

## Opinion of Primary Care Giver to Psychotherapy Regarding Neurosis Patients

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### Abstract:

**Background:** Neurosis has significant contributor to the global burden of disease and affects people in all communities across the world. **Objective:** The study was conducted among the primary care giver of neurosis patients based on broad objective of exploring the present situation of the psychotherapy and their present combating mechanism as well as to know the therapeutic outcomes of psychotherapy. **Methodology:** The study was conducted among the psychotherapist, psychologist and patient relatives. The study had been employed qualitative research method and researchers selected 12 primary care givers through using purposive sampling method for the study. The study was successfully conducted with 100% response from the study subjects. Data were collected through interview schedule and face to face interview. **Result:** Findings of the study showed that therapy outcomes and therapy situation was satisfactory in the

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*neurosis patient management condition according to care giver opinion. It also revealed that patient satisfaction was quiet impressive.*

**Conclusion & Recommendation:** *Awareness of mental health should be increased among the mentally ill patient as well as their relatives who care them and patient with neurosis should consult with trained psychotherapist for better management. Further large scale study can be done to get more precise result.*

**Key words:** Psychotherapy, Neurosis Patients, Primary care giver

## **Introduction**

Neurotic behavior can appear in a person with neurosis. The definition of neurosis is emotional maladjustments that damage the person's ability to think and make proper judgments but cause minimal loss of contact with reality.<sup>1</sup>The type of neurosis may make a difference in the neurotic behavior a person has. Types of neurosis include anxiety, depressive, and phobic. Some examples of neurotic behavior are obsessive-compulsive behavior, ritualistic behavior, and negativism.<sup>2</sup> A person showing neurotic behavior relies more on extreme defensive reactions. Neurosis has significant contributor to the global burden of disease and affects people in all communities across the world. Obsessive compulsive disorders (OCD), Anxiety, Depression are the leading causes of disability worldwide. Among the neurosis depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression in the previous year. Depressive disorders often start at a young age; they reduce people's functioning and often are recurring. For these reasons, depression is currently near the top of the global list of disabling conditions in global burden of disease studies. The demand for curbing depression and other mental health conditions is on the rise globally. A recent World Health

Assembly called on the World Health Organization and its member states to take action in this direction.<sup>1</sup> A study on “Group psychotherapy as an aid to out-patient treatment in a psychiatric clinic” Experience obtained during a period of a year with the use of group psychotherapy on out-patients has demonstrated that this form of treatment can be successfully used in an out-patient clinic. Our observations indicate that even in a clinic setting, it is possible for the therapeutically-important emotional relationships to be established: namely, the patient-to-therapist transference and the patient-to-patient identification which lead to a group formation similar to that in the family. Through these relationships, by means of a process that might be designated as “catharsis in family,” the working out of underlying emotional conflicts is facilitated.<sup>3</sup> The present study is an attempt to explore opinion of primary care giver to psychotherapy regarding neurosis patients.

## **Methodology**

### **Study design**

It was a qualitative hospital based study. The subjects were selected purposively.

### **Place of the study**

Dhaka Monorog Clinic, Mirpur-11, Dhaka.

**Study Period:** The study period was July -December 2013.

**Study Subject:** 12 samples were purposively selected to conduct study.

**Data processing:** After collection, data were checked thoroughly for consistency and completeness. Data were checked after collection of data to exclude any error or inconsistency.

**Statistic Analysis:** All analysis was done by appropriate statistical methods using SPSS software for Windows version 11.5.

**Ethical Issue:** All ethical issues, which were related to the research involved with human subjects, were followed according to the guideline of ethical review committee.

## **Result**

The actual present situation of psychotherapies of Bangladesh were not discover till now, though there were lots of patients of Anxiety, Depression, OCD and make huge loss of work time that effect on economy of family as well as society. Mental health area still was neglected by government and exist stigmas in society of Bangladesh. So, the patients of Anxiety, Depression, and OCD were faced inhuman suffering in Bangladesh. The researchers analyzed primary sources of data in qualitative way and tried to find out the actual scenario of psychotherapy on neurosis patient. In terms of building theoretical knowledge through the secondary source of data and find out the actual present scenario of psychotherapy researchers conducted with 5 primary caregiver (relative who care of the client, one psychotherapist, psychiatric nurse).

### **Family History of Neurosis (Anxiety, Depression, OCD)**

There was the evidence of family history of anxiety, depression, OCD. Respondents' parents or siblings had the claim of neurotic episodes.

Respondent (A) stated that ....

*“my mother has become depressed as she lost her second son at the age of 23 and is under treatment.”*

Respondent (B) said that ....

*“One of my clients father killed himself suddenly, without any reason. He was a depressive patient before marriage.”*

One of the participants (C) stated that....

*“My patient’s father had a problem of repeated speech history of spending more time in toilet.”*

### **Analysis of the theme “Family history of neurosis”**

The observation found that family members (parents, siblings or other blood connected relatives) of neurosis patient were also the patient of neurotic problem. In this study found that depressive, anxiety, OCD patient’s parents or only father or mother, or uncle or grandparents are also the patient of depression, anxiety, OCD.

### **Lack of Social Support**

Lack of social support is a very common cause of effectiveness of psychotherapy. Social support may help a person to be hopeful. The study found that almost every patient has the experience of unhelpful social situation.

One of the participants (A) said that....

*“My relatives and neighbor are think that my sister is going to mad and they tease me in insulted way.”*

Respondent (B) said that....

*“one of my client say that his neighbors teased, they are mad family.”*

Respondent (C) said that....

*“After the diagnosis of my clients OCD, he cannot go to the college. His friends call him mad.”*

### **Analysis of the theme “Lack of social support”**

The observation found that almost every respondent has faced negative comment from their friends and neighbors. In this

study they (friends and neighbors) teased patients badly and laugh at them, so that the patients feel bad and worthlessness. For this negative comment from the friends and surroundings they could not maintain their everyday task properly.

### **Marital or Relationship situation**

Man has to go through the relationships. But almost all patient faced relationships problem. The study found that every patient has faced some sort of relationship problem. Respondents said that they have marital or social relationship problems.

Respondent (A) said that....

*“His sister had bad relationship with my teacher, so that they did not give good marks in the exam and she failed to pass the exam.”*

Respondent (B) said that....

*“one of my patient says he loved a girl and the parents of the girl did not accept me our relationship.”*

Respondent (C) said that....

*“One of my patient says whenever I am in argument with my wife, I feel depressed.”*

### **Analysis of the theme “Marital or relationship problems”**

The source of depression and anxiety is the marital or relationship problem. The observation found that respondents have faced the relationship problem in their life. The relationship with parents, the relationship with teachers, relationship with colleagues, relationship with authority and relationship with loved one are the important matter of our smooth and stress-free life.

### **Environment is not friendly for psychotherapy**

Friendly environment is very important for smooth life leading. On the other hand, the neurotic patient has the experience of

unfavorable environment. During their manifestation of disease they faced some hostile situation that affects their mental state.

One of the participants (A) said that....

*“My friends and neighbors are think that I am going to mad and they tease me in insulted way. It is not good looking to come into the mental hospital socially.”*

Respondent (C) said that....

*“one of my client says his neighbors teased you visit psychologist that means you are mad, you are from mad family.”*

Respondent (B) said that one of his client says

*“After the diagnosis of my mental illness, I cannot go to the college. My friends call me mad.”*

### **Analysis of the theme “unfavorable environment”**

Neurotic patients are the sufferer of miserable life. We can reduce their mental pain being empathized with them. But thing is different in our country, we criticized mental patient and laugh at them, so that their problem increased and maintained. For these negative views some patients committed not visit psychotherapist.

### **Thinking about present situation regarding psychotherapies**

Bangladesh is a developing country. Most of the people is poor in knowledge about the mental illness and its management. In this study the respondents feel that mental health service is necessary to them but proper treatment is not accessible.

Respondent (A) said that....

*“I think the the good treatment is not available in this country”*

Respondent (B) said that....

*“Yet it is developing in our country”*

Respondent (C) said that patient claims

*“Psychotherapy is costly both financially and duration of time. It take long time to recover. Sometimes it is not sure about get well from the disorder.”*

### **Analysis of the theme “present situation regarding psychotherapies”**

Good and scientific mental health is essential for patient and health service should be low cost. But it is observed that mental health services are costly and not available so that patient does not get proper treatment even some patients do not get treatment. So, they are living with depression, anxiety and OCD that is alarming for our country.

### **Comments regarding psychotherapies**

Mental health service providers have to ensure the recovery from the disorder that may grow a sense of hope into the patient. But in this study found that there is no certainty to recover from illness.

Respondent (A) said that....

*“I do not know will my sister get well or not.”*

Respondent (B) said that....

*“It is very long term treatment process and treatment cost is not so high. We usually assurance patient about the possibility of recovery.”*

### **Analysis of the theme “comments regarding psychotherapies”**

When patients get surety to get relief from the disorder taking the mental health service they may enthusiastic to take the service or maintain the advice. But mental health service providers are giving assurance to recovery from the disorder. So, the patient should encourage maintaining the services. In this study found that therapist ensure certainty of recovery

### **Beneficiary approaches of psychotherapies**

There is lots of benefit regarding psychotherapy it is a good medicine for mental disorder patient specially for neurotic patient. The existing medicines (drugs) have lots of side-effects that may cause the fear of taking the medicines to the patients. These side-effects may hamper the daily life. On the other hand psychotherapy has no side effect.

Respondent (A) said that....

*“The medicines are costly and it has vast side-effect but we are feeling more comfort in psychotherapy which does not create any disturbance.”*

Respondent (B) said that....

*“The way we are giving psychotherapy is very beneficial for the patient. It has no side-effects. Patient fell more comfort. They easily share their discomfort and difficulties and follow the instruction of psychotherapist and promptly getting recover from mental illness”*

### **Analysis of the theme “lack of good medicine”**

Psychotherapy good therapy and also side-effect free treatment which is very much influential things for taking the therapy of anxiety and depression to the patients. But it is observed that existing medicines have lots of side-effects that may cause the fear of taking the medicines to the patients. These side-effects may hamper the daily life of the patients.

### **Evaluation and suggestions**

Every therapy should be evaluated at any stage of its implication, for further development of the therapeutic approach suggestions are very much appreciable.

Respondent (A) said that....

*“The therapy is good but it need more convenience to the patient.”*

Respondent (B) said that....

*“the way we are giving psychotherapy is very beneficial for the patient. It has no side-effects. Patient fell more comfort. The patient usually fell more relax whenever they attend the therapeutic session. I think for further development therapist should be more careful about assessing patients need*

## **Discussion**

The actual present situations of psychotherapy in Bangladesh are not so pleasurable till now. The major observations of the study found that life of Anxiety, Depressive and OCD patients were miserable. Some patient did not maintain their daily jobs so that they lost their jobs. K. Karampampa et al (2011) also found the similar findings that the impact of those disorders may hamper the individual's everyday life, resulting in a substantial economic burden imposed on society, with the majority of the costs being generated outside the health care systems.<sup>4</sup> The situation of psychotherapy for managing those patient helping individual and group to lead their normal life. There were some factors which influence the effectiveness of the therapy like social factor, psychological factors and behavioral factors. If all thing act positively like people accept the importance of psychotherapy ,encourage people to attend the session regularly, easily accept the criticism of own mind and others it will be a good way of managing patient. Social support may help a person to be hopeful. An isolated, depressed person can slowly die on the vine, believing the world is better off without him or her (or that the person is better off without the world). Thoughts of death coupled with intense negative emotion are two of the most dangerous aspects of neurosis. A person who keeps meaningful connections with others stays connected with life. Through psychotherapy he or she can visualize the future, making plans to keep on living and stay

out of harm's way. Lack of social support is a very common cause of unwillingness to accept the therapy. Almost every patient has the experience of unhelpful social situation that was the maintaining factors of decreasing the outcome. Krull E. (2012) found the almost similar findings.<sup>5</sup> The treatment of neurosis through psychotherapy was satisfactory. The respondents are quiet happy with the facilities to get rid of anxiety and depression. There are lacking of awareness among the general population about mental health service and available services. So, some patients do not get treatment. So, they were living with depression that is alarming for our country. The mental health problem is also stigmatized in Bangladesh. For this reason, some neurotic patients unwilling to go to a psychiatrist rather they go to general doctor or huzur/kabiraj. So people should be more conscious about their health needs.

## **Conclusion**

Neurosis is common mental disorders. Worldwide the situation of psychotherapy for neurosis patient is developing. Day by day, the style of psychotherapy changing for the management of neurosis patient. In this study, we found different etiological factors of depression. The Sufferings of neurotic patient is measurable. Mental health service in Bangladesh is not playing a satisfactory role on this field. Patients are not pleased on treatment procedure as well as the cost of the treatment. Study also showed that the patients are feeling worthlessness, lonely and neglected by the society so, they suffer for functional impairment. They even also failed to follow personal life course which are related in daily life functions. There is a remarkable finding of this study, which is the situation of psychotherapy is improving in our country. Patients are getting benefited from the psychotherapies. If the psychotherapy apply perfectly its benefit will change the patient life and can lead normal life.

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