



A Cross Sectional Study on Choice of Psychology as a Profession amongst Medical and Dental Graduates

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ABSTRACT:

Introduction: Mental health is an ignored subject in the field of medicine and in the area of public health, and less 1% health budget is spent on mental health problems in developing countries.

Aims and objectives: The basic aim of the study is to analyse the choice of psychiatry as a profession amongst medical graduates in Pakistan.

Material and methods: This cross sectional study was conducted in Sharif Medical and Dental College, Lahore during 2019 to 2020. The data was collected through systematically designed questionnaire which include all the demographic data and history of selected participants. We also included additional scales to measure personality and stigma towards mental illnesses. The data was collected from 3rd year, 4th year, final year medical students and from house officers.

Results: The data was collected from 700 students and house officers. There were 450 males and 250 female participants. However a significantly higher proportion of participants (22%, n=197) were reporting their interest in the field of Psychiatry who had done more than a month long psychiatry ward rotation as compare to those participants (14%, n=54) with less than a month rotations (P-value=0.01).

Conclusion: It is concluded that current age of understudies have a more noteworthy attention to the potential for recuperation from serious mental sickness, so the animating openness to intense work is more compelling.

KEYWORDS: Developing, Health, Medical, Psychological.

INTRODUCTION

Psychiatry is facing a shortage of specialists, sometimes termed a "recruitment crisis". There is likewise a stamped "Mental Health Gap" between the weight of mental health, substance abuse and neurological problems around the world, and assets. Mental health is an overlooked subject in the field of medication and in the space of general health, and less 1% health spending plan is spent on mental health issues in non-industrial nations. This disregard represents understudies' apathy toward psychiatry and less clinical understudies consider psychiatry as a profession decision when contrasted with other clinical subspecialties [1]. Moreover health policy producers and specialists didn't really focus on adequate consideration on the issue of understudies' reluctant demeanor towards psychiatry. Anyway since the 1960s, a few instructive examinations have researched the peculiarity of clinical understudies' advantage in the field of psychiatry and their way of behaving towards mentally sick patients [2].

Pailhez G et al looked at the disposition of Spanish and United States clinical understudies toward psychiatry in a cross sectional review, which uncovered that Spanish understudies showed an uplifting outlook towards Psychiatry when contrasted with U.S. students [3]. Just 6% of Spanish understudies were thinking about psychiatry as a profession which was marginally higher than U.S. clinical understudies where just 4.5% understudies were keen on the field of psychiatry. The most widely recognized concerns communicated by the understudies connect with the absence of logical thoroughness in psychiatry, is the non-viability of treatment, and the specialists' low economic wellbeing among physicians [4].

Correspondingly in Pakistan, Psychiatry isn't viewed as a famous field of medication among understudies, and as such Pakistan is likewise confronting lack of doctors in this clinical subspecialty. Despite the fact that a Department of Psychiatry have been laid out in the vast majority of the tertiary consideration showing emergency clinics in the country, there are just 250 Psychiatrists in Pakistan and these training basically in metropolitan settings [5]. Information from populace based examinations in metropolitan settings



uncovered that 33% of Pakistan's populace have nervousness/discouragement. Despite the fact that compelling medicines are accessible for the vast majority of these problems, there is a deficiency of therapists and other prepared experts like clinicians, attendants, and paramedics. The accessible one Psychiatrist for 0.64 million Pakistanis are totally lacking; furthermore an enormous extent of Psychiatrists don't have postgraduate capabilities. WHO detailed that millions are impacted by mental diseases and the occurrence is on the nonstop rise [6]. As high as 154 million individuals faces significant wretchedness and 25 million experience the ill effects of schizophrenia. Furthermore compulsion and substance misuse likewise contribute a significant weight among mental health issues, upwards of 91 million individuals get messes which are straightforwardly or by implication liquor related and 15 million by other habit-forming drugs [7].

AIMS AND OBJECTIVES

The basic aim of the study is to analyse the choice of psychiatry as a profession amongst medical graduates in Pakistan.

MATERIAL AND METHODS

This cross sectional study was conducted in Sharif Medical and Dental College, Lahore during 2019 to 2020. The data was collected through systematically designed questionnaire which include all the demographic data and history of selected participants. We also included additional scales to measure personality and stigma towards mental illnesses. The data was collected from 3rd year, 4th year, final year medical students and from house officers. In the wake of looking for verbal consent, information authorities dispersed self-managed mysterious polls to clinical understudies after talks, instructional exercises and PBL (Problem based learning) in clinical universities and were remembered following couple of moments. To target house officials, polls were dispersed and gathered in various wards of the appended showing emergency clinics inside these four clinical foundations. A data sheet was appended with every survey to give project subtleties, freedoms of the members and recommending that filling the poll suggests informed consent.

STATISTICAL ANALYSIS

The data was collected and analysed using SPSS version 19. All the values were expressed in mean and standard deviation.

RESULTS

The data was collected from 700 students and house officers. There were 450 males and 250 female participants. Anyway a significantly higher extent of members (22%, n=197) were revealing their advantage in the field of Psychiatry who had accomplished over a drawn out psychiatry ward pivot as contrast with those members (14%, n=54) with under a month revolutions (P-value=0.01). Besides it was seen that 24% of members announced their advantage in psychiatry who had a family background of mental disease while just 16% (n=126) were detailing their advantage in Psychiatry with no family ancestry uncovering a tremendous distinction in two gatherings (P-value=0.03).

Table 01: Socio demographic characteristics of selected participants

Variables	Interested for career in Psychiatry						Chi-square	P-value
	Total	Yes		No				
		n	%	n	%			
Gender								
Male	450	216	20.8	484	82	0.76	0.37	
Female	250	39	15	211	85			
Medical institute								
Private	285	67	25	218	75	11.3	0.001*	
Public	415	90	14	325	86			
Socioeconomic status								
Middle class	123	22	18	101	82	7.38	0.02*	
Upper class	106	26	27	70	73			
Self-Satisfaction								
Satisfied in Medical Profession	524	121	17	594	83	0.33	0.42	



Not satisfied	176	33	19	143	81		
Clinical posting in Psychiatry							
Yes	583	97	17	486	83	0.16	0.67
No	117	50	18	232	82		
Months of Psychiatry rotation							
<1 month	283	54	14	329	86	5.6	0.01*
>1 month	197	43	22	154	78		
Studies Psychiatry in undergraduate							
Studied	388	96	20	392	80	4.7	0.01
Not studied	312	58	14	351	86		
Year in Medical School							
Third year	115	47	22	168	78	4.9	0.17
Fourth year	183	47	17	236	83		
Final year	215	30	14	185	86		
House officer	187	33	17	163	83		
Family History							
Psychiatric illness in Family	213	27	24	86	76	4.2	0.03*
No Psychiatric illness	487	126	16	574	84		

Multilevel logistic regression was utilized to inspect the cooperative impact of different elements upon probability of picking a vocation in psychiatry. A regressive choice strategy was utilized to hold just the measurably huge factors. This last relapse model depends on 700 respondents. This gives the chances of being probably going to pick a vocation in psychiatry in every class comparative with the chances in a standard classification.

DISCUSSION

The current study is cross-sectional, and is therefore unable to establish causal relationship between the various factors and likelihood of rejecting psychiatry as a career. For example, it could be conceivable that the people who were keen on or had settled on picking psychiatry as a vocation had likewise joined the mental health or psychiatry club in their school due to their interest [7]. The absence of subjective information might have likewise restricted how we might interpret how these understudies were being impacted by their contact with junior clinicians and confided in specialist/nurture, alongside the bigger scope social issues that could influence their choice to have practical experience in psychiatry [8].

This study results uncovered that 17% of clinical understudies and graduates revealed interest in picking Psychiatry as a profession. Anyway a lot higher extent of understudies had a place with private clinical schooling system who were announcing interest in psychiatry [9]. Required college classes of psychiatry in private clinical schools may be the justification for this distinction, as it is for the most part taken as a discretionary subject in open clinical organizations. This concentrate on likewise exposed the observing that is steady with Walters et al. that the higher extent of clinical understudies and graduates were announcing positive interest in psychiatry who had accepted psychiatry as undergrad subject [10].

Obstructions in picking Psychiatry as a profession were additionally assessed in this review as studies have shown that for the vast majority of the understudies, psychiatry is the last decision to be taken as postgraduate preparation despite the fact that understudies think of it as a mentally difficult field. One of the restrictions of this study was that organized things were given in the survey for assessing obstructions in psychiatry as a vocation despite the fact that there could be more worries, which would keep them from picking this field [11].

CONCLUSION

It is concluded that current age of understudies have a more noteworthy attention to the potential for recuperation from serious mental sickness, so the animating openness to intense work is more compelling. Understudies and graduates who have had over an



extended turn in psychiatry, considering in a private clinical school and a family background of mental disease are more keen on picking psychiatry as a vocation.

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