

A Quasi Experimental Study to Evaluate the Effect of Information Booklet on Attitude Towards Mental Illness among Adults in Selected Community, Bhopal

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Abstract

Background of the Study: People with mental disorders experience discrimination which result as stigmatizing attitudes towards mentally ill people in society. An individual's value and personal beliefs affect his attitude about mental illness, the mentally ill and the treatment of mental illness. There still exists a stigma surrounding individuals who need or use psychiatry mental health services. The need continue for public education to modify or alter misconception about mental illness and people with mental disorders.

Material and Method: A non equivalent control group quasi experimental design was used. There were 60 adult of selected community were selected using purposive sampling technique. In this study 2 groups (experimental and control group) were selected. During data collection information booklet were given to experimental group only. Research tool were submitted to 7 expert from various specialty for validity. Reliability was calculated. Reliability of tool was established by Split Half method and Spearman Brown prophecy formula and it was 0.83. The obtained data was analyzed and interpreted in terms of objectives and research hypothesis. Analysis was done by using descriptive and inferential statics.

Result : Result of the present study revealed that mean score of structured attitude scale among experimental group was 70.46 with SD of +/- 14.61, and among control group was 69.5 with SD of +/- 13.14 the computed 't' value was 0.26 at degree of freedom 58.

Keyword : *Attitude, Effect, Adult, information booklet, mentally ill person.*

Introduction

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

Adverse attitude to mental illness are found in all societies in the world. In narrow sense mental health is describe as a healthy mind. Mental health is a part of

general health. It requires a balance between body, mind and spirit and the environment in which a person lives.¹

In 2017 it's estimated that worldwide 970 million people suffering from some mental or substance use disorder.²

WHO has projected that by the year 2030 mental disorders will be one of the leading causes of the global disease burden. According to World Health Organization mental health problems is about 2443 whereas disability adjusted life years is per 100000 population, & suicide rate per 100,000 population is 21.1%.³

India is a developing country but here stigma associated with mental health problem is increasing.⁴

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The public attitude towards mentally ill are formed from ignorance and misinformation about the causes of mental illness. It remains negative also because of the difficulty in understanding the illness, as the symptoms are manifested mostly in terms of behavioral change, and rarely as physical symptoms.⁵ And the public finds it difficult to understand and tolerate this behavioral change.

There still exists a stigma surrounding individuals who need or use psychiatry mental health services. The need continue for public education to modify or alter misconception about mental illness and people with mental disorders.

Statement of the Problem

A quasi experimental study to evaluate the effect of information booklet on attitude towards mental illness among adults in selected community Bhopal.

Objectives

1. Assess the existing attitude regarding mental illness among adults of selected communities.
2. Assess post interventional attitude towards mental illness among adults of selected communities.
3. Compare between pre and post interventional level of attitude towards mental illness among adults of selected communities.
4. Associate the pre interventional attitude towards mental illness among adult with their selected demographic variables.

Research Hypotheses

v H₁:- There is a significant difference in pretest attitude scores of experimental and comparison group of selected community before administration of information booklet at 0.05 level of significance.

v H₂:- There is a significant difference in mean post test attitude score of experimental group and comparison group of selected community after administration of information booklet at 0.05 level of significance.

v H₃:- There is a significant difference in mean pretest and post test attitude score of, experimental group of selected community before and after the administration of information booklet at 0.05 level of significance.

v H₄:- There is a significant association of pre interventional attitude score among experimental and comparison group with their selected demographic variables at 0.05 level of significance.

Methodology

Research Approach

An **evaluatory approach** was selected to assess the attitude of adults residing in selected community towards mental illness.

Research Design

In this present study non equivalent control group quasi experimental design was used to assess the effectiveness of Information Booklet on attitude towards mental illness among adult of community. In this study 2 groups (experimental and control group) were selected. Experimental group was intervened with Information Booklet.

E O₁ X O₂

C O₁ O₂

O OBSERVATION

E EXPERIMENTAL GROUP

C CONTROL GROUP

X INTERVENTION (ADMINISTERED INFORMATION BOOKLET)

O₁ pre intervention score – attitude score before administration of information booklet

O₂ post interventional score – attitude score after administration of information booklet.

Independent Variable: - Information Booklet on mental illness was the independent variables in the study.

Dependent Variables: - Attitude of community towards mental illness was the dependent variable in the study.

Setting of the Study

This study was conducted in Gandhi Nagar urban community of, Bhopal, which is adopted by the Gandhi Nagar Community Health Center. The approx population of that community is about 15700 according to 2011 censuses.

Population

In the present study target population was all adult between the age group of 21 and above residing in Gandhi Nagar community, Bhopal city.

Target Population:-The target population of the research study was adults who residing in Gandhi Nagar community of Bhopal city.

Accessible Population:-In this study accessible population was the adults residing in Gandhi Nagar community who fulfill the inclusive criteria has been included in the study.

SAMPLE :In the study the sample comprised of 60 adults residing in Gandhi Nagar Bhopal fulfilling the inclusive criteria.

Experimental group -30

Control group- 30

SAMPLING TECHNIQUE :Purposive sampling technique was used to select the sample.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

Closed ended questions were proposed ,

Section A: Socio Demographic Variables (6 items)

Section A consist of socio demographic variables of adults residing in selected community such as age, sex, education, occupation, religion, family member with mental illness.

Section B: Structured Attitude Scale

Section B It consists of 30 items on attitude towards mental illness. Structured attitude scale.

Structured Attitude Scale

Researcher will ask to participants to rate their opinion regarding mental illness between strongly disagree, disagree, partially disagree, agree, strongly agree , it is also explained to them that there is no right and wrong answer. It was used before and after intervention. Score of attitude score range from 1 -5 according to the questions. The structured attitude scale is divided in 6 categories.

Table 1: Area of structured attitude scale

S. NO.	AREAS	ITEMS
1.	Separatism	5
2.	Stereotyping	5
3.	Restrictiveness	5
4.	Benevolence	5
5.	Pessimistic	5
6.	Stigmatization	5
	Total	30

Scoring Key

Section B

Table 2: Scoring Key of Attitude Scale for assessing the attitude towards mental illness

Attitude Scale for assessing the attitude towards mental illness						
Study Variables	Type of statement	Attitude Scale				
		Strongly Disagree	Disagree	Partially Disagree	Agree	Strongly Agree
Attitude towards mental illness	Positive	1	2	3	4	5
	Negative	5	4	3	2	1

To interpret the attitude towards mental illness the attitude scores was classified into 3 categories:

Favorable 30-69

Partially favorable 70-110

Unfavorable 111-150

Scoring was done in according with the review of literature and suggestion of expert.

Information Booklet

Information booklet was developed on the review of the literature and the objectives state for attitude, the title of the booklet was “**mental health and mental illness**”. The investigator prepare information booklet on mental health, mental illness, common mental illness, cause of mental illness, myths related to mental illness, rights of mentally ill.

VALIDATION OF TOOL

Content validity: The prepared tool and information booklet along with problem statement, objectives, hypothesis, operational definition, research design, sample size, sampling technique and criteria checklist was given to 7 experts of mental health nursing specialty for establishing content validity. The final tool consists

of 2 sections necessary change were made according to correction given by experts and guides.

TRY OUT OF TOOL

“The process of collecting data using appropriate subject is known as tryout”.⁶ After obtaining the administrative approval the tool was administered, this was done to check for their relevance, clarity and the nature of response from adult of selected community. The item was found to be clear and unambiguous. There was no problem in administering the tool in the try out.

RELIABILITY OF THE TOOL

The tool was tested for reliability on 10 respondents i.e. adults residing in selected community. Reliability of tool was established by Split Half method and Spearman Brown prophecy formula. Obtained reliability score was $r = .83$ hence the tool was consider reliable & feasible.

PROCEDURE FOR DATA COLLECTION

A total 60 samples were selected for the studies who are residing in Gandhi Nagar Bhopal city.

Prior to the data collection a brief introduction of self and study was given and informed consent was obtained from the respondent and confidentiality was assured to the subjects. **After** 7 days of intervention post test was taken.

Results

Table no 3: Frequency and percentage distribution of pre interventional attitude among adults of experimental & control group.

(N=60)

s. no	Attitude	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
1	Favorable	0	0	0	0
2	Partially favorable	9	30	9	30
3	Unfavorable	21	70	21	70

Data present in the table depicts that prior to administration of information booklet, majority 21(70%) of participants had unfavorable attitude towards mental illness among experimental group and control group.

Table no 4: Frequency and percentage distribution of post interventional attitude among adults of experimental & control group.

(N=60)

s. no	Attitude	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
	Favorable	29	96.66	0	0
	Partially favorable	1	3.33	10	33.33
	Unfavorable	0	0	20	66.67

Data present in the table shows that after administration of information booklet, most of 29(96.66%) were develop favorable attitude, and only 1 (3.33%) were develop partially favorable attitude towards mental illness among experimental group. Among control group It depicts the majority 20(66.67%) of participants had unfavorable attitude, and less than half 10(33.33%) of them had partially favorable attitude towards mental illness.

Table no 5: Comparison between pre and post score of experimental group**(n=30)**

Group	Mean	Mean Difference	SD	DF	't' value
Experimental (pre test)	70.46		14.61		
Experimental (post test)	135.03	64.57	9.35	29	6.44

*P≤0.05

**P≤0.01

***P≤0.001

Data in table 6 depicts mean score of attitude assessed by structured attitude scale the mean score of structured attitude scale among post test score of experimental group was 135.03 with SD of +/- 9.35, among pre test score of experimental group was 70.46 with SD of +/- 14.61 and the computed 't' value was 6.44. This indicates that there were significant difference in the post interventional score of attitude among experimental group and control group at the level of $P < 0.05$, hence research hypothesis H_3 is accepted.

Major Findings

Section A

1. The socio demographic findings shows that among experimental group majority 14(46.66%) of them belong to age group of 31-40 years, among control group majority 12(40%) of them belong to age group of 21-30 years.

2. Equal percentage of sample 15 (50%) were female, in and control group.

3. Regarding educational status among experimental group less than half 10(33.33%) had middle school, and majority 11(36.66%) had higher secondary among control group.

4. Majority were Muslims among experimental group and control group.

5. Majority of them did not have any known

person or family member with mental illness, among experimental group & control group.

Section B

Out of 30 most of 29(96.66%) were develop favorable attitude, and only 19(3.33%) were develop partially favorable attitude towards mental illness among experimental group. Among control group It depicts the majority 20(66.67%) of participants had unfavorable attitude, and less than half 10(33.33%) of them had partially favorable attitude towards mental illness.

NURSING PRACTICE: Nursing personal can educate and encourage the person with mental illness and their family towards care, and can help them by showing a positive attitude towards them. Nursing personals can also help other community people to develop a positive attitude and humanitarian behavior with mentally ill.

NURSING EDUCATION

Health care personals should be educated to community people about myths and facts of mental illness. The important aspect of positive attitude as some of myths related to mental illness, rights of mentally ill can also include in the curriculum which gave the student nurses to develop a positive attitude towards mental illness. Student nurses or staff who works at other than psychiatry setting must have workshop, continue nursing education program, and discussion on this topics.

NURSING ADMINISTRATION

The findings of the present study will help nurse administrator to organize and plan various awareness program on an attempt to change the attitude of community towards mental illness. Nursing administrations should take initiatives in creating policies or plan in providing education about mental illness, which will develop a positive attitude towards mental illness among community.

NURSING RESEARCH

A profession seeking to improve the practice of its members and to enhance its professional stature strives for the continual development of a relevant body of knowledge. Nursing research represent a critically important tool for the nursing profession to acquire such knowledge. By conducting research and by formulating new theories researcher could improve the knowledge and attitude of general public towards mental illness and mentally ill. There is a great need of such kind of research to develop a positive attitude towards mental illness, and give a respectable position to mentally ill in society. It also important to remove the myths related to mental illness among general public.

RECOMMENDATIONS

Recommendation are offered for further research

- A survey of the factors that influence the attitude of adults towards mental illness can be undertaken.
- A similar study on a single group of adults to compare their attitude towards mental illness before and after information booklet.
- A similar study can be done on family members of mentally ill towards their attitude on mental illness.

· A similar study can be done using multiple tools to measure the attitude rather than using a single tool.

· A similar study can be done to assess the knowledge and attitude on mental illness among general public.

Conclusion

From the results of the study it was concluded that information booklet on mental illness is an effective method to change the attitude towards mental illness among adults of community. Mentally ill person are also a part of our society, we have to behave in humanitarian manner. These all things develop when we made a positive attitude towards them.

Ethical Clearance: Taken

Source of Funding: Self

Conflict of Interest: Nil

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