



**AWARENESS, PERCEPTION & PREVENTIVE MEASURES ABOUT  
NEUROPSYCHIATRIC DISORDERS AMONG ADULT POPULATIONS OF BOTH  
MALE & FEMALE GENDER**

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**ABSTRACT**

This Cross-sectional study was conducted among 210 adult population of either gender. Their age were from 40 years to 80+ years. This study was conducted in the State of Maharashtra, India. Among the respondents 42.4% were male & 57.6% were female. The age group 40-50=59.5%, 51-60=26.7%, 61-70 = 9.5%, 71-80= 3.8% and Above 80 = 0.5%. 78.6% of the respondents were from urban area, 15.2% Semi-urban & 6.2% were from rural area. Regarding their occupation 39.3% Service, 32% home - maker, 10.2% retired & other 18.4% Regarding Physical activity 65.7% answered 'Yes'. 53.3%. Were aware about Neuropsychiatric diseases & memory loss. 28.1% had difficulty to concentrate on their work. 26.2% reported that they often fell restless & confused. 30% had difficulty in falling asleep. Persons with neuropsychiatric disorders experience a broad range of psychological difficulties.

**KEYWORDS:** Awareness, Adults, Neuropsychiatric disorders.

**INTRODUCTION**

Persons with neuropsychiatric disorders experience a wide range of PSDs (psychological difficulties). For example sleep disturbances, memory deficits, work problems,<sup>[1]</sup> Vascular Impairment of Cognition Classification Consensus Study (VICCCS), greater consideration for study of diagnosis be given to people.<sup>[2]</sup> Parkinson's disease ranks second as the most prevalent neurodegenerative disorder after Alzheimer's disease. As the population ages & the prevalence of psychiatric disease increases, there will be an increased need to Understand the biomarkers.<sup>[3]</sup> 23% of the Cognitive change is caused by depression.<sup>[4]</sup>

**MATERIALS AND METHODS**

The Cross-sectional interview-based Study was conducted with a pre-tested & pre validated questionnaire administered via Google forms to the adult population in Maharashtra, India. Informed Consent was taken on the Google forms. The data was adapted to Microsoft Excel spreadsheet.

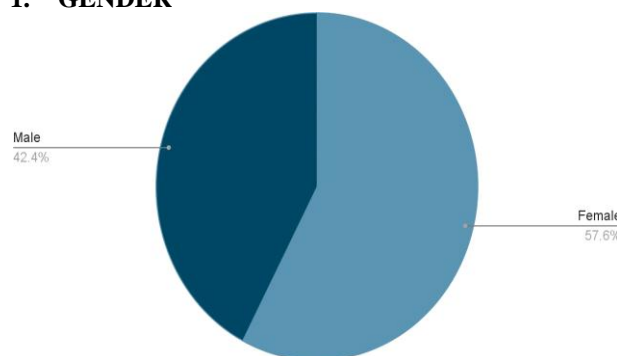
**RESULTS AND DISCUSSION**

**Responses**

**Total no. of responses received = 210.**

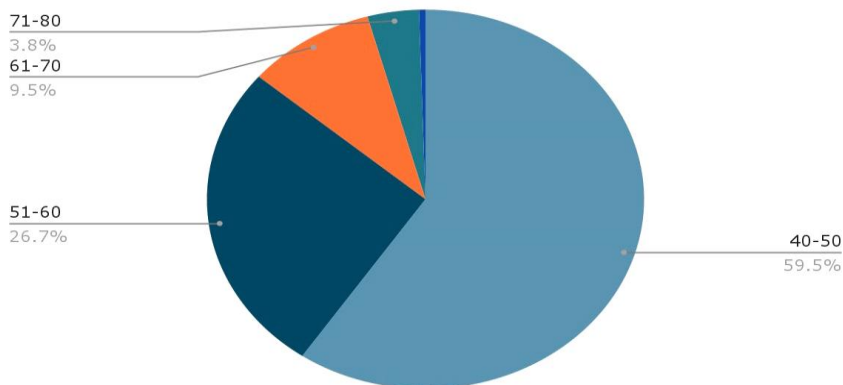
Gender	No. of responses(210)	Percentage
Male	89	42.4
Female	121	57.6

**1. GENDER**



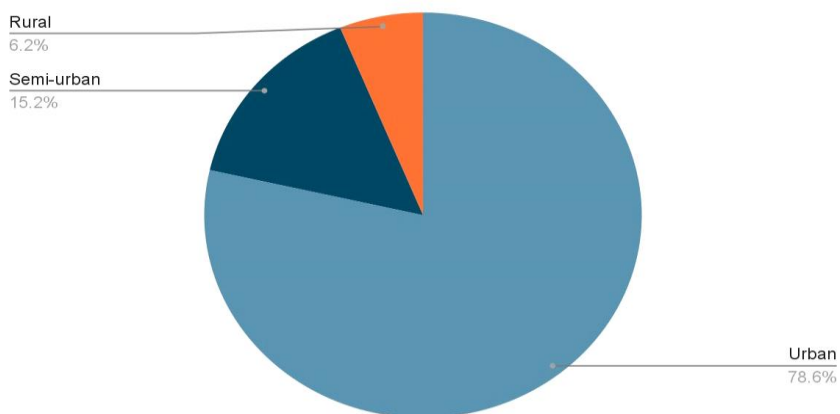
Age Group	No. of responses(210)	Percentage
40-50	125	59.5
51-60	56	26.7
61-70	20	9.5
71-80	8	3.8
Above 80	1	0.5

Age Group



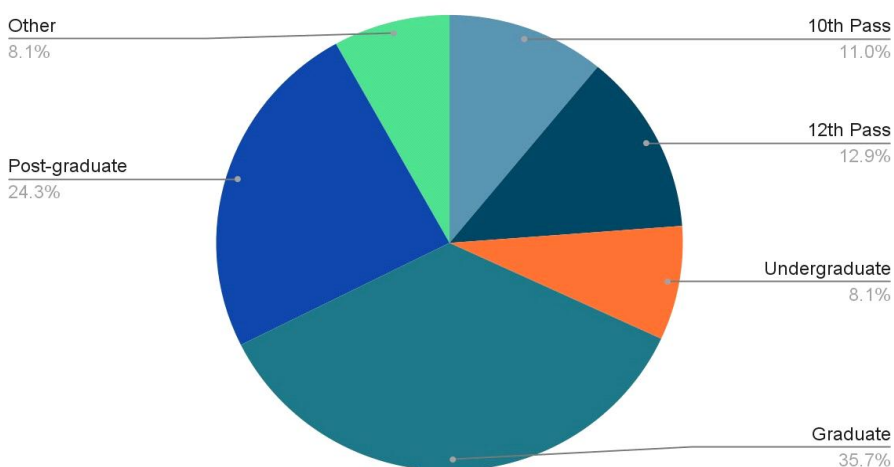
Residence	No. of responses(210)	Percentage
Urban	165	78.6
Semi-urban	32	15.2
Rural	13	6.2

Residence



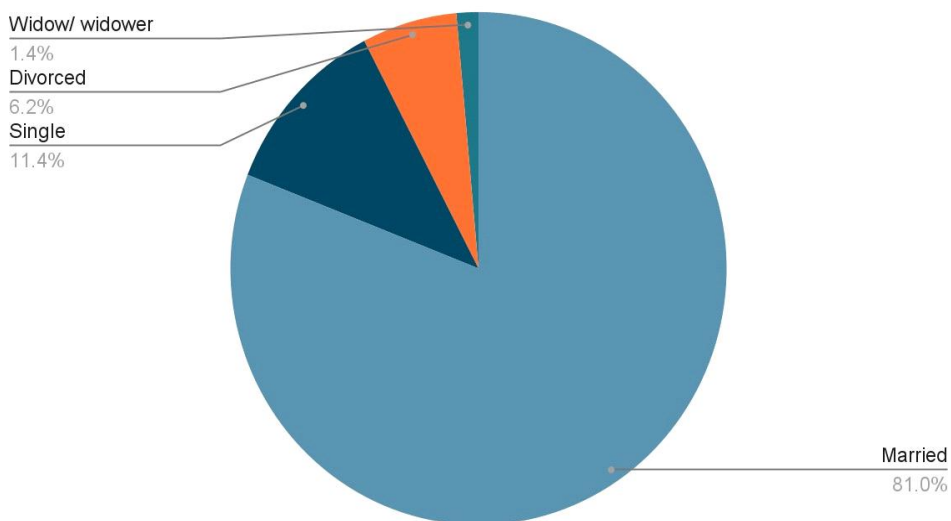
Educational Status	No. of responses(210)	Percentage
10th Pass	23	11
12th Pass	27	12.9
Undergraduate	17	8.1
Graduate	75	35.7
Post-graduate	51	24.3
Other	17	8.1

Educational Status



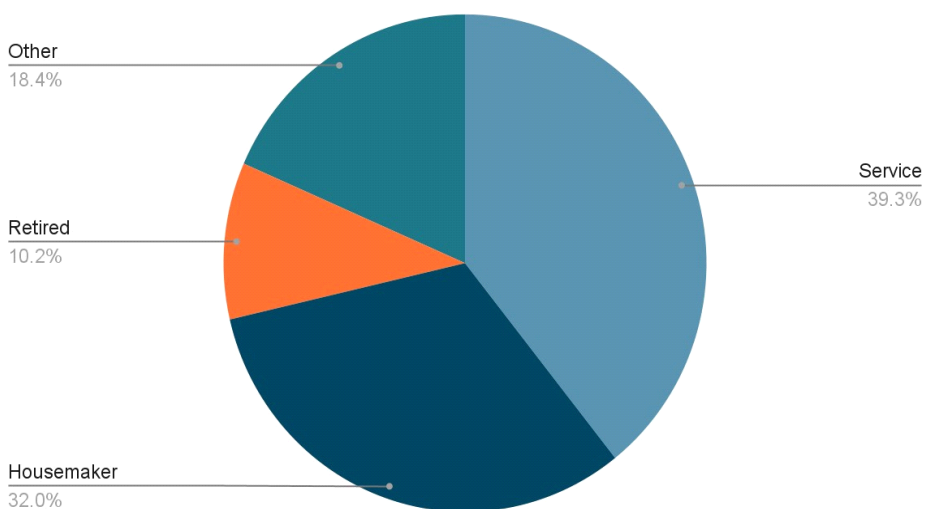
Marital Status	No. of responses(210)	Percentage
Married	170	81
Single	24	11.4
Divorced	13	6.2
Widow/ widower	3	1.4

Marital Status



Occupation	No. of responses(210)	Percentage
Service	81	39.3
House maker	66	32
Retired	21	10.2
Other	42	18.4

Occupation



Physical Activity in work	No of responses(210)	Percentage
Yes	138	65.7
No	72	34.3

8.

Intellectual Involvement	No. of responses(210)	Percentage
Yes	135	64.3
No	75	35.7

- Are you aware about Neuropsychiatric diseases and memory loss?

Parameter	No. of responses(210)	Percentage
Yes	112	53.3
No	98	46.7

- Do you think that you often forget many things?

Parameter	No. of responses(210)	Percentage
Yes	53	25.2
No	87	41.4
Maybe	70	33.3

- Do you find difficulties to concentrate on your work?

Parameter	No. of responses(210)	Percentage
Yes	59	28.1

No	151	71.9
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- Do you experience difficulties in remembering instructions even if they are told to you multiple times?

Parameter	No. of responses(210)	Percentage
Yes	41	19.5
No	169	80.5

- Do you often feel that you are unable to understand the context of the conversation?

Parameter	No. of responses(210)	Percentage
Yes	46	21.9
No	164	78.1

- Do you often feel restless or confused most of the time?

Parameter	No. of responses(210)	Percentage
Yes	55	26.2
No	155	73.8

- Do you get irritated easily?

Parameter	No. of responses(210)	Percentage
Yes	124	41
No	86	59

- Do you feel that you are not able to perform a physical activity(like walking, sewing, etc ) properly even if you try to do so?

Parameter	No. of responses(210)	Percentage
Yes	44	21
No	166	79

- Do you experience difficulty in falling asleep?

Parameter	No. of responses(210)	Percentage
Yes	63	30
No	147	70

- Do you think you are losing interest in your hobbies?

Parameter	Number of responses(210)	Percentage
Yes	67	31.9
No	143	68.1

- Do you often avoid going to parties or functions to avoid meeting people?

Parameter	Number of responses(210)	Percentage
Yes	57	27.1
No	153	72.9

- Do you sometimes have uncontrolled bouts of anger?

Parameter	Number of responses(210)	Percentage
Yes	90	42.9
No	120	57.1

- Did you experience any migraine headaches?

Parameter	Number of responses(210)	Percentage
Yes	67	31.9

No	143	68.1
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Parameter	Number of responses(210)	Percentage
Yes	27	12.9
No	183	87.1

- Have you been diagnosed with any of the following ailments ?

Ailment diagnosed	No of responses	Percentage
Hypertension	53	25.2
Diabetes	36	17.1
High cholesterol	29	13.8
Sleep apnea	14	6.7
Vitamin and nutritional deficiency	41	19.5
Depression	21	10
Other	24	11.4
None	90	42.9

- Other ailments mentioned by people

Ailment	Count	Percentage
Auto immune	1	0.47
Calcium Deficiency	1	0.47
Thyroid related disorder	6	2.8
Psoriasis	1	0.47
Thalassemia trait	1	0.47

Serotonin deficiency	1	0.47
Knee pain	1	0.47

Parameter	Number of responses(210)	Percentage
Yes	203	96.7
No	7	3.3

- How frequently do you exercise to maintain fitness?

Frequency	No of responses(210)	Percentage
Daily	81	38.6
Weekly	24	11.4
Occasionally	80	38.1
Never	25	11.9

- Do you engage yourself in the following activities?

Activity	No of responses(210)	Percentage
Reading books, novels, articles, magazines	104	49.5
Writing poems, dramas, blogs, articles, daily diary writing	28	13.3
Solving puzzles, newspaper columns, drawing	60	28.6
Games like chess and rubiks cube	24	11.4
Engaging in debating, discussions, webinars	46	21.9
Listening to music	124	59

Singing	49	23.3
Other	71	33.8

Parameter	No of responses(210)	Percentage
Yes	24	11.4
No	186	88.6

- If yes then, what is the frequency of consumption of alcohol?

Frequency	No of responses(24)	Percentage
Once in a week	17	70.8
Every alternate day	5	20.8
Everyday	2	8.3

- Do you smoke?

Parameter	No of responses(210)	Percentage
Yes	5	2.4
No	205	97.6

- If yes then what is your frequency of smoking?

Frequency	No of responses(7)	Percentage
Less than 1 or 1 packet per day	4	57.1
2 packets per day	2	28.6
More than 2 packets per day	1	14.3

Frequency	No of responses(210)	Percentage
Everyday	6	2.9
Once every week	65	31
Once every month	102	48.6
Never	37	17.6

- Does anyone in your family have a neuropsychiatric disease?

Parameter	No of responses(210)	Percentage
Yes	14	6.7
No	196	93.3

- Do you think having Social connection and being intellectually active can prevent risk of Alzheimer's disease or any other neuropsychiatric diseases?

Parameter	No of responses(210)	Percentage
Yes	166	79
No	44	21

- How frequently do you consume below mentioned foods?

Food	Frequency	No	Percentage
Non veg food	Daily	12	5.7
	Often	57	27.2
	Rarely	61	29
	Never	80	38.1

Fruits	Daily	57	27.1
	Often	105	50
	Rarely	44	21
	Never	4	1.9
Vegetables	Daily	146	69.5
	Often	58	27.6
	Rarely	4	1.9
	Never	2	1
Nuts	Daily	53	25.2
	Often	89	42.3
	Rarely	61	29.2
	Never	7	3.3
Eggs	Daily	24	11.4
	Often	89	42.4
	Rarely	43	20.5
	Never	54	25.7
Tea	Daily	148	70.5
	Often	23	11
	Rarely	20	9.5
	Never	19	9
Coffee	Daily	22	10.5
	Often	32	15.2
	Rarely	118	56.2

Total no. of respondents of the present Study was 210.

Age group were from 40-50 years, 51-60 years, 61-70 years, 71-80 years & above 80 years of age. Among the respondents 42.4% were male & 57.6% were female. Urban population was 78.6%, semi-urban 15.2% & rural population 6.2%. Regarding the occupation 39.3% Service, 32% house maker, 10.2% retired & other 18.4%. Among the respondents 65.7% were involved in physical activity. As per V V Holz et al<sup>[5]</sup>, the tools which are widely available & accessible to general populations could reduce sedentary lifestyle & aid coping. E Paraa & others<sup>[6]</sup> reported that physical activity might be of help in a wide range of neuropsychiatric conditions. In the present study the participants reported that 42.9%

sometimes have uncontrolled bouts of anger. As per RIRB<sup>[7]</sup> others revealed that the emotional response to understand given that inappropriate levels of its expression are associated with many psychiatric Conditions. Anxiety may have a significant impact on migraine patients<sup>[8]</sup>, psychiatric co morbidity indeed affects migraine.<sup>[9]</sup> In the present study 12.9%. of respondents experience migraine headaches. Insomnia plays an important pole in recurrent psychiatric disorder<sup>[10]</sup> 96.7%. of the participant got a traumatic brain injury. Psychological difficulties & environmental determinants of difficulties are experienced in common across brain disorders.<sup>[11,12]</sup> The participants reported that 11.4% of them consume alcohol. Alcohol abuse & alcohol dependence are progressive mental disorders with high prevalence in the general population.<sup>[13]</sup> As per Franklin Setal<sup>[14]</sup> social anxiety disorder or social phobia is characterized by persistent fear & avoidance of social situations due to fears of evaluation by others. In the present study 27.1% of the participants they avoid meeting people. The respondents reported that 6.7% of them have a neuropsychiatric disease their family. As per N J Bray & others<sup>[15]</sup> mental illness can run in families.

## CONCLUSION

Mental health literacy refers to the beliefs and the knowledge of lay individuals about the mental health disorders and their treatments. Mental health problems can affect many people during their lifetime, by altering the functioning, behavior, and thinking patterns. Apart from the normalisation, stress and trauma, social support is very important. The policy makers by launching campaigns that can increase the awareness of the biophysiological causes and the treatments of the mental disorders among general population.

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