

Screening For Mental Disorders Using the GMHAT Application in Diabetic and Hypertensive Patients at Industry Health Centre Between July to October 2024, Georgetown, Guyana

ULois Stephanas

School of Nursing, CMS, University of Guyana, Georgetown, Guyana

Jenese October

Senior Medical Registrar, Psychiatry Department, Georgetown Public Hospital Corporation, Guyana

Saska Sertimer

Medical Registrar, Georgetown Public Health Corporation-Industry Health Centre, Guyana

Abstract

Background: Evidence shows that there is a high prevalence of depression, anxiety and stress among patients with diabetes and hypertension.

Aim: To assess prevalence of mental illness using the Global Mental Health Assessment Tool - Primary Care Version (GMHAT-PC) application among diabetes and hypertensive patients attending the chronic disease clinic at Industry Health Center, Greater Georgetown, Guyana from July to October 2024.

Methods: A Quantitative, cross-sectional design was utilized. Purposive sample of 106 diabetic and hypertensive patients were interviewed using GMHAT-PC tool. Ethical approval was obtained from the IRB, Ministry of Health, and GPHC. Data was analyzed using SPSS version 30.0.

Results: 45.28% of patients were in the age group of 65 to 75 years. 74.5% females, 67.9% East Indians, 52.8% had secondary education, 51.46% married, 86.8% were living with the family members. GMHAT-PC report showed 88.7% patients had no mental illness, 4.7% had anxiety and depression respectively. According to the primary care physician's report 67% had no mental illness, 15.1% had depression 5.7% had stress and 3.8% had anxiety. 72.6% patients were satisfied with the interview. Physician was satisfied with the tool.

Conclusion: The study finding suggests that GMHAT-PC tool is feasible to screen for mental illness among chronic disease patients at primary health care settings by Primary care physicians as well as other health care professionals who are trained in mental health.

Recommendations: A similar study can be done where more health care professionals use GMHAT-PC tool to screen chronic disease patients at various health centers in Guyana.