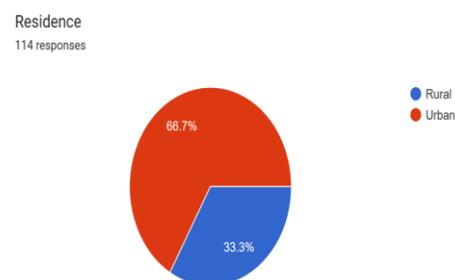


Fig. 3: Pie chart depicting relative distribution of participants of different residences.

Table 4: Occupation of participants.

Occupation	No of participants	Percentage (%)
Student	86	75.4%
Service	21	18.4%
Housewife	1	0.9%
Retired	4	3.5%
Other	2	1.8%

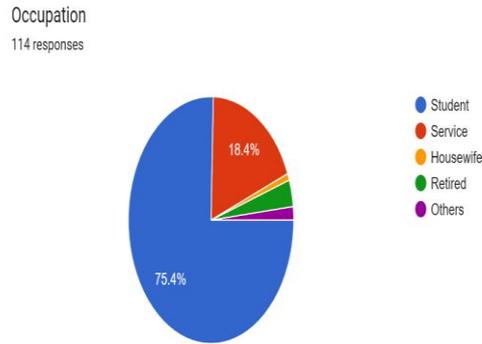


Fig. 4: Pie chart depicting the relative distribution of participants of different occupation.

Table 5: Response of participants to whether they are aware about dementia.

Awareness about dementia	No. of participants	Percentage (%)
Yes	68	59.6%
No	46	40.4%

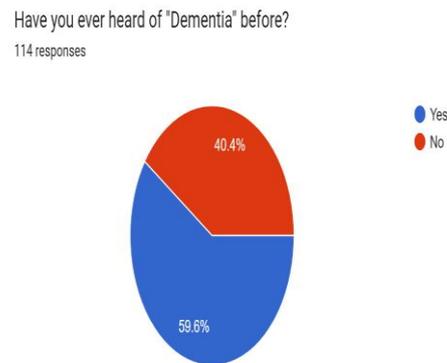


Fig. 5: Pie chart depicting the response of participants to whether they are aware about dementia.

Table 6: Response of participants to whether they know about dementia.

What is dementia?	No. of participants	Percentage (%)
Memory loss	65	57%
Loss of ability to think and reason	72	63.2%
Impaired language and communication skills	22	22%

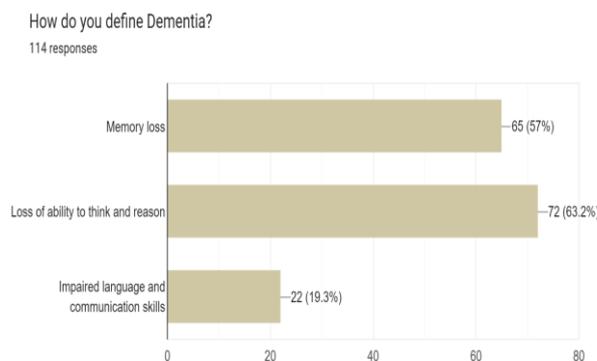


Fig. 6: Graph depicting participant's definition of dementia.

Table 7: Response of participants to whether they know about symptoms of dementia.

Symptoms of dementia	No. of participants	
	Agree	Disagree
Forgetfulness	107	7
Confusion	101	13
Difficulty communicating	94	20
Agitation and aggression	67	47
Changes in mood and personality	85	29

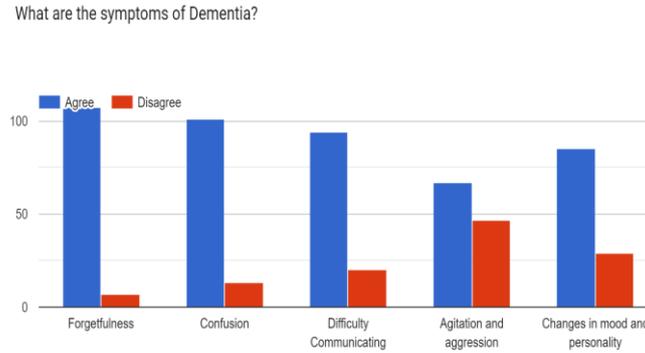


Fig. 7: Graph depicting whether the participants know about symptoms of dementia.

Table 8: Response of participants to whether they know someone who is diagnosed with dementia.

Diagnosed with dementia	No. of participants	Percentage (%)
Yes	19	16.7%
No	95	83.3%

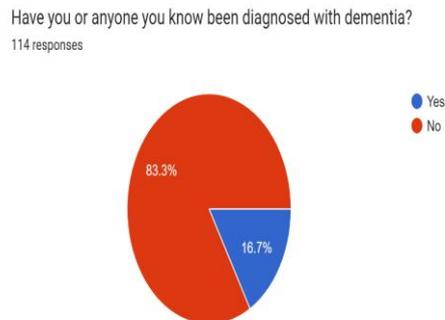


Fig. 8: Pie chart depicting response of participants to whether they know someone diagnosed with dementia.

Table 9: Response of participants to whether they know causes of dementia.

Causes of dementia	No. of participants	Percentage (%)
Genetics	33	28.9%
Aging	56	49.1%
Traumatic brain injuries	78	68.4%
Lifestyle factors	40	35.1%

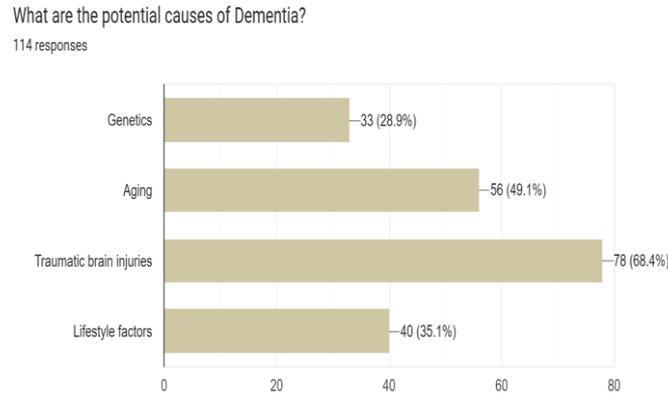


Fig. 9: Graph depicting participant’s response to whether they know about causes of dementia.

Table10: Response of participants to whether they know about the risk factors of dementia.

Risk of developing dementia	No of participants	
	Agree	Disagree
Smoking	79	35
Alcohol consumption	91	23
Poor diet and exercise habits	90	24
High blood pressure	77	37
Diabetes	62	52

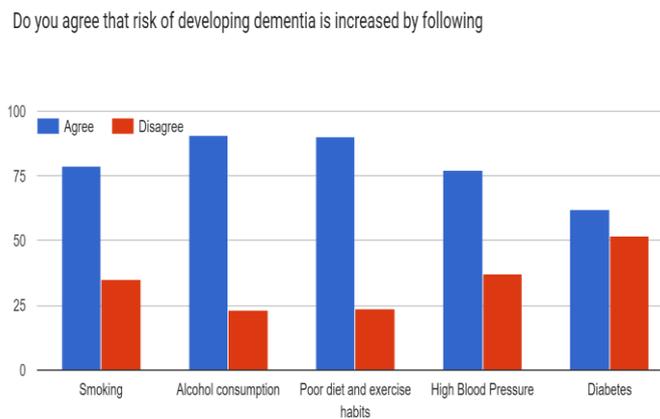


Fig. 10: Graph depicting response of participants to whether they know the risk factors of dementia.

Table 11: Response of participants to whether they know how does the age affects the risk of developing dementia.

Affect of age	No. of participants	Percentage (%)
Increases with age	91	79.8%
Decreases with age	3	2.6%
Age has no effect	20	17.5%

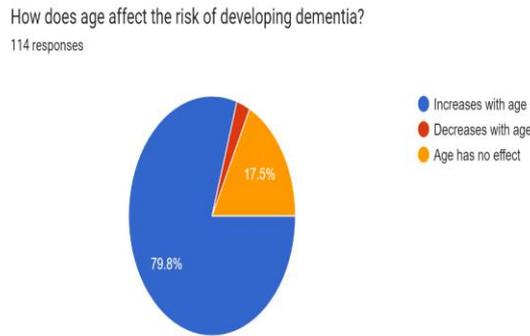


Fig. 11: Pie chart depicting response of participants to whether they know how does age affects the risk of developing dementia.

Table12: Response of participants to the following questions.

	Very	Somewhat	Not at all
To what extent does dementia impact daily activities	64	45	5
How important is to detect dementia early	93	17	4
How likely are you to seek medical advice for dementia	81	20	13

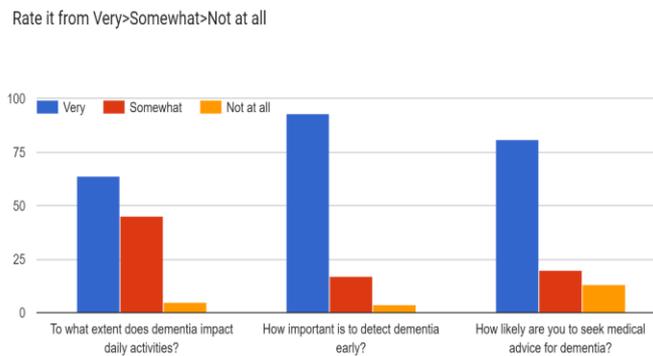


Fig. 12: Graph depicting response of participants to the above asked questions.

Table 13: Response of participants to whether they know dementia is curable or not.

Cure for dementia	No. of participants	Percentage (%)
Yes	78	68.4%
No	36	31.6%

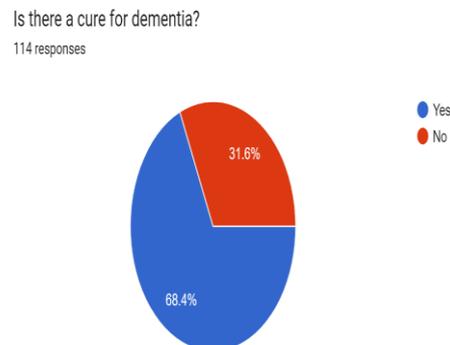


Fig. 13: Pie chart depicting response of participants to whether they know dementia is curable or not.

Table 14: response of participants whether they know the methods of detecting dementia.

Detecting dementia	No. of participants	Percentage (%)
Memory test	85	74.6%
Brain scans	81	81%
Blood tests	28	24.6%

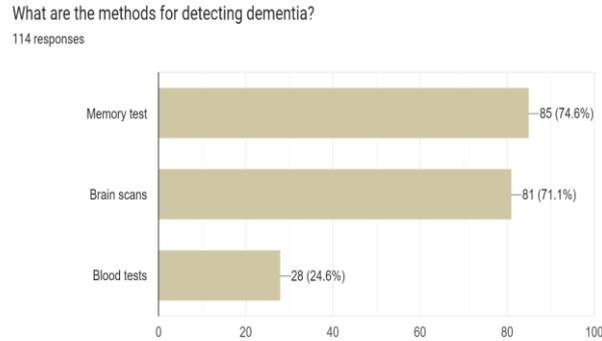


Fig. 14: Graph depicting response of participants to whether they know the methods of detecting dementia.

Table 15: Response of participants to whether they know factors which can reduce dementia.

Reduce the risk by	No. of participants	Percentage (%)
Regular exercise	80	70.2%
Healthy diet	81	71.1%
Social interaction	87	76.3%

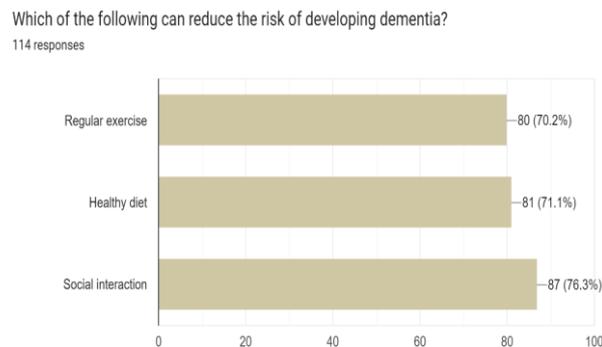


Fig. 15: Graph depicting response of participants to factors reducing dementia.

Table 16: Participant’s perception towards dementia.

Perception	No of participants	
	Agree	Disagree
They are burden to society	25	89
They are vulnerable and in need of care	92	22
They are just like anyone else	71	43

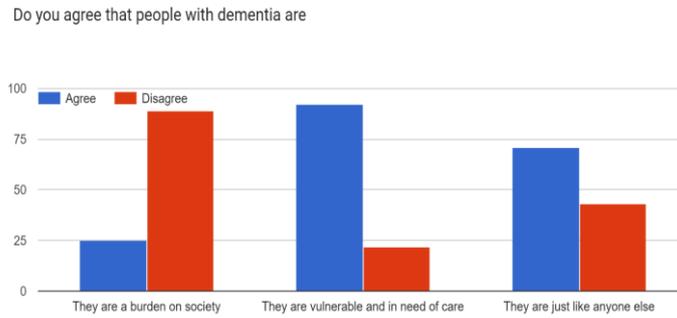


Fig. 16: Graph depicting participant’s perception of dementia.

Table 17: Response of participants to question, how to improve communication with person suffering from dementia.

Improve communication by	No. of participants	Percentage (%)
Speak clearly and slowly	90	78.9%
Use gestures and visual aids	68	59.6%
Ask rapid-fire questions to stimulate memory	53	46.5%
Minimize distractions in the environment	47	41.2%

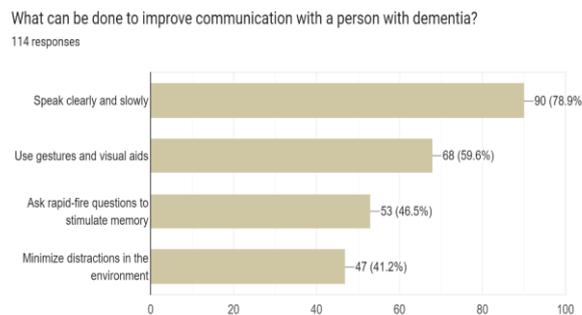


Fig. 17: Graph depicting measures to be taken to improve communication with person suffering from dementia.

Table 18: Response of participants to whether there is enough awareness about dementia in their community.

Awareness about dementia in community	No. of participants	Percentage (%)
Yes	87	76.3%
No	27	23.7%

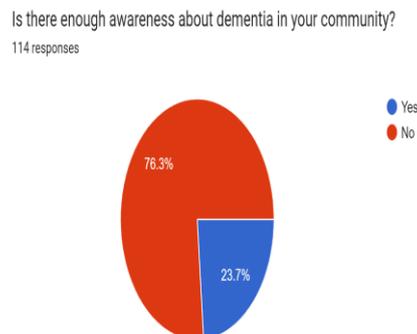
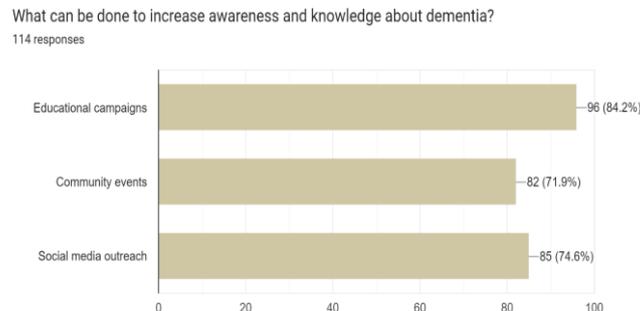


Fig. 18: Pie chart depicting participant’s response, if there is enough awareness of dementia in their community.

Table 19: Participants idea to increase awareness and knowledge about dementia.

	No. of participants	Percentage (%)
Educational campaigns	96	84.2%
Community events	82	71.9%
Social media outreach	85	74.6%

**Fig. 19: Graph depicting participant's idea to increase awareness and knowledge about dementia.**

Among the respondents 59.6% were female and 40.4% were male. 33.3% were from rural area and 66.7% from urban area. Among them 75.4% were students, 59.6% of the participants were aware about dementia. Alzheimer's disease and Cerebrovascular damage are the most common underlying causes of dementia.^[5]

Many people suffer from dementia worldwide.^[6]

Neuropsychiatric symptoms (NPSs) are hallmarks of Alzheimer's disease.^[7] The number of people with dementia and other late life mental health problems are expected to increase in the near future.^[8]

Aging increases the risk of disabilities such as the gradual deterioration of mental function affecting the performance of normal daily activities.^[9]

Women using hormone therapy have a predisposition to both menopausal vasomotor symptoms and dementia.^[10] There is currently no cure for neurodegenerative or vascular dementia but some pharmacological and non-pharmacological interventions may contribute and alleviate symptoms, slow disease progression and improve quality of life.^[11]

CONCLUSION

It can be said that we should emphasize the importance of early detection and prediction of dementia, such that treatment and support can be provided to patients as soon as possible. health promotion campaigns regarding dementia should be carried out.

REFERENCES

1. Nitin Bansal and Others. Dementia: An Overview. J of Pharmaceutical technology, Research and Management, 2014; 2(1): 29-45.
2. Manvel G P et al. The prevalence of dementia in a Portuguese Community sample: a 10/66 Dementia

Research Group Study. BMC Geriatrics, 2017; 17: 1-11.

3. Lewis O. J. K and Others. Environmental risk factors for dementia: a systematic review. BMC Geriatrics, 2016; 16: 1-28
4. Zlata F and Others. Dementia – Related Knowledge, experienced and perceptions of dementia among adolescents in Slovenia. J of Medical – Clinical Research and Reviews, 2021; 5(5): 1-7
5. Irene Heger and Others. Dementia awareness and risk perception in middle-aged and older individuals: baseline results of the MijBrein Coach Survey on the association between lifestyle and brain health. BMC Public Health., 2019; 19: 678-687.
6. S R Aver et al. Cross-Sectional Study of prevalence of dementia, behavioral symptoms, mobility, pain and other health parameters in nursing homes in Austria and the Czech Republic: results from DEMDATA project. BMC Geriatrics, 2018, 18: 178-190.
7. K L Lanetot and Others. Neuropsychiatric signs and symptoms of Alzheimer's disease: New treatment paradigms.
8. K. S. Shaji et al. Indian research on aging and dementia. Indian J of Psychiatry, 2018; 94: 148-152.
9. A. Guaita and Others. Brain aging and dementia during the transition from late adulthood to old age: design and methodology of the "Invece.Ab" population – based study. BMC Geriatrics, 2013; 13: 98-106.
10. Nelson Petal. Menopausal hormone therapy and Dementia: nationwide, nested case-control study. BMJ, 2023; 382-388.
11. Pauloc and Others. Treatment of dementia recommendations of the scientific department of Cognitive Neurology and Aging of the Brazilian Academy of Neurology. Dement Neuropsychic, 2022; 16(3): 83-95.