



**TO ASSESS THE BARRIERS FACED BY MENTALLY ILL PATIENT
FOR ACCESSING MENTAL HEALTH SERVICES IN RURAL AREAS
OF VADODARA**

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ABSTRACT

Background: People's mental health is based on three essential pillars: quality of life, economic and social. Mental health services are responsible for preventing and treating mental disorders and thereby maintaining, improving and restoring people's mental health. Mental illness has become a global public health problem. Many people often suffer from Mental illness but do not get help. Delayed treatment can be life-threatening. The purpose of this study is to assess the barriers help seeking patient for accessing Mental health care. **Aims:** The aim of the study is to assess the barriers faced by Mentally ill patients to access Mental health services in Rural areas. **Method:** The research design used in this study is Descriptive research design. The target of the study is those who have been suffering from Mental disorders. The study is conducted among general population of Rural areas of Vadodara. The sample of this study has been selected by using Non-Probability Purposive sampling technique. Data collected was be analyzed by using descriptive and inferential statistics. The tool used for the present study is self-structured checklist. Descriptive and Inferential statistics were applied to analyze the data by using Statistical Package for Social Sciences (SPSS-20) software. **Result:** Overall, estimated 100 samples completed the survey, majority of participants had (57%)

Major barriers and (43%) Minor barriers faced by Mentally ill patients for accessing Mental health services in Rural area of Vadodara Gender and Education of Mental ill patients was statistically Significant at $p < 0.05$, but Age, Type of Family, Presence of Psychiatric illness, Distance from Mental health center and Type of Psychiatric illness were found to be Non-Significant with barriers faced by mentally ill patients for accessing Mental health service.

Conclusion: The present study is to assess the barrier faced Mentally ill patients for accessing Mental health services in Rural areas of Vadodara. It is found that majority of participants were facing major barriers. In this study, it highlights that most of the participants are facing Major barriers (57%) and Minor barriers (43%).

Keywords: Mentally ill patient, Barriers, Attitude, Stigma, Instrumental

INTRODUCTION

Mental disorders are widespread, inflicting considerable morbidity and impairment and despite documented effectiveness of treatment a high proportion of people with Mental disorders do not receive care or else drop-out of treatment. Untreated Mental conditions have personal and social consequences and economic loss and can increase healthcare expenditure through a variety of inter-related mechanisms. Understanding barriers to treatment constitutes an important endeavor for planning Mental health services, setting priorities in allocation of resources, and reducing the burden of Mental illness [1]. It is important for us to realize that even though we are currently living in probably what is the best age for Mental health awareness, it is not equally distributed among all. Even in case people are in hyper developed countries with widespread access to the best psychological support they are unable or unwilling to access it. There can

be several reasons that are attributed to this but foremost among these is an inherent unwillingness to approach for external help for such a personal issue. It is important to remember that even today there is a lot of Stigma attached with approaching an external agency for remedying one's Mental illnesses. This statement remains true even in extremely educated areas with good awareness of such issues. Even though people realize the impact that these malaises can have on an individual they still are extremely judgmental and this makes approaching an expert a very apprehensive activity [2]. Indeed, Mental health disorders are defined as a range of illnesses, presenting a variety of symptoms and signs, but all characterized by a combination of emotions, thoughts and behaviours. These diseases include Schizophrenia, Bipolar Disorder, Depression, Autism, and many other disorders. Most of these diseases are treatable [3-8].

MATERIAL AND METHOD

The methodology adopted for assessing the “A study to assess the barriers faced by Mentally ill patient for accessing Mental health services in Rural areas of Vadodara.” It includes the research approach, research design, setting of the study, sample and sampling technique, development of data collection tools and questionnaires, procedure for data collection and plan for data analysis. A Quantitative research approach is adapted to assess the barriers faced by Mentally ill patient for accessing Mental health services in Rural areas of Vadodara. A Descriptive research design was employed. Sample of this study is referred to Mentally ill patients. The sample of this study has been selected by using Non-Probability Purposive sampling technique. In this study, estimated sample size consists of 100 patients with Mental health illness. Ethical approval for conducting the study was taken from Sumandeep Vidyapeeth Institutional ethics committee, Vadodara. The consent form was prepared for the study participant regarding their willingness to participate in the research study. Data was collected once after getting formal approval from concerning authorities of Rural area of Vadodara. Patients with Mental health illness was selected. A tool is selected appropriately in a given situation, depending on the research approach, sample size, laid down criteria etc. TOOL-1: Demographic

Questionnaire. The section includes Socio-Demographic variables such as Age group, Gender, Type of family, Education, Distance from the center, Duration of Psychiatric illness, Type of Psychiatric illness.

TOOL-2: Self-Structured Checklist: Self-structured checklist is used to assess the barriers faced by Mentally ill patient for accessing Mental health services. Tool consists of total 25 questions that would help to evaluate the barriers faced by patient with Mental health illness. It consists of 3 dimensions: Stigma barriers: It consist of 10 questions. Attitudinal barriers: It consist of 9 questions. Instrumental barriers: It consist of 6 questions. The self-structured checklist was developed and validated in vernacular language. The questionnaire consists of 25 questions were measured on point scale (from No=0, Yes= 1). The total score was calculated by summing up answers given to questions. A score is considered as if it is >15 are major barriers and <15 are minor barriers. For Stigma related barriers, if it is >6 are major Stigma barriers and <4 are minor Stigma barriers, for Attitudinal barriers if it is >5 are major Attitudinal barriers and < 4 are minor Attitudinal barriers and for Instrumental barriers if it is >4 are major Instrumental barriers and <2 are minor Instrumental barriers.

RESULT

Table 1, Depicts the frequency and percentage distribution of Socio-Demographic variables of Mentally ill patients. According to their age, majority 37% were in 31-40 years of age, 36% were in 41-50 years of age, 13% were in above 50 years of age, 7% were in 21-30 years of age and 7% were in less than 20 years of age. Regarding Gender of Mentally ill patients maximum 53% were male and 47% were female. As per type of family of Mentally ill patients, 56% were living in joint family and 44% were living in nuclear family. With regard to education of Mentally ill patients, majority 43% had primary education, 38% had secondary education, 16% were graduate and 3% were post graduate.

According to distance from Mental Health Centre, maximum 58% were had distance of 1-5 km, 26% had distance of above 5 km and 16% had distance of 1 km from Mental Health Centre. As per area presence of Psychiatric illness among Mentally ill patients, 57% had Psychiatric illness for 2-5 years, 31% had Psychiatric illness for less than 2 years and 12% had Psychiatric illness for above 5 years. With regard to type of Psychiatric illness among Mentally ill patients, majority 43% had mood disorders, 24% had psychotic disorders, 12% had neurotic disorders, 9% had alcohol disorders, 8% had other disorders and 4% had organic Mental disorder.

Table 1: Frequency and Percentage Distribution of Demographic Variables (N=100)

S. No	Demographic Variables	frequency	percentage
1	Age in years		
	a. < 20 years	7	7
	b. 21-30 years	7	7
	c. 31-40 years	37	37
	d. 41-50 years	36	36
e. > 50 years	13	13	
2	Gender		
	a. Male	53	53
b. Female	47	47	
3	Type of family		
	a. Nuclear	44	44
b. Joint	56	56	
4	Education		
	a. Post graduate	3	3
	b. Graduate	16	16
	c. Secondary	38	38
	d. Primary	43	43
e. Illiterate	0	0	
5	Distance from mental health centre		
	a. 1 km	16	16
	b. 1-5 km	58	58
c. > 5 km	26	26	
6	Presence of psychiatric illness		
	a. < 2 years	31	31
	b. 2-5 years	57	57
c. > 5 years	12	12	
7	Types of psychiatric illness		
	a. Mood disorders	43	43
	b. Neurotic disorders	12	12
	c. Psychotic disorders	24	24
	d. Alcohol disorders	9	9
	e. Organic mental disorder	4	4
f. Others	8	8	

Table 2: Distribution of barriers faced by Mentally ill patients for accessing Mental health services (N=100)

Level of knowledge	f	%	Score range	Median	Mean	SD
Minor barriers	43	43	10-19	16	15.80	1.933
Major barriers	57	57	9			

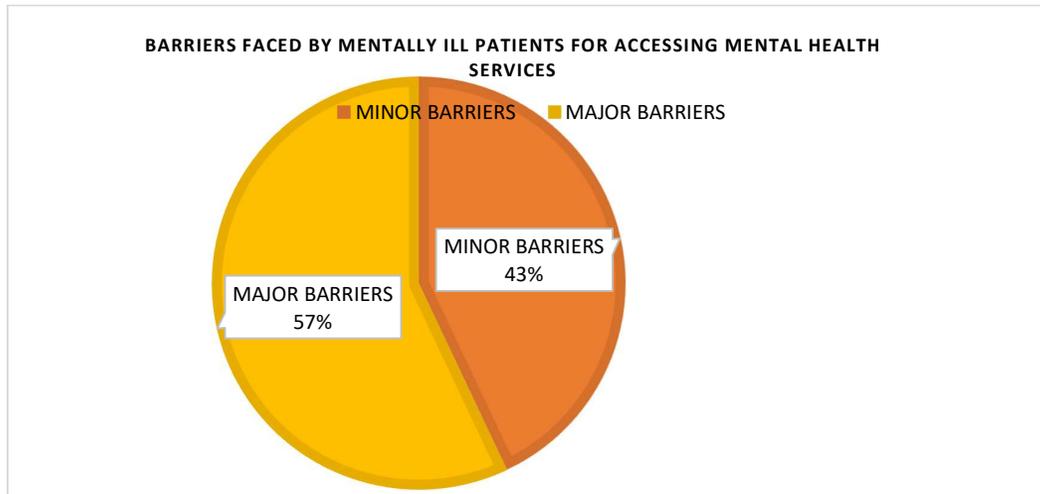


Figure:1 Distribution of barriers faced by Mentally ill patients for accessing Mental health services

Table 3: Distribution of domains of barriers faced by Mentally ill patients for accessing Mental health services (N=100)

Barriers	Score	Median	Mode	Mean	SD
Stigma barrier	3-9	7	7	6.37	1.244
Attitudinal barrier	3-9	6	6	5.78	1.142
Instrumental barrier	1-5	4	4	3.65	0.914

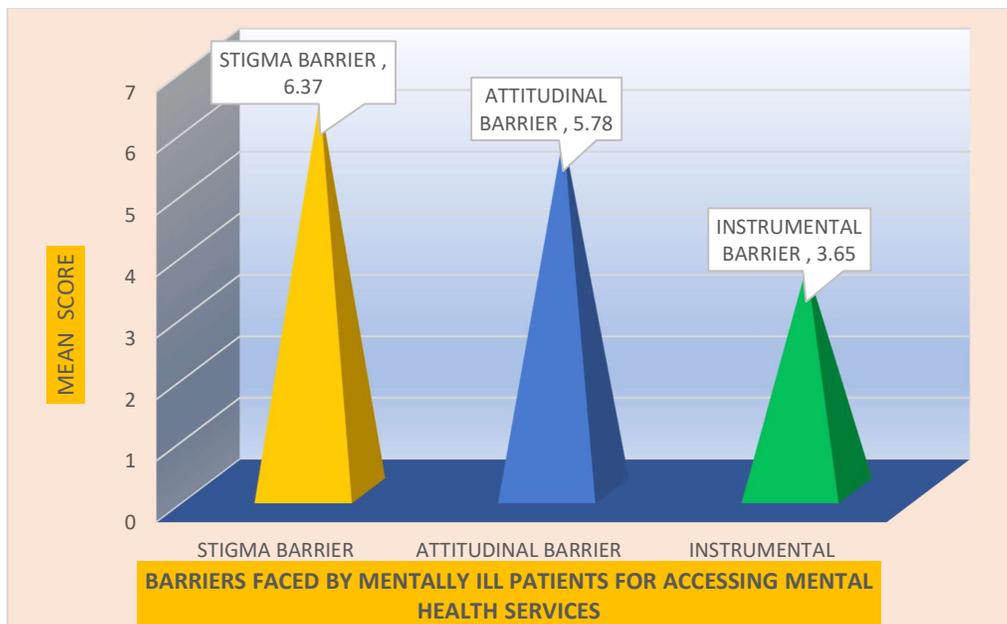


Figure 2: Distribution of domains of barriers faced by Mentally ill patients for accessing Mental health services

Table 4: Association between barriers faced by Mentally ill patients for accessing Mental health services and selected demographic variables (N=100)

S. No	Demographic Variables	Barriers		χ^2 value	df	p value
		Minor	Major			
1	Age in years			1.307	4	0.860 ^{NS}
	a. < 20 years	2	5			
	b. 21-30 years	4	3			
	c. 31-40 years	16	21			
	d. 41-50 years	16	20			
e. > 50 years	5	8				
2	Gender			5.491	1	0.019*
	a. Male	17	36			
	b. Female	26	21			
3	Type of family			0.140	1	0.708 ^{NS}
	a. Nuclear	18	26			
	b. Joint	25	31			
4	Education			8.211	3	0.042*
	a. Post graduate	3	0			
	b. Graduate	7	9			
	c. Secondary	11	27			
	d. Primary Illiterate	22	21			
5	Distance from Mental health center			0.713	2	0.700 ^{NS}
	a. 1 km	6	10			
	b. 1-5 km	27	31			
	c. > 5 km	10	16			
6	Presence of psychiatric illness			2.543	2	0.280 ^{NS}
	a. < 2 years	16	15			
	b. 2-5 years	24	33			
	c. > 5 years	3	9			
7	Types of psychiatric illness			4.714	5	0.452 ^{NS}
	a. Mood disorders	19	24			
	b. Neurotic disorders	4	8			
	c. Psychotic disorders	10	14			
	d. Alcohol disorders	3	6			
	e. Organic Mental disorder	1	3			
	f. Others	6	2			

*p value < 0.05 level of significance; NS- Non-Significant

Table 5: Association between stigma barriers faced by Mentally ill patients for accessing Mental health services and selected demographic variables (N=100)

S. No.	Demographic Variables	Stigma Barriers		χ^2 value	df	p value
		Minor	Major			
1	Age in years			7.016	4	0.135 ^{NS}
	a. < 20 years	3	4			
	b. 21-30 years	3	4			
	c. 31-40 years	5	32			
	d. 41-50 years	9	27			
	e. > 50 years	1	12			
2	Gender			0.004	1	0.949 ^{NS}
	a. Male	11	42			
	b. Female	10	37			
3	Type of family			0.141	1	0.707 ^{NS}
	a. Nuclear	10	34			
	b. Joint	11	45			
4	Education			3.631	3	0.304 ^{NS}
	a. Post graduate	1	2			
	b. Graduate	6	10			
	c. Secondary	7	31			
	d. Primary Illiterate	7	36			
5	Distance from Mental health center			3.616	2	0.164 ^{NS}
	a. 1 km	2	14			
	b. 1-5 km	16	42			
	c. > 5 km	3	23			
6	Presence of psychiatric illness			3.734	2	0.155 ^{NS}
	a. < 2 years	8	23			

	b. 2-5 years	13	44			
	c. > 5 years	0	12			
7	Types of psychiatric illness					
	a. Mood disorders	10	33	2.672	5	0.750 ^{NS}
	b. Neurotic disorders	4	8			
	c. Psychotic disorders	3	21			
	d. Alcohol disorders	2	7			
	e. Organic Mental disorder	1	3			
	f. Others	1	1			

*p value < 0.05 level of significance; NS-Non-Significant

Table 6: Association between attitudinal barriers faced by Mentally ill patients for accessing Mental health services and selected demographic variables (N=100)

S. No.	Demographic Variables	Attitudinal Barriers		χ ² value	df	p value
		Minor	Major			
1	Age in years					
	a. < 20 years	0	7	4.966	4	0.291 ^{NS}
	b. 21-30 years	3	4			
	c. 31-40 years	15	22			
	d. 41-50 years	15	21			
	e. > 50 years	4	9			
2	Gender					
	a. Male	17	36	1.173	1	0.279 ^{NS}
	b. Female	20	27			
3	Type of family					
	a. Nuclear	15	29	0.285	1	0.593 ^{NS}
	b. Joint	22	34			
4	Education					
	a. Post graduate	2	1	3.369	3	0.338 ^{NS}
	b. Graduate	5	11			
	c. Secondary	11	27			
	d. Primary Illiterate	19	24			
5	Distance from Mental health center					
	a. 1 km	3	13	2.776	2	0.250 ^{NS}
	b. 1-5 km	23	35			
	c. > 5 km	11	15			
6	Presence of psychiatric illness					
	a. < 2 years	12	19	2.442	2	0.295 ^{NS}
	b. 2-5 years	23	34			
	c. > 5 years	2	10			
7	Types of psychiatric illness					
	a. Mood disorders	19	24	4.218	5	0.519 ^{NS}
	b. Neurotic disorders	4	8			
	c. Psychotic disorders	9	15			
	d. Alcohol disorders	2	7			
	e. Organic Mental disorder	0	4			
	f. Others	3	5			

*p value < 0.05 level of significance; NS-Non-Significant

Table 7: Association between Instrumental barriers faced by Mentally ill patients for accessing Mental health services and selected demographic variables (N=100)

S. No.	Demographic Variables	Instrumental Barriers		χ ² value	df	p value
		Minor	Major			
1	Age in years					
	a. < 20 years	4	3	2.513	4	0.642 ^{NS}
	b. 21-30 years	3	4			
	c. 31-40 years	13	24			
	d. 41-50 years	14	22			
	e. > 50 years	3	10			
2	Gender					
	a. Male	16	37	2.244	1	0.134 ^{NS}
	b. Female	21	26			
3	Type of family					
	a. Nuclear	21	23	2.879	1	0.159 ^{NS}
	b. Joint	16	40			

4	Education					
	a. Post graduate	2	1	5.289	3	0.152 ^{NS}
	b. Graduate	7	9			
	c. Secondary	9	29			
	d. Primary Illiterate	19	24			
5	Distance from Mental health center					
	a. 1 km					
	b. 1-5 km	6	10	0.041	2	0.980 ^{NS}
	c. > 5 km	21	37			
		10	16			
6	Presence of psychiatric illness					
	a. < 2 years	13	18	2.515	2	0.284 ^{NS}
	b. 2-5 years	22	35			
	c. > 5 years	2	10			
7	Types of psychiatric illness					
	a. Mood disorders	17	26	9.726	5	0.083 ^{NS}
	b. Neurotic disorders	6	6			
	c. Psychotic disorders	5	19			
	d. Alcohol disorders	2	7			
	e. Organic Mental disorder	1	3			
	f. Others	6	2			

*p value < 0.05 level of significance; NS-Non-Significant

DISCUSSION

According to study, Majority of 37% belongs to 31-40 years of age, 36% belongs to 41-50 years of age, 13% belongs to above 50 years of age, 7% belongs to 21-30 years of age and 7% belongs to less than 20 years of age. Majority of 53% were male and 43% were female participants. Majority 43% had primary education, 38% had secondary education, 16% were graduate and 3% were post graduate. Maximum 58% of participants had distance of 1-5 km, 26% had distance above 5 km and 16% had distance of 1 km from Mental Health Center. Majority of 56% of participants were living in joint family and 44% of them were living in nuclear family. Majority 57% of participants had psychiatric illness for 2-5 years, 31% had psychiatric illness for less than 2 years and 12% had psychiatric illness for above 5 years. Majority 43% of

participants had mood disorders, 24% had psychotic disorders, 12% had neurotic disorders, 9% had alcohol disorders, 8% had other disorders and 4% had organic mental disorder. It highlights the barriers faced by Mentally ill patients for accessing Mental health services. 100 samples were taken of Mentally ill patient, majority 57% had major barriers and 43% had minor barriers faced by Mentally ill patients for accessing Mental health services. Maximum mean score was observed in Stigma barrier (6.37±1.244), followed by Attitudinal barrier (5.78±1.42) and minimum in Instrumental barrier (3.65±0.914). In this study, the association between barriers faced by mentally ill patients for accessing mental health services and selected demographic variables was tested by using chi-square test. Result revealed that gender and education of mental ill patients was statistically Significant at

$p < 0.05$ but age, type of family, presence of psychiatric illness, distance from mental health center and type of Psychiatric illness were found to be non-significant with barriers faced by mentally ill patients for accessing Mental health service.

CONCLUSION

The present study is to assess the barrier faced Mentally ill patients for accessing Mental health services in Rural areas of Vadodara. Estimated sample is of 100 participants ($N=100$). It is found that majority of participants were facing major barriers. In this study, it highlights that most of the participants are facing Major barriers (57%) and Minor barriers (43%). Self-structured checklist was used to assess the barriers faced by Mentally ill patients for accessing Mental health services in Rural area of Vadodara. According to objectives of the study, result revealed that Age, Gender, Type of Family, Education, Presence of Psychiatric illness, Distance from Mental health center and Type of Psychiatric illness were found to be Non-Significant with Stigma barriers faced by Mentally ill patients for accessing Mental health services. It also revealed that Age, Gender, Type of Family, Education, Presence of Psychiatric illness, Distance from Mental health center and Type of Psychiatric illness were found to be Non-Significant with Attitudinal barriers faced by Mentally ill patients for accessing Mental health services

and that Age, Gender, Type of Family, Education, Presence of Psychiatric illness, Distance from Mental Health Center and Type of Psychiatric illness were found to be Non-Significant with Instrumental barriers faced by Mentally ill patients for accessing Mental health services.

CONSENT:

As per international standard or university standard, patient's written consent had collected and preserved by the author(s)

ETHICAL APPROVAL:

The study was approved from ethical committee of Sumandeep Vidyapeeth institutional ethical committee and ethical approval number is SVIEC/ON/NURS/SRP/NOV/22/38.

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