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FREQUENCY OF ANTI-DEPRESSANTS USE AMONG TEACHING FACULTY OF UNIVERSITY OF PESHAWAR

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ABSTRACT

BACKGROUND: use of anxiolytics and anti-depressants is highly prevalent among general public and working class. Use of these drugs is usually self medicated. Different psychosocial factors are involved in starting use of anti-depressant drugs. Educated class has low level of knowledge about anti-depressant drug use.

OBJECTIVE: To study the prevalence of the use of anti-depressants among teaching staff of the University of Peshawar.

MATERIAL AND METHODS: The study was conducted in university of Peshawar from Nov 2014 to April 2015. 160 teachers were included in the study. Teachers were selected randomly.

RESULTS: out of 160 teachers, 44 were anxiolytic users in which 30 were male and 14 were female. Most of the users were within age limit of 41-45 years. 26 were self medicated and 18 were using for some therapeutic purpose.

CONCLUSION: 27% of the teachers were antidepressant users. Most of the users were self medicated.

KEY WORDS: Anti-depressant, Anxiolytics, University.

INTRODUCTION

Among mood disorders, Anxiety and depressive disorders are the commonest disorders[1]. According to WHO, more than 20 % of the general population suffer from depression once in life[2]. It is estimated that more than 20 % of the deaths and disabilities would be due to stress related disorders by the year 2020[3]. Non clinical factors play vital role in mental disorders. The complexity of daily life in modern society leads to various degrees of anxiety and depression[4]. Self-medication or pharmaceutical treatment for anxiety and insomnia has taken place throughout history[5]. Use of sedative hypnotic drugs was started in 1903 and is still in use[6]. Self medication is widely practiced throughout the world since ancient times[7]. Realistic knowledge about mental illness and its medication can result in justified use of antidepressant drugs. Knowledge and attitude of university teachers and students is not different from the general population[8].

MATERIAL AND METHODS

This cross sectional study was conducted in different departments of the University of Peshawar. Total 160 teachers were selected from different departments using random sampling technique. Duration of the study was from November 2014 to April 2015. All those teachers who were permanent faculty members and willing to appear in interview, if selected randomly, were included in the study. Those who were on study leave or unwilling to appear in interview were excluded from the study. A structured questionnaire was used for the interview. Variables such as gender, marital status, family structure, no of children and reason for using anti depressant or anxiolytics were studied. Data was analyzed using Microsoft office.

RESULTS

Out of the total 160 respondents, 98 were males and 62 were females. 44 (27.5 %) out of 160

were using antidepressants. Out of the total anxiolytic users, 30 were male teachers and 14 were female teachers. Out of the total users, 36 were married while 08 were unmarried.

Table 01: Total Number Of Participants

Males	Females	Total sample
98	62	160
61.25 %	38.75 %	100 %

Table 02: Number of participants of Anxiolytic user

Anxiolytics users	Non-anxiolytics users	Total
44 (27.5 %)	116 (72.5 %)	160 (100 %)

Table 03: Age Wise Distribution Of Anxiolytic Users

Total users	25-30 yr	31-35	36-40	41-45	46-50	51-55	56-60
44	4	8	5	10	7	4	6
100%	9.09 %	18.18%	11.36 %	22.7 %	15.9 %	9.09 %	13.63 %

Table No: 04 Correlation of anti-depressant users with number of children

No of Children	No of Users
0	06 (13.6 %)
01	02 (4.54 %)
02	07 (15 %)
03	07 (15 %)
04	10 (22 %)
05	10 (22 %)
06	2 (4.54 %)

Table 05: Distribution Of Self And Therapeutic Medication

Gender	Self medication	Therapeutic
Male	18	12
Females	08	06

DISCUSSION

In our study total 160 teachers were interviewed to determine prevalence of anti depressants use in teachers of the University of Peshawar. Prevalence of anxiolytics and anti depressants users was 27.5 % which is almost similar to the prevalence in the world[9]. Unlike use in general population, 66 % of the users were on these drugs prescribed by doctors. As highlighted in studies that more than 30 % of the population experiences some kind of mental illness once in life[10], same is the case in teachers. 45.45 % did not have any underlying cause while 54.55 % had some obvious reasons for using anxiolytics. Prevalence was high among those teachers who had no children and use of anxiolytics increases with increase in number of children. Mostly (81 %) the users were married. In our study use of anxiolytics among teaching staff increases with increase in number of children. Highest prevalence is seen in those in those having four children. Most of the teachers were using antidepressants on self medication which is similar to international studies[11]. In our study highest number of antidepressant users was among the age group of 41 – 45 years.

CONCLUSION

Prevalence of antidepressant use is high among teachers of university of Peshawar. Most of the users are self medicated and use due to some psychosocial problems.

RECOMMENDATIONS

Antidepressant drugs act on brain in the same way as narcotic drugs which results in addiction if used for a long period of time; therefore self medication must be banned as is practiced in the developed world. Medical doctors working in departments other than psychiatrists misuse antidepressants prescription as they have limited

knowledge of antipsychotic drugs; these medical professionals must be trained on these drugs. Level of antidepressant drugs in blood should be regularly checked; higher than acceptable levels should be warned and subsequently punished.

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