Study of mental well being among public sector employees in India using a mobile based psychiatric assessment tool

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Objectives:

The aim of the study was to understand the emotional well being of public sector employees in a semi urban set up in India.

Background:

According to the National Mental Health survey (2016) in India, the lifetime prevalence of mental disorders was 13.7%. The WHO report that depression is one of the leading causes of disability worldwide. This suggests that the economic burden of mental disorders in India is high.

Materials and Methods:

This was a cross-sectional study conducted in October 2018 in Bhopal, India. The participants were from different departments in public sector. The survey was conducted by doctors in alternative medicine using a mobile based psychiatric assessment tool called Global Mental Health Assessment Tool – Primary Care Version (GMHAT/PC). A work satisfaction questionnaire was used to understand working conditions and work hours. Informed consent was obtained from all participants.

Results and Conclusions:

Results: Out of a total of 1391 participants, 56% were female. 41% of the study participants had a mental disorder – most common was anxiety (17%) followed by depression (12 percent). 26% of the participants worked longer than 12 hours. The presence of mental disorders was 57% in the group that worked longer than 12 hours and this was significantly higher than those working between 8 to 11 hours.

Conclusions:

Our study showed a higher prevalence of depression and anxiety. There was a correlation between longer working hours and mental disorders. This highlights the need to integrate regular assessments of well being including mental health within large organisations.