



# Attitude towards Psychiatry among Saudi Northern Border Medical Students; before and after the Psychiatry Module

Dr. Mohammedamin Mukrim M Abdelrahim (1), Dr. Anas Ibnauf Abbas (2), Dr. Nahi S G Alrwaili (3)

## INTRODUCTION

The attitude towards psychiatry is of pivotal importance as the undergraduate medical students are going to be involved in the healthcare delivery of patients with mental disorders whether directly or indirectly in their future careers.

## AIM

The aim of the study is to assess the attitudes of Northern Border University (NBU) medical students towards Psychiatry before and after psychiatric education and training module.

## OBJECTIVES of the Study

### General Objective:

To study the attitudes towards psychiatry among northern border medical students; before and after being exposed to the Psychiatry module, in their fifth year of the curriculum.

### Specific Objectives:

1. To assess the attitudes of NBU medical students towards Psychiatry before and after psychiatric education and training module.
2. To examine the effect of the psychiatric training clerkship on these attitudes.
3. To examine some sociodemographic variables' relation to attitude change.
4. To find out the association between medical students' attitude towards Psychiatry in those who have past or family history of psychiatric disorders.

## METHODS

It was a cross-sectional institution-based study that was carried out at Alamal Complex For Mental Health (ACMH) in Ar'ar among 5th year NBU medical students.

Total coverage of students was done.

The study used a self rated socio-demographic data questionnaire and the "Attitudes Toward Psychiatry-30 items" (ATP-30) scale before and after the psychiatry module.

Sixty eight medical students were included.

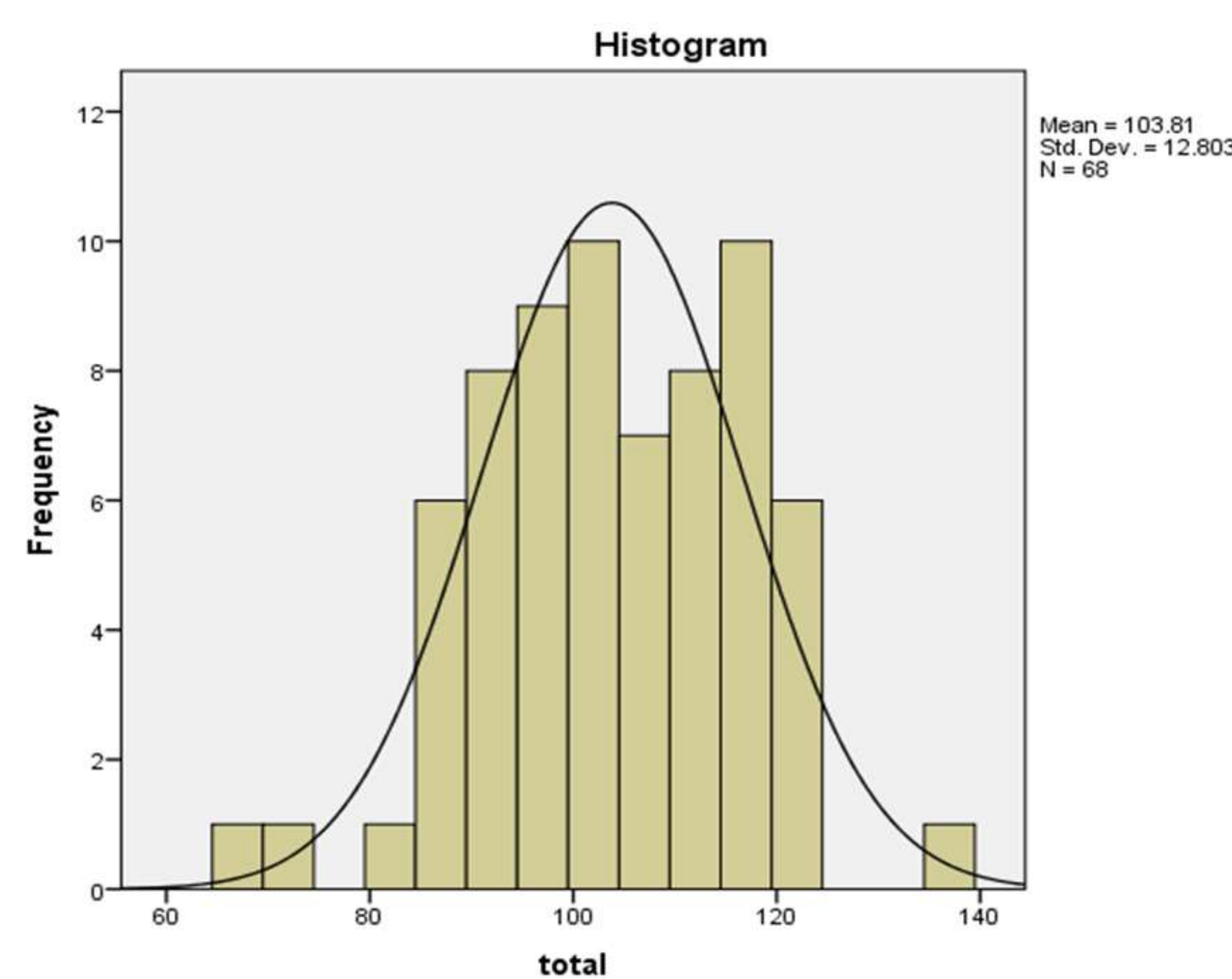
The data was analyzed using the statistical package for social sciences (SPSS).

X2 statistic and parametric statistic were used to analyze categorical and numerical variables respectively.

P value < 0.05 was considered as level of significance.

## (Figure No; 1):

### Distribution of students ATP-30 Scores before the Psychiatry module:



## RESULTS

The results showed that there is no significant change in the ATP-30 total scores before and after Psychiatry Module (P value = 0.288). However, it was essentially positive before starting the module.

No significant association was found between the positive total score and the socio-demographic factors; gender, origin, marital status, and economic levels of the students and their academic performance, family history of psychiatric illness or past psychiatric history.

Prior contact with psychiatric patients was found to have a significant association with the positive attitude before starting undergraduate learning (P-Value = 0.048).

Additionally it revealed association with more positive attitude towards psychiatric knowledge and teaching after the module (P-Value = 0.012) with the male students having more positive attitude towards psychiatry and psychiatrists than females (P-Value = 0.004).

Moreover, it revealed an association with more positive attitude towards psychiatric patients and illness among students with prior contact with patients (P-Value = 0.023).

## CONCLUSION

The total ATP-30 was favorable before and after the module with significantly more positive attitude towards psychiatric knowledge and teaching, psychiatric patients and illness, and finally towards psychiatry and psychiatrists among male students

## BIBLIOGRAPHY

1. Al-Atram AA. Physicians' Knowledge and Attitude towards Mental Health in Saudi Arabia. Ethiopian journal of health sciences 2018 Nov; 28(6):771-778 doi: 10.4314/ejhs.v28i6.12.
2. Alzahrani A. Assessing the attitudes of medical students towards psychiatry: A new paradigm. Asian journal of psychiatry 2019 Jun;43:17-23 doi: 10.1016/j.ajp.2019.05.005.
3. Baminiwatta AKAB, Bandara WAVS, Athurugiriya AAID, Yangdon T, Cader GR, Bokalamulla LAB, Bandara WRRD, Bandara WMKM, Chandradasa KASIP, Athukorala HP, Dias GSSR. A nationwide survey of attitudes towards psychiatry among final-year medical students in Sri Lanka. Asian journal of psychiatry August 2020; 52:102101. <https://doi.org/10.1016/j.ajp.2020.102101>.
4. Bhise MC, Marwale AV, Deshmukh AS, Saoji SG. Impact of differences in psychiatry curriculum of undergraduate medical and physiotherapy students on their attitude towards psychiatry. Indian journal of psychiatry 2016 Apr-Jun;58(2):208-11 doi: 10.4103/0019-5545.183780.
5. Burra P, Kalin R, Leichner P, Waldron JJ, Handforth JR, et al. The ATP 30-a scale for measuring medical students' attitudes to psychiatry. Medical Education 1982; 16: 31-38.
6. Desai R, Panchal B, Vala A, Ratnani IJ, Vadher S, Khania P. Impact of clinical posting in psychiatry on the attitudes towards psychiatry and mental illness in undergraduate medical students. General Psychiatry 2019;32:e100072. <http://dx.doi.org/10.1136/gpsych-2019-100072>.
7. Hailesilassie H, Kerebih H, Negash A, Girma E, Siebeck M, Tesfaye M. Attitude of Medical Students towards Psychiatry: The case of Jimma University, Southwest Ethiopia. Ethiopian journal of health sciences 2017 May;27(3):207-214.
8. Holt C, Mirvis R, Bao J, Cross S, Hussain O, Hutchings H, Marshall E, Qureshi H, Turner F, Wilson-Jones C. Three-Year Longitudinal Follow-up of the Psychiatry Early Experience Program (PEEP): Gaining and Sustaining Positive Attitudes Towards Psychiatry in Students at a UK Medical School. Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry 2019 Dec;43(6):600-604 doi: 10.1007/s40596-019-01092-0.

## ACKNOWLEDGEMENTS

TO my dear friend and teacher Dr. Mohamed Elhassan Abdallah, Assistant Professor of Medical Education and Dr. Ozaz Yagoub for their appreciated great support and nice guidance and inputs.

To the local Bioethical Research Committee in Northern Border Region.

And To ACMH in Ar'ar (Currently Eradah Complex For Mental Health – Northern Border) workmates.

## Correspondences:

1. Consultant Psychiatrist, Assistant Professor of Psychiatry & Saudi Board Program Director- Northern Border. (drmukrim@hotmail.com)
2. Consultant Psychiatrist at Altaif Psychiatry Hospital (Shihar) MOH KSA .
3. Senior Registrar of Psychiatry & Medical Director ECMH-NB MOH KSA.