

Mental health inventory

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ABSTRACT

Introduction: Mental health is a state of physiological maturity – a relatively constant and enduring function of personality. According to the World Health Organization, mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one’s intellectual and emotional potential, among others. **Aim:** The aim of the study is to assess the mental health status of dental students of Saveetha University. **Materials and Methods:** A survey based on mental health questionnaire by Augustes was used to evaluate the mental health of individuals. A total of 50 individuals studying I BDS were selected. They were made to sit comfortably and were given the questionnaire to fill. Once done, the results were collected and tabulated. **Results:** The scores were calculated as per the options, and the scores were tabulated as below 40 indicating depressive state, 40–80 indicating normal mental state, and above 80 denoting hyperactive mental state. About 25 individuals fall under the score 40–80 and the average was calculated to be 60.2, 12 individuals fall under the score 0–40 with an average of 30.25, and 13 individuals under the score 81–120 with an average of 97.76. **Conclusion:** This study concludes that individuals differ in their mental health values. Hence, suitable corrective measures should be undertaken to address this.

KEY WORDS: Emotion, Personality, Psychological maturity, Social behavior, Socially well-being

INTRODUCTION

According to Menninger, mental health refers to “the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and a happy disposition.” Mental health is a state of physiological maturity – a relatively constant and enduring function of personality.^[1] According to the World Health Organization, mental health includes “subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one’s intellectual and emotional potential, among others.”^[2]

Mental health is important at every stages of life, from childhood and adolescence to adulthood.

In general, there are five primary senses to attain satisfaction and social adjustment.

1. A sense of responsibility: It is an awareness of what consequences he/she will dues to their behavior and its effect on others
2. A sense of self – reliance a confidence of one’s own way of facing problems rather than to display anger or any other emotional outbursts
3. A sense of direction – setting good goals and directing efforts toward success
4. A set of personal values – having a philosophy about life based on their own beliefs and goals. The philosophy of life will tend to increase their social status
5. A sense of individuality – recognizing oneself from others. The person endeavors to develop attitudes and patterns of behavior that entails neither blind conformity to the desires and demands of others nor a rebellious detachment and isolation from others.

All the people do not possess all these characters at a same degree. The higher the degree, the better mental health. They are independent and responsible and also are giving and productive. The lower the degree they are depressed and are under mental stress. They require motivation and counseling.^[3]

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Particularly, students in late adolescence are introduced to professional course with very minimal, or no mental preparation is bound to cause a lot of adjustment, personality, behavior, anxiety, and depression among students. They also undergo a lot of physical and hormonal changes being a teenager. Social changes such as being away from home, stressful, and demanding work schedule, and excessive competition.^[4-7]

Furthermore, the changing global demographic, economical, cultural, political, educational scenarios have created a lot of mental stress to students thus making assessment of mental health status, and providing care and support is a need of the hour for a better and healthy society.^[8]

MATERIALS AND METHODS

A survey-based questionnaire was used to evaluate the mental health of individuals. It was carried out in the month of November 2015. A total of 50 individuals studying I BDS from a reputed dental college were selected. They were made to sit comfortably and were given the questionnaire to fill. Once done, the results were collected and tabulated.

RESULTS

The scores were calculated as per the options, and the scores were tabulated as below 40 indicating depressive state, 40–80 indicating normal mental state, and above 80 denoting hyperactive mental state. About 25 individuals fall under the score 40–80 and the average was calculated to be 60.2, 12 individuals fall under the score 0–40 with an average of 30.25, and 13 individuals under the score 81–120 with an average of 97.76 [Table 1]. The lowest value and the highest value for each category were calculated and tabulated. The lowest and highest value between 0 and 40 were 22 and 39, respectively. Between 40 and 80, the lowest value was found to be 42 and the highest value was found to be 78. The lowest value between 81 and 120 was 82 and the highest was 110 [Table 2, Graph 1].

DISCUSSION

Stress is the basic reason for any psychological issue. Many factors determine the healthy mental status, say from peer pressure, family, academics, society, and socioeconomic status. Physical health also contributes to mental health to progress positively. This study throws vision upon creativity and awareness among counselors to give notice upon the mental well-being of the individual. This can help them to guide the individuals to improve, modify or to have a balanced mental health, according to the values scored by them.^[9]

Table 1: Questionnaire used to evaluate mental health of individuals

-
- I. How happy, satisfied, or pleased have you been with your personal life during the past month?
 1. Extremely happy, could not be more pleased or satisfied
 2. Very happy most of the time
 3. Generally, satisfied, pleased
 4. Sometimes fairly satisfied, sometimes fairly unhappy
 5. Generally dissatisfied, unhappy
 6. Very dissatisfied, unhappy most of the time
 - II. How much of the time have you felt lonely during the past month?
 1. None of the time
 2. A little of the time
 3. Some of the time
 4. A good bit of the time
 5. Most of the time
 6. All the time
 - III. How often did you become nervous or jumpy when faced with excitement or unexpected situations during the past month?
 1. Always
 2. Very often
 3. Fairly often
 4. Sometimes
 5. Almost never
 6. Never
 - IV. During the past month, how much time have you felt that the future looks hopeful and promising?
 1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
 - V. How much time, during the past month, has your daily life been full of things that were interesting to you?
 1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
 - VI. How much time, during the past month, did you feel relaxed and free from tension?
 1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
 - VII. During the past month, how much of the time have you generally enjoyed the things you do?
 1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
-

(Contd...)

Table 1: (Continued)

-
- VIII. During the past month, have you had any reason to wonder if you were losing your mind or losing control over the way you act, talk, think, feel, or any of your memory?
1. Yes, I am very much concerned about it
 2. Yes, I am quite concerned about it
 3. Yes, and I have been a little concerned
 4. Yes, but not enough to be concerned or worried about it
 5. May be a little
 6. Not at all
- IX. Did you feel depressed during the past month?
1. No, never felt depressed at all
 2. Yes, a little depressed now and then
 3. yes, quite depressed several times
 4. yes, very depressed almost all the time
 5. yes to the point that I did not care about anything for days at a time
- X. During the past month, how much time have you felt loved and wanted?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XI. How much time, during the past month, have you been a very nervous person?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XII. When have you got up in the morning, this past month, about how often did you expect to have an interesting day?
1. Always
 2. Very often
 3. Fairly often
 4. Sometimes
 5. Almost never
 6. Never
- XIII. During the past month, how much of the time have you felt tense or "high strung"?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XIV. During the past month, how often did your hands shake when you tried to do something?
1. Always
 2. Very often
 3. Fairly often
 4. Sometimes
 5. Almost never
 6. Never
-

(Contd...)

Table 1: (Continued)

-
- XV. During the past month, how often did you feel that you had nothing to look forward to?
1. Always
 2. Very often
 3. Fairly often
 4. Sometimes
 5. Almost never
 6. Never
- XVI. How much of the time, during the past month, have you felt calm and peaceful?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XVII. How much of the time, during the past month, have you felt emotionally stable?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XVIII. How much of the time, during the past month, have you felt downhearted and blue?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XIX. How often have you felt like crying, during the past month?
1. All the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
- XX. During the past month, how often have you felt that others would be better off if you were dead?
1. Always
 2. Very often
 3. Fairly often
 4. Sometimes
 5. Almost never
 6. Never
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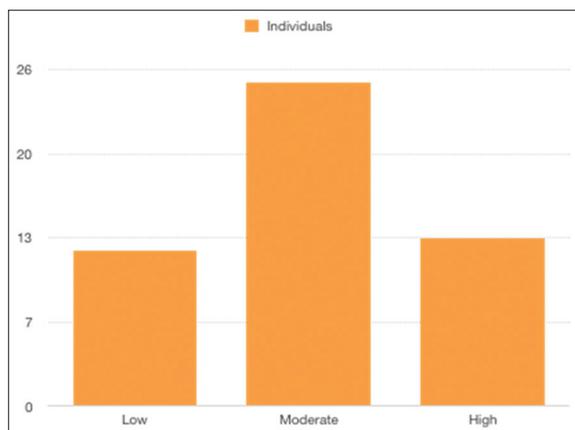
A total of about 50 individuals were assessed. Among that, the mental health of 12 people was low with an average of 30.25. The highest value is 39 and the lowest value is 22. The mental health of 13 people was extremely high with an average of 97.76. The highest value in this group is 110 and the lowest value is 82. The mental health of 27 people was moderate and the average value is 60.89. The highest value is 78 and the lowest value is 42. Thus, mental health varies among the individuals of the university.

Table 2: (a) Scores of individuals

S. No.	Low 0–40	In between 40 and 80	High 81–120
1	34	55	89
2	22	43	93
3	27	67	99
4	33	66	103
5	39	74	107
6	29	56	100
7	25	71	82
8	30	60	97
9	24	50	110
10	37	55	105
11	35	73	88
12	28	68	108
13		67	90
14		45	
15		72	
16		61	
17		70	
18		48	
19		51	
20		49	
21		68	
22		43	
23		73	
24		78	
25		42	
Average	30.25	60.2	97.76

(b) Lowest and highest value of each categories

Lowest value	22	42	82
Highest value	39	78	110

**Graph 1:** Shows the bar graph the scores categorized as low, moderate, and high

Several studies have been conducted in different parts of the world like Pakistan and USA. Similar study conducted by Sherina *et al.* from Malaysia, the prevalence of depression was 33.6% using the center for epidemiologic studies depression scale.^[10] They found a significant association between psychological stress and depression among medical students. The most common symptoms that the medical students complained of were not feeling reasonably happy and problems in sleeping when worried. They also found that the two most common symptoms were not associated with depression. They had a significant inverse relation with depression. Hence,

the prevalence of psychological stress among medical students was high and was significantly associated with depression.

A study UK indicated that mental health or psychological problems within student populations are as high as 40%, most of the students were suffering from depression or anxiety, and sometimes both. Many respondents expressed that the number of students with mental health problems was increasing. Not just that but the severity of their problems was also increasing. Hence, there was also widespread agreement that the levels of stress were very high in the population.^[11]

Another study conducted by Strous *et al.* found that 55.5% of the students had reported poor mental health status. They suggest that young doctors should be given the same care and support that we expect them to provide to their own patients.^[12] In a study conducted by Navas and Dahlin *et al.* revealed that the prevalence of stress among the genders was analyzed, where women reported to have higher stress level and the medical professionals tend to have higher stress level than the general population.^[13,14]

A lot of studies are done among medical professionals while the studies specific for dental professionals are comparatively less. Hence, this study was aimed to assess the mental attitude and stress level of dental professionals alone. Further studies should be done comparing the students of different years and also a gender-based study should be done.

Mental illnesses are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental disorders. The genes and family history of individuals play an important role. Several life experiences such as stress or history of abuse also matter to a greater extent. Biological factors can also be a part of the cause. Hence, mental disorders are common among these people. Treatment and therapies are available for these disorders that include meditation, relaxation, and Yoga for health.

CONCLUSION

Mental health is a condition of psychological maturity a relatively constant and the enduring function of personality. It is the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behavior, and a happy disposition. This study concludes that dental students differ in their mental health values. Hence, suitable corrective measures should be undertaken to address this.

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