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"A Study to Assess Knowledge Regarding ECT Among People in Selected Areas of Pune City."

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Abstract

Introduction: Electroconvulsive therapy ECT refers to the induction of seizures via the passage of electric current for therapeutic purpose. It is a well-established treatment modality for treating acute episodes of psychoses or affective disorders. It has demonstrated benefits in various other psychiatric as somatic therapies are treatment approaches that use physiological or physical interventions to effect behavior change. The most common form of somatic therapy is ECT. It was first used as a treatment modality in 1934 to cure psychotic disorders by inducing convulsions. Electroconvulsive therapy (ECT), the oldest somatic therapy still in use in psychiatry today, remains one of the most effective therapeutic interventions for a wide variety of psychiatric disorders. ECT and ketamine, which has shown promise for treatment-resistant depression and acute suicidality. Researchers continue to explore different ways of using ECT by modifying the treatment parameters to maintain efficacy and decrease side effects. Neurocognitive side effects remain one of the major drawbacks to its use and contribute to the negative stigma of this highly effective treatment.

Material and Methods: In present study Researcher adapted Non Experimental descriptive research design it was carried out on 300 Samples Non-probability purposive sampling techniques was used to data was collected after collecting the through structured questionnaire for assessing the level of knowledge among people regarding ECT Ethical clearance was taken from the institutional ethics committee data analysis word done using descriptive statistics using demographic profile and self-structured questionnaire on knowledge regarding ECT among people data analysis was done using descriptive statistics.

Result: Revealed that knowledge releted to Electroconvulsive Therapy majority of people having an average knowledge, 66.33% while 30.66% had an poor knowledge and only 3%have an good knowledge. The overall mean is 8.8withSD+-2.25

Keywords **-** Assess, ECT, knowledge, People

Introduction

In the context of therapy Major depressive illness is one of the many mental health disorders that may benefit from electro convulsion treatment, a somatic therapy. Since its introduction in 1938, technology and methods to stimulate or modify brain activity from the surface of the head have been available. Electroshock therapy is excellent for those on antidepressant regimens and is often quite successful in treating serious mental diseases. Even Nevertheless, electroconvulsive treatment is a viable therapeutic alternative for mental health issues in some individuals. Research has shown that it may have unfavorable side effects, such as temporary disorientation and amnesia. While the patient is under general anesthesia, electroconvulsive treatment entails briefly stimulating the brain electrically in order to cause a global cerebral seizure. Electroconvulsive therapy was developed in 1938 in Italy to treat catatonia and depression. Clinical practice for electroconvulsive therapy has advanced significantly since 1938, according to study findings. The use of general anesthesia, the creation of cutting-edge Electroconvulsive Therapy forms that reduce memory loss and other side effects, and relapse prevention strategies after recuperating from an acute course of seven Electroconvulsive Therapy treatments are a few of these. Although clinical studies have shown the effectiveness of electroconvulsive treatment, particularly for severe depression, memory impairment and other adverse effects remain a possibility. ECT is the gold standard therapy for people with TRD and is often a very successful treatment for severe mental illnesses. While ECT is a therapeutically successful option for treating serious mental problems in adolescents and older patients, several studies have opposed its use due to possible side effects, including memory impairment

and short-term disorientation. For instance, a meta-analysis of randomized controlled trials revealed that individuals with schizophrenia who had ECT in addition to antipsychotics experienced significantly more temporary memory impairment..

Need of the Study

In India, electroconvulsive therapy is quite popular. For the last several decades, it has been one of the most successful and contentious mental health treatment methods. Electroconvulsive therapy has experienced a number of advancements and modifications since its beginning in 1938, including the adoption of the short pulse approach and altered treatment plans. Evidence has shown that, when used effectively, this therapy is safe and effective, despite global fluctuations in its use and application. A retrospective research on electroconvulsive treatment in teenagers was conducted in 2013 by Grover, Sandeep. The findings indicate that 658 individuals had electroconvulsive therapy, with the majority of the sample demonstrating a good response.

Numerous studies on electroconvulsive therapy and its use for the majority of psychotic disorders have been carried out in India. Reviews of people's knowledge and perceptions of the therapy, as well as those of family members, are available. As per the review and the surrounding context, the researcher want to do this investigation. The research is significant because ECT is a medical therapy in which tiny electrical currents are purposefully sent into the brain to create a short seizure. This technique, which is carried out under general anesthesia, seems to alter brain chemistry in a way that may swiftly alleviate the symptoms associated with specific mental health issues. ECTis often used to treat patients with dementia who exhibit agitation, aggressiveness, severemania, treatment-resistant depression, severe depression, and catatonia. In order to maximize benefits while minimizing dangers, ECT currently employs regulated electric currents, albeit certain adverse effects may still occur. In order to promote awareness and comprehension of ECT, the research will help identify information gaps among residents of certain neighborhoods of Pune City and assist in the development of focused interventions.

Aim of the Study

A study to assess knowledge regarding ect among people in selected area of pune city.

Methodology

In present study Researcher adapted Non Experimental descriptive research design it was carried out on 300 Samples Non-probability purposive sampling technique method was used to data was collected after collecting the trought structured questionnaire for assessing the level of knowledge among people regarding ECT Ethical clearance was taken from the institutional ethics committee data analysis word done using descriptive statistics using demographic profile and self-structured questionnaire on knowledge regarding ECT among people data analysis was done. using descriptive statistics.

Result

Table no 1. Findings related to the demographic variables of participants

N=300

Demographic Variable	**Frequency(f)**	**Percentage(%)**
1.AgeinYears		
a. 20-30years	**142**	47.33
b. 31-40years	**61**	20.33
c. 41-50years	**68**	22.67
d. 51-60years	**29**	9.67
2.Gender		
a. Male	**145**	48.33

b. Female	**155**	51.67
3.Educational Status		
a. No formal education	**4**	1.33
b. Primary/Secondary education	**144**	48
c. Graduation	**128**	42.67
d. Post Graduation and above	**24**	8.00
4.Occupation		
a. Homemaker	**92**	30.67
b. Government job	**33**	11
c. Private job	**131**	43.67
d. Business	**44**	14.67
5. Type of Family		
a. Nuclear family	**121**	40.33
b. Joint family	**122**	40.67
c. Extended family	**57**	19
6. Family Income		
a. Rs.≤10,000	**36**	12
b. Rs.10,001–15,000	**100**	33.33
c. Rs.15,001-20,000	**113**	37.67
d. Rs.20,001andabove	**51**	17

Section 1: Description of Socio–demographic variables

The above study shows that the demographic variable that majority 47.33% had 20 to 30 year, 22.67% were from 41 to 50 years, 20.33% were from 31 to 40 years and 9.67% were from 51 to 60 year of age group. 48% had Primary and secondary education, 42.67% participants had Graduation, 8% had completed Post graduation and 1.33% were non formal education. Majority 43.67% had private job, 30.67% had homemaker, 14.67% had business and 11% had Government job. Majority 40.67% were from joint Family, 40.33% belongs to nuclear family & only 19% were from extended family. Majority 37.67% had family income between 15001 to 20000, 33.33% had 10000 to 15000, 175 had 20001 and above and 12% had less than 10000.

Section:2

Findings related to level of knowledge regarding Electro convulsive Therapy among people in selected area of Pune city

Level of knowledge	F	%	Mean	SD
Poor(0-7)	92	30.66		

Average (8-14)	199	66.33	8.8	2.25953
Good(15-20)	9	3		

Table no. 1 Above findings showes that most of the people havingan average knowledge ,66.33% while 30.66% had an poor knowledge and only3% have an good knowledge. Theoverallmeanis**8.8withSD+-2.25.**

Discussion

Can-Jing Deng,(In 2023) carried out a study on the attitudes and knowledge surrounding electroconvulsive therapy among caregivers and patients in South China. The findings indicated that, in comparison to patients, caregivers reported having received more adequate information about the risks (55.4% versus 20.7%), side effects (67.4% versus 41.3%), and therapeutic effects (50.0% versus 44.6%) of electroconvulsive therapy.

Kiran Patel,et.al (2021) We out a comparable research to evaluate the efficacy of a planned teaching program on patients' relative knowledge of electroconvulsive therapy at a hospital in Vadodara. Two group pre- and post-test designs were used in conjunction with a quantitative research approach. Pre-experimental one group pre-test-post-test study design was used by the investigator. Before and after administering the proposed instruction program, the structural the questions used a purposeful sampling technique to pick thirty samples and assess the participants' understanding of ECT. The achieved t value in the study is more than the table value of the test at the 0.05 level of significance, as the researcher discovered in the result, where t value = 24.853. Because of this, the acquired t value is significant, indicating that patient and family education on electroconvulsive treatment has enhanced knowledge.

Dr.Abdulqader Hussein, Ahamad, ArazooAdil, Taha Ahmad,(2018) conducted a study on Assessment of patients family Knowledge About Electroconvulsive Therapy Treatment In Psychiatric Unit In Sulaimani General Hospital. A non- probability purposive sample, 100 patient's family attending the psychiatry services in a major hospital in Sulemani. The result shows 90% of the respondents in patient's family consider that ECT is a treatment, and (70 %) of them considered ECT is investigation. 68% answered the ECT has not contraindication and 50% answered ECT has not complication. The study concluded that most of the patient and their givers they have not enough information about the ECT as a treatment as well as about how they manage and prepare the patient before and after receiving ECT and during the recovery.

Conclusion

There was almost no statistically significant association discovered between the demographic factors and people's understanding about ECT.66.33% of respondents had average knowledge, 30.66% had low knowledge, while 3% had strong knowledge, according to the data. The overall mean, with SD+-2.25, is 8.8. Nurses may provide patients receiving ECT with more patient-centered, culturally sensitive care if they have a greater awareness of public views and opinions around the therapy. Nursing administrators may more effectively devote resources to support patient education campaigns, staff training programs, and the implementation of interventions targeted at eliminating stigma around mental illness and enhancing awareness of ECT if they are aware of the community's views toward the treatment. Information from the research may be incorporated into nurse continuing education programs to improve nurses' expertise and understanding when it comes to providing care for patients receiving ECT. By staying up to date on the latest research and best practices for mental health care, nurses can help patients get higher-quality treatment. The results of the research might be incorporated by nursing administrators into quality improvement projects that are meant to enhance the provision of services related to mental health, including ECT. Nursing researchers may create and assess treatments meant to close knowledge gaps and lessen stigma associated with electroconvulsive therapy (ECT) based on the study's results. To raise knowledge of ECT, this may include creating educational materials, offering healthcare personnel training, or implementing community-based activities.

Conflict of Interest

The authors attest that they have no affiliation with any organization or institution that has a financial or non-financial interest in the topics or resources covered in this work.

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