



### Brief Report

## Screening for psychiatric disorders among health workers in health centers of Khorasan Razavi province (2014-2015)

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### Abstract

**Introduction:** The study of physical and mental health of health workers, as workers in the most peripheral level of health services is the basic structure of primary health in Iran.

**Materials and Methods:** The study aimed to screen for psychiatric disorders among 1013 health workers in home health centers of Mashhad University of Medical Sciences in 2014-15. Research instrument was Ninety-item questionnaire (SCL-90) as one of the most widely used tool for psychiatric diagnosis. SPSS software, descriptive statistics, tables, charts and chi-square were used to data analysis.

**Results:** According to the findings, 91.6% of cases were healthy while 3.2% and 5.2% had disorder and serious disorder. The highest average score was related to obsession (1.22) and the lowest score related to phobia (0.5). The most common disorders are somatization, obsessive-compulsive and depression respectively. The prevalence rate of disorder is higher among women ( $P < 0.01$ ) and health workers who aged 35-44 years. There were not significant differences in variables such as marital status, education level, occupational history and city.

**Conclusion:** Based on the results It seems that regarding to mental health in health workers especially among special age groups and gender is necessary.

**Keywords:** Health worker, Psychiatric disorder, Screening

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### Introduction

Health is the final product of health services. The quality of services in health services is a major issue regarding to importance of humans health as its outcome (1). In the recent years, mental health is presented as a main issue of health organizations in the worldwide especially World Health Organization so this organization named year of 2001 as "the mental health year" with banner of "ignore is enough, take care". Mental health is concerned as one of health dimensions. According to the experts' definitions of World Health Organization, health is defined as a state of mental, physical and social complete welfare not only lack of disease or disability with emphasis in this point that neither of these dimensions has not superiority to the other dimensions (2).

So, regarding to the mental health of society is one of the priorities of health care system and assessment

of the prevalence of psychiatric disorders is necessary to access to mental health condition. According to the different rates of psychiatric prevalence in different geographic areas and the lack of the same research in Mashhad University of Medical Sciences, the present study conducted to assess the prevalence of psychiatric disorders among health workers. The results of this study can clear the conditions of mental health and help the health planners to design interventions of prevention, treatment and rehabilitations. The aim of this study is screening of psychiatric disorders among health workers in health centers of Khorasan Razavi province (2014-15) based on the demographic variables. It is obvious that data of this research can be used as guide in enhancement program of health workers mental health in addition to indication of psychiatric disorders prevalence.

### Materials and Methods

The statistical community of this descriptive study concluded all health workers of Khorasan Razavi province ( $n=1330$ ) who work in 908 health centers.

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The sampling method is census so the questionnaires with special code posted to the centers (in pocket). The health workers who tend to participate in this research, fulfilled the questionnaires then the responsible person collected these forms. Amongst 1330 health workers, 1013 questionnaires collected and posted to the province health center.

**Research instruments**

- *Symptoms Checklist-90-Revised (SCL-90-R)*: This is one of the most used self-report instruments of psychiatric symptoms in the worldwide. The primary version made by Derogotis et al. in 1973 and it revised in 1976 by Derogotis and Wilkzurak. This test included 90 questions to evaluate psychiatric symptoms. This test can screen healthy individuals from patients. In Iran, this test used currently in different populations and its psychometric characteristics reported as acceptable (3,4).

**Results**

This study conducted on 1013 health workers with mean age of  $36.09 \pm 7.30$  years (20-58 years). The mean of working years was  $14.17 \pm 8.3$  years. 67.6% of them were female. In term of marital status 87.5% of health workers were married and 4.7% were single and 1% of participants were widow and divorced. In term of educational level 12.8% had higher education, 62% of them had diploma and 3% of health workers had elementary education.

The highest mean score was in obsession domain (1.22) and the lowest mean was related to phobia (0.5) (Table 1). In this study, the most prevalent disorders were somatization, obsession-compulsion

and depression. Based on the clinical global index, 91.6% of individuals were healthy while 3.2% of them had disorder and 5.2% had severe problem (Table 2). Based on the clinical global index, the prevalence rate in women was higher than men ( $P<0.01$ ). The prevalence rate of psychiatric disorder was not different based on the marital status, educational level, history and city of residency (Tables 3-5). Based on the clinical global index, the prevalence rate of psychiatric disorder was different in different age groups and it was higher in 35-44 years aged individuals (Table 5).

**Table 1.** The scores of SCL-90-R based on the different diagnostic scales among health workers

Scale	Mean	Standard Deviation
Somatization	1.15	0.90
Obsession-Compulsion	1.22	0.82
Interpersonal sensitivity	0.92	0.75
Depression	0.96	0.83
Worry and anxiety	0.94	0.85
Aggression	0.75	0.70
Neuroticism	0.61	0.66
Paranoia	1.08	0.84
Phobia	0.54	0.63

The minimum score in all items was 0 and the maximum score was 4.

**Table 2.** The prevalence of psychiatric disorders based on the diagnostic scales of SCL-90-R

Psychiatric disorders	Normal		Noticeable problem		Severe problem	
	prevalence	percentage	prevalence	percentage	prevalence	percentage
Somatization	924	91.2	39	3.8	50	4.9
Obsession-Compulsion	939	92.7	35	3.5	39	3.8
Interpersonal sensitivity	977	96.4	14	1.4	22	2.2
Depression	947	93.5	39	3.8	27	2.7
Worry and anxiety	950	93.8	28	2.8	35	3.5
Aggression	990	97.7	7	0.7	16	1.6
Neuroticism	993	98.0	10	1.0	10	1.0
Paranoia	957	94.5	21	2.1	35	3.5

Phobia	997	98.4	9	0.9	7	0.7
GSI	928	91.6	32	3.2	53	5.2

**Table 3.** The prevalence of GSI scores among health workers based on gender, marital status and educational level

Variable		Psychiatric disorder (number/percentage)	Normal (number/percentage)	Noticeable problem (number/percentage)	Severe problem (number/percentage)	Chi square	P				
Gender	Female	685	67.6	611	89.2	28	3.9	47	6.9	16.46	0.002
	Male	265	26.2	257	97.0	4	1.5	4	1.5		
Marital status	Single	48	5.1	41	85.4	2	4.2	5	10.4	7.6	0.26
	Married	886	93.9	813	91.8	29	3.3	44	5.0		
	Widow and divorced	10	1.0	8	80.0	0	0.0	2	2.0		
Educational level	Elementary	30	3.0	26	86.7	3	10.0	1	3.3	9.48	0.48
	Middle	150	14.8	139	92.7	3	2.0	8	5.3		
	High school	628	62.0	570	90.8	21	3.3	37	5.9		
	Higher education	129	12.8	120	93.0	4	3.1	5	3.9		

**Table 4.** The prevalence of GSI scores among health workers based on city

Variable (city)	Psychiatric disorder (number/percentage)	Normal (number/percentage)	Noticeable problem (number/percentage)	Severe problem (number/percentage)	Chi square	P				
Bakhras	46	4.5	42	91.3	0	0.0	4	8.7		
Bardaskan	50	4.9	45	90.0	5	10.0	0	0.0		
Tayebad	34	3.4	31	91.2	0	0.0	3	8.8		
Torbat-e-Jam	80	7.9	67	83.8	5	6.3	8	10.0		
Chenaran	72	7.1	68	94.4	1	1.4	3	4.2		
Khalilabad	37	3.7	34	91.9	1	2.7	2	5.4		
Khaf	64	6.3	62	96.9	0	0.0	2	3.1		
Dargaz	47	4.6	42	89.4	2	4.3	3	6.4	38.32	0.36
Roshtkhar	54	5.3	52	96.3	1	1.9	1	1.9		
Sarakhs	49	4.8	46	93.9	2	4.1	1	2.0		
Torghabeh	13	1.3	13	100.0	0	0.0	0	0.0		
Fariman	29	2.9	27	93.1	0	0.0	2	6.9		
Quchan	89	8.8	82	92.1	4	4.5	3	3.4		
Kalat	31	3.1	30	96.8	0	0.0	1	3.2		
Kashmar	66	6.5	59	89.4	2	3.0	5	7.6		

Mashhad-1	90	8.9	81	90.0	3	3.3	6	6.7
Mashhad-2	46	4.5	39	84.8	3	6.5	4	8.7
Mashhad-3	71	7.0	65	91.5	3	4.2	3	4.2
Mashhad-5	45	4.4	43	95.6	0	0.0	2	4.4

**Table 5.** The prevalence of GSI scores among health workers based on age and work years

Variable (city)	Psychiatric disorder (number/percentage)	Normal (number/percentage)	Noticeable problem (number/percentage)	Severe problem (number/percentage)	Chi square	P
Age (year)						
20-24	31	3.1	29	93.5	0	0.0
25-29	198	19.5	182	91.9	4	2.0
30-34	172	17.0	167	97.1	1	6.0
35-39	207	20.4	180	87.0	14	6.8
40-44	193	19.1	173	89.6	7	3.6
45-49	101	10.0	92	91.1	3	3.0
50-54	31	3.1	29	93.5	2	6.5
55-59	3	0.3	3	100.0	0	0.0
Work years						
1-5	237	23.4	220	92.8	6	2.5
6-10	107	10.6	102	95.3	0	0.0
11-15	107	10.6	100	93.5	2	1.9
16-20	195	19.2	171	87.7	13	6.7
21-25	223	22.0	199	89.2	9	4.0
26-30	55	5.4	53	96.4	0	0.0

## Discussion

The results of research indicated that 91.6% are healthy while 3.2% and 5.2% of cases have psychiatric problems and severe problems respectively. The highest mean of scores related to obsession and lowest score related to phobia. The most prevalent disorders were somatization, obsession-compulsion and depression respectively. The prevalence rate of disorders is more in women and in age group of 35-44 years. The prevalence rates were not different significantly based on marital status, educational level, work years and city.

The results of the present study are concordant with the results of a study conducted on health

workers in Larestan city. The results indicated that the prevalence of depression was 43.43% among health workers in Larestan city. In this study, the prevalence of depression is 3<sup>rd</sup> most prevalent disorder and 1<sup>st</sup> and 2<sup>nd</sup> rates related to somatization and obsession. Depression is more prevalent among women and single cases but in the present study there were not significant differences based on these variables (5).

Also, this study is according to the study conducted in Koohrang of Chahar Mahal Bakhtiyari province which aimed to evaluate the rate of job burnout among health workers in 2010. In this research, there was not significant relationship between job burnout and gender, marital status,

work years, type of employment and educational level. Also, in the present study there was not significant relationship between psychiatric disorders and marital status, work years, job city and educational level among health workers.

### Conclusion

Based on the results, more attention to health workers' mental health especially in special age groups and gender is necessary.

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