

## A Cross Sectional Study on the Attitude towards Anti-Depressant Medications between the Adult and Elderly Patients With Bipolar Affective Disorder

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### ABSTRACT

The aim of the study is to compare the attitude between the adult and elderly patients towards the Anti-depressant medications.

### OBJECTIVES

1. To determine the attitudes of patients towards anti-depressant medications by using Drug Attitude Inventory (DAI-10) scoring system.
2. It is a strong determinant of treatment adherence
3. The attitude of patients is determined by the score obtained from the above scoring system i.e., negative score indicates negative attitude and positive score indicates positive attitude.

### Methods

This is a cross-sectional study performed and conducted at psychiatric department, Government General Hospital, Kurnool. Individual were analysed by particulars of age, sex, date of admission and date of surgery, investigations, past history, comorbid conditions like hypertension, diabetes etc., patients were selected on the basis of inclusion and exclusion criteria.

### RESULTS

Data of 60 cases were collected in the outpatient of psychiatry department in Government General Hospital, Kurnool in which most of them were adults and the attitudes of both adults and elders were assessed by the score obtained from the DAI10 score

### CONCLUSION

1. Some patient shows positive attitude towards anti-depressant medications while some of them shows negative attitude.
2. Many of the adult patients show positive attitude and the elder patient's shows negative attitude towards Anti-depressant medications.

**KEY WORDS:** Drug Attitude Inventory (DAI-10), Anti-depressant medications, Bipolar Affective disorder.

### INTRODUCTION

Depression (major depressive disorder) is a common and serious mental illness that negatively impacts how an individual thinks and acts. Depression causes feelings of sadness and/or a loss of interest in activities. It can be chronic or recurrent and lead to variety of emotional and physical problems and can decrease ability to function at work and at home.

Depression affects people of all sexes, ages, and socioeconomic backgrounds. Depression is a type of mental illness. Genetic, environmental, psychological, and physiological variables are only a few of the possible causes. Depression strikes most people between the ages of 15 and 30, and it is more common among women.

A cause of Major Depressive Disorder is generally a combination of factors which include Genetic factors, Biological factors, Environmental factors, Psychological factor.

The symptoms are classified based on DSM-5 criteria for depression. During the same 2-week period, the person must have five or more symptoms, with at least one of them being either (1) depressed mood or (2) lack of interest or pleasure. Depressed mood most of the day, almost every day, Markedly lessened interest and enjoyment in all, or almost all, activities for the majority of the day, almost every day, Significant weight loss or gain, or a decrease or rise in appetite almost every day when not dieting, A reduction in physical movement and a slowing of cognition (observable by others, not merely subjective feelings of restlessness or being slowed down), Experience fatigue or a loss of energy, almost every day, Feelings of worthlessness or excessive or inappropriate guilt, almost every day, Almost every day, you'll notice a decrease in your ability to think or focus, as well as indecisiveness, Suicidal ideation without a particular

plan, or a suicide attempt or a specific plot to

Bipolar disorder, formerly known as manic-depressive illness, is a brain disorder that alters a person's mood, energy, and functional abilities. People with bipolar disorder experience a severe emotional state that usually occurs during a period of time to a few weeks, called a mood episode. These mood episodes are categorized as mania / hypomania (abnormally happy or irritable mood) or depression (sad mood). People with bipolar disorder also generally have a period of neutral mood. Episodes of mood swings may occur rarely or multiple times a year. While most people experience certain emotional symptoms between episodes, some may not.

The risk factors for Bipolar disorder are Genetic factors (from family), Environmental factors (stress, personal problems, poverty, family problems etc.), and Biological factors (hormone affecting brain).

Major depressive episode:

A major depressive episode is defined as a set of symptoms that are severe enough to impair daily activities such as job, school, social activities, or relationships.

Five or more of the following symptoms are present during an episode Depressed mood, such as feeling sad, empty, hopeless or tearful (in children and teens, depressed mood can appear as irritability), Marked loss of interest or feeling no pleasure in all or almost all activities, Significant weight loss when not dieting, weight gain, or decrease or increase in appetite (in children, failure to gain weight as expected can be a sign of depression), Either insomnia or sleeping too much, Either restlessness or slowed behaviour, Fatigue or loss of energy, Feelings of worthlessness or excessive or inappropriate guilt, Decreased ability to think or concentrate, or indecisiveness, Thinking about, planning or attempting suicide.

## II. AIMS OF THE STUDY

The purpose of the study is to compare the attitudes of adult and elderly patients towards antidepressants.

## III. OBJECTIVES OF THE STUDY

- Determine patient attitudes towards antidepressants using the Inventory of Drug Attitudes (DAI-10) rating system.
- It is a strong determinant of treatment adherence.

commit suicide.

- The attitude of patients is determined by the score obtained from the above scoring system, i.e., negative score indicates negative attitude and positive score indicates positive attitude.

## IV. METHODOLOGY

**STUDY DESIGN:** This is a cross-sectional study performed and conducted at psychiatry department

**STUDY PERIOD:** The duration of this study was 6 months

**STUDY SITE:** Conducted at psychiatry department, Government General Hospital, Kurnool

**SAMPLE SIZE:** 60 subjects are included in our study

## INCLUSION CRITERIA

- All the subjects of either sex aged between 18-70 years of age. (Adults- 18 to 59 and elders above 60 years based on National policy of elder persons, January 1999)
- Patients who accepted to sign the written informed consent form
- Patients receiving Anti-depressant drugs
- Patients who are affected with bipolar affective disorder such as depression with mania.
- Both inpatients and out patients are involved in the study

## EXCLUSION CRITERIA

- Patients of age less than 18 years.
- Patients who do not signed to informed consent form are excluded from the study.
- The data collection is not possible for aggressive and violent patients.

## METHOD OF DATA COLLECTION

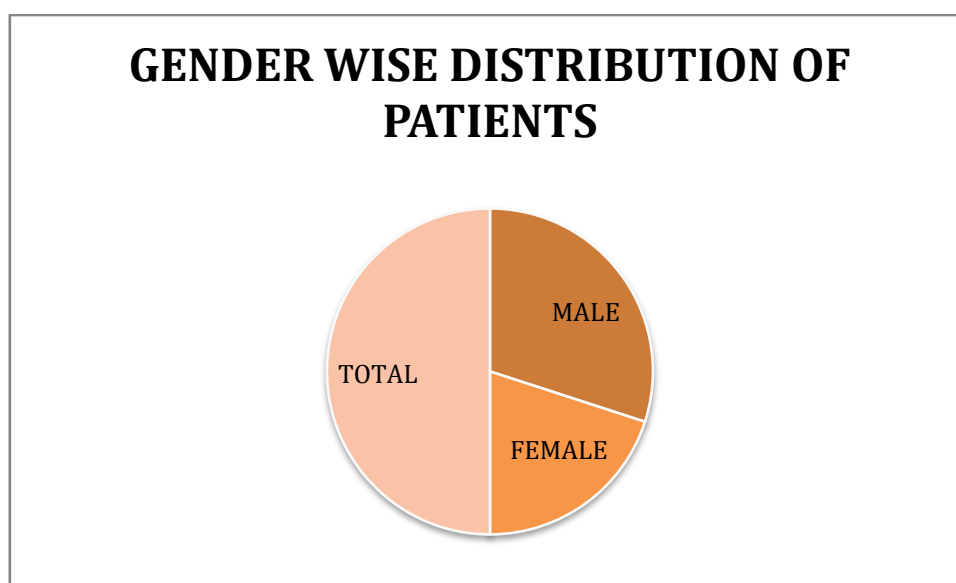
The data was collected by using the patient data collection proforma and the Individual cases were analysed with regard to following particulars such as Age, Gender, Date of admission, Symptoms, Medications given to patient.

## V. RESULTS

### 5.1 GENDER DISTRIBUTION OF TOTAL STUDY

A total of 60 patient's data was collected in the outpatient of psychiatry in which 36 (60%) were males and 24 (40%) were females.

GENDER	NO.OFPATIENTS	PERCENTAGE%
MALE	36	60%
FEMALE	24	40%
TOTAL	60	100%

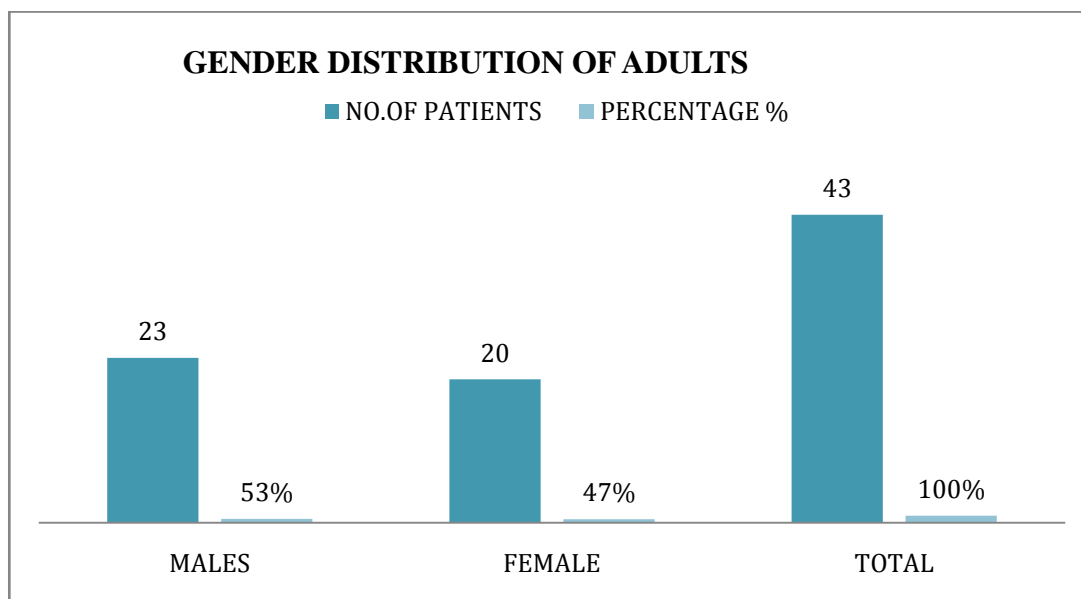


**Fig. 5.1.a:GENDERWISEDISTRIBUTION**

## 5.2 GENDER DISTRIBUTION OF ADULTS

Among 43 adult's subjects collected, the males were found about 23(53%) and females were about 20(47%).

GENDER(Adults)	NO.OFPATIENTS	PERCENTAGE%
MALES	23	53%
FEMALE	20	47%
TOTAL	43	100%

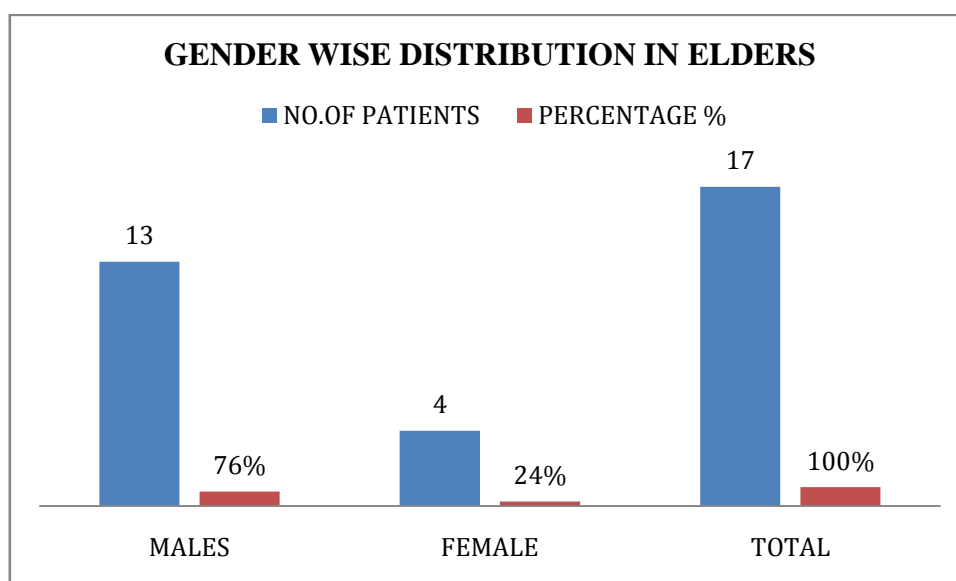


**Fig: 5.2.b GENDERWISE DISTRIBUTION IN ADULTS**

### 5.3 GENDER DISTRIBUTION IN ELDERLY

Among 17 elderly subjects, the male patients' data collected were about 13 (76%) and female patients were about 4 (24%).

GENDER(Elders)	NO.OF PATIENTS	PERCENTAGE %
MALES	13	76%
FEMALE	4	24%
TOTAL	17	100%

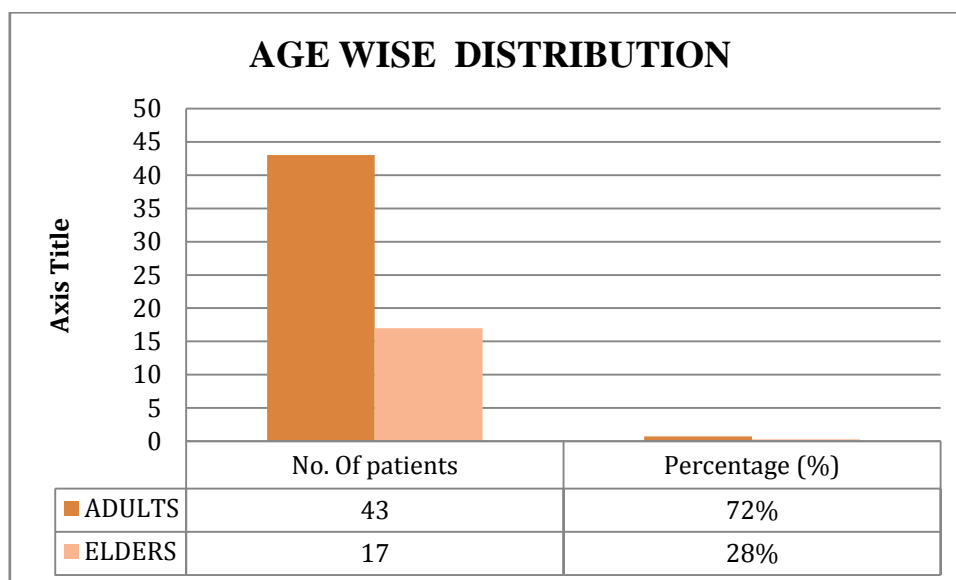


**Fig.5.3.c GENDER WISE DISTRIBUTION IN ELDERLY**

#### 5.4 AGEDISTRIBUTIONOFTOTALSTUDY

Amongthetotal60subjectsdatacollected,adultpatientswereabout43(73%)andelderpatientswere about 17 (28%).

Age Group	No. Of patients	Percentage (%)
ADULTS	43	72%
ELDERS	17	28%



**Fig.5.4.d AGE WISE DISTRIBUTION**

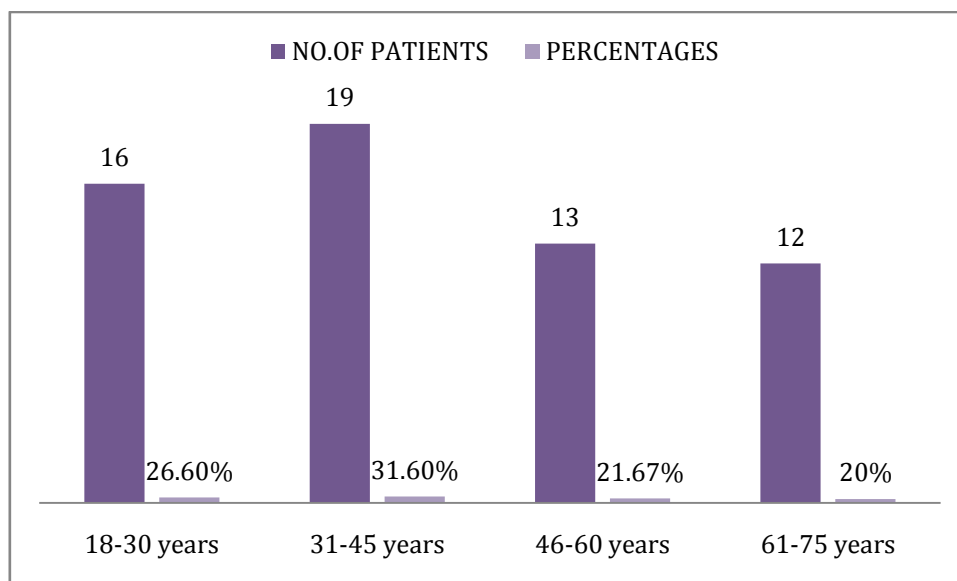
#### 5.5 AGE FREQUENCY DISTRIBUTION

Patient's data in both adults and elders was distributed based on the age frequency. Patients ranging between the ages of 18-30 years were found about 26.6%, patients ranging between 31-45 years

were about 31.6%, the patients ranging between the age 46-60 years 21.66 % and the patients data in elders ranging between 61-75 were found about 20%.

AGE RANGES	NO.OF PATIENTS	PERCENTAGES
18-30 years	16	26.60%
31-45 years	19	31.60%

<b>46-60 years</b>	13	21.67%
<b>61-75 years</b>	12	20%



**Fig: 5.5.e AGE FREQUENCY DISTRIBUTION**

#### 5.6: SOCIO DEMOGRAPHIC PARAMETERS OF ADULTS AND ELDERLY PATIENTS

Contents	Present characteristics	Adults	Elders
<b>Marital status</b>	Married	26	11
	Unmarried	15	-
	Widow	3	5
	Divorced	3	1
<b>Locality</b>	Rural	29	13
	Urban	14	4
<b>Personal habits</b>	Smoking/alcoholic/others	31	14
	Non-smoking/nonalcoholic	12	3

<b>Education</b>	Literate	31	4
	Illiterate	12	13
<b>Occupation</b>	Employed	30	6
	Unemployed	13	11

#### 5.7: COMPARISON OF DAI SCORE BETWEEN ADULTS AND ELDERS

<b>Drug Attitude Inventory scale (DAI-10)</b>	<b>Adults</b>		<b>Elders</b>	
	<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Form the good thing about medication outweighs the bad	28	15	8	9
If feel weird like a zombie on medication	40	3	17	0
It takes medication of my own free choice	32	11	7	10
Medication makes me feel more relaxed	35	8	7	10
Medication makes me feel tired and sluggish	18	25	6	11
It takes medication only when I am sick	21	22	9	8
If feel more normal on medication	37	6	9	8
It is unnatural for my mind and body to be controlled by medication	34	9	16	1
My thoughts are clear on medication	28	15	6	11
By staying on medication, I can prevent getting sick	35	8	6	11

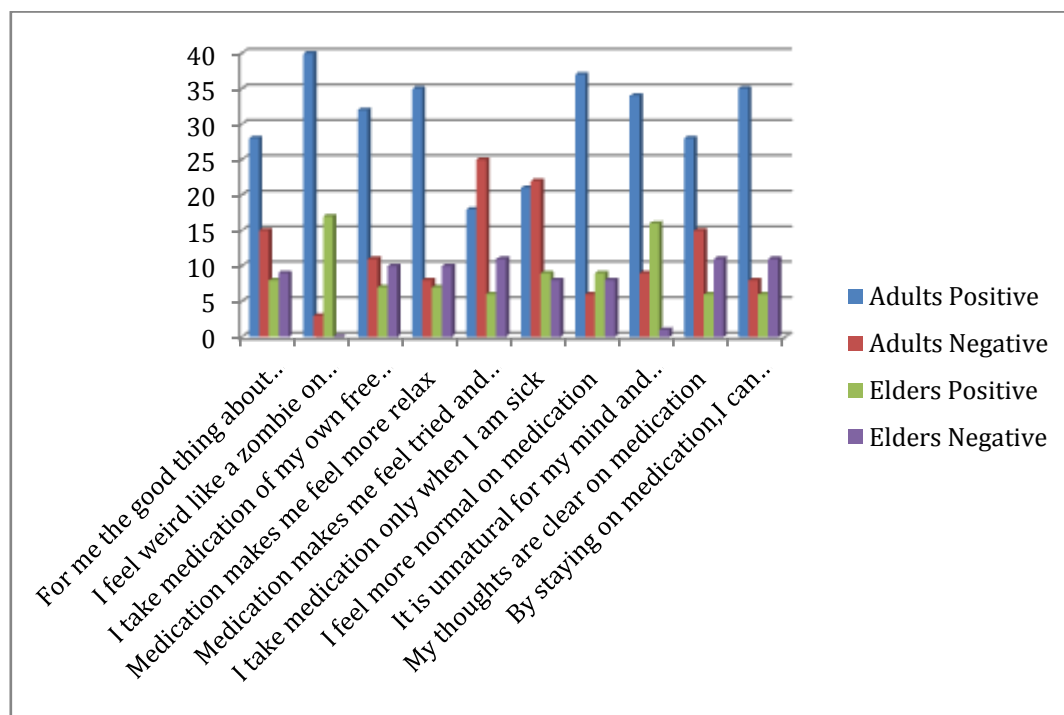


Fig.5.7.g Comparison of DAI score between adults and elders

### 5.8 Comparison of attitudes between adults and elders

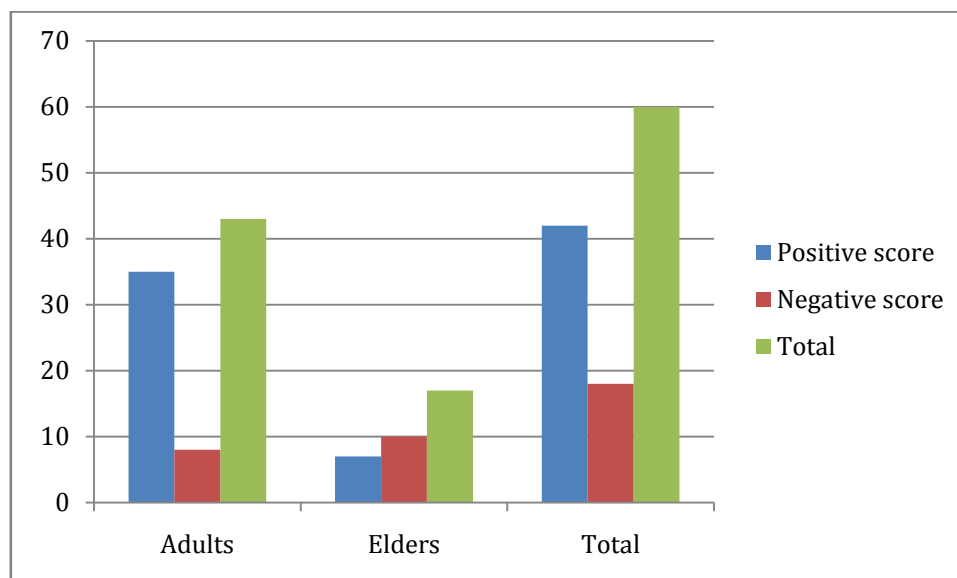
Among 43 adult subjects, 35 patients have shown positive attitude and 8 patients have shown negative attitude towards Anti-depressant medications whereas among 17 elders, 7 of the subjects have shown positive attitude and 10 of

them have shown negative attitude towards Anti-depressant medications.

Overall, among the 60 subjects, 42 patients have shown positive attitude and 18 of them have shown negative attitude towards Anti-depressant medications.

DAISCALE SCORE	Adults	Elders	Total
Positivescore	35	7	42
Negativescore	8	10	18
Total	43	17	60





**Fig.5.8.h Comparison between adults and elders**

## VII. DISCUSSION

The present work is a cross sectional study which is carried out to compare the attitudes of adults and elderly patients towards the Anti-depressant medications who are affected with Bipolar affective disorder.

In our study we found that male patients were more 36(60%) when compared to female patients 24(40%) but in home camp study represents females are more compare to males this is because of gender difference and study population size.

In our present study age frequency ranging from 18-30 years were about 16(26%), 31- 45 years were 19(31.6%), 46-60 years were 13(21.6%) and 61-75 years were 12 (20%).

In older patients, 10 are showing negative attitude towards antidepressant medications similarly study was observed in previously published literature by to Lars Vedel Kessing et.al.

The present study assessed about the positive attitude toward antidepressants medications were observed more in adults 35(58.3%) when compared to elders 7(11.6%). Whereas negative attitude towards antidepressants medications were observed more in elders 10(16.6%) than in adults 8(13.3%).

The present study population we found that positive attitude towards antidepressants medications in both elders and adults 42(69.9%) whereas negative attitude towards antidepressant medications in both adults and elders 18(30.1%).

The present study concluded that adult patients has more positive attitude towards antidepressant medications, whereas in elder patients negative attitude towards anti-depressant medication.

## VIII. CONCLUSION

The present study concludes that adult patients showing more positive attitude towards the Anti-depressant medications whereas the elder patients have negative attitude towards the Anti-depressant medications.

So, the clinical pharmacist has to provide awareness towards the Antidepressant medications through the psycho education.

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