Overview of Epidemiological data of Mental Health Disorders in Shkodër city, Albania

Gusha Çela Kilda ¹ and Hoxha Valdet ²
¹Directory of public health, mental health sector, Shkoder, Albania
²Psychiatric Hospital, Shkodra, Albania

Objective: To evaluate the incidence, the lifetime prevalence rates and risk factors of mental disorder in population of Shkodra city, in Albania.

Method: This is a retrospective epidemiological study in the Shkodra, Albania with a population of 166.050 hundred. The study population comprised all hospitalized patients with mental problems from 5 until to 65+ years old (n=6,287) from January 2005 - December 2015. The clinical records from psychiatric hospital of Shkodra city were used for the detection of common mental disorders.

Results: Out of the 6,287 patients records 3,766 (59.9%) were female and 2,521 (40.1%) were male. The average age was 43±4. Incidence (per 100.000 residents) of mental disorder resulted 3786.2. The most prevalent mental disorder in this study was Schizophrenia with 2,884 (45.87%) patients. More than 765 (12.16%) patients reported a lifetime history of depressive disorders, 739 (9.17) affective disorders and 477 (7.6%) mental retardation. Personality disorders and any alcohol or drugs disorders were 3.56% and 2.67% respectively. The others reported anxiety disorder 1.14%; mood disorder 3.56%; bipolar disorder 1.81%; epilepsy, dementia and Alzheimer 0.63%, 0.68% and 01.17% respectively. Major depression was the most common single mental disorders. Women were more likely to suffer from mood, anxiety and depressive disorders than men, while men were more likely to suffer alcohol and drugs abuse disorders.

Conclusion: Mental disorders were more frequent in this study with predominance of Schizophrenia. Those problems were more common in female, in patients that live in rural area and unemployed persons.

Biography

Gusha Çela Kilda has received the Academic title – Bachelor’s in Psychology at Luigj Gurakuqi University ‘Psychology branch in 2005-2008. In 2008-2010, she graduated with Master of Science in the direction of the School Psychologist and the Organization of Tirana University and PhD in Psychology at the European University of Tirana (in 2012). Since 2010, she works full time at the Regional Public Health Directorate, and during this period worked as Assistant Pedagog at the University of Shkodra Luigj Gurakuqi, and Lecturer in the subject of Psychology Stress. She has published some scientific articles and has been heavily engaged in the non-governmental maltesser organization to help psychologically and emotionally children with autism.

kildacela@hotmail.com

Notes: