

Assess the Suicide Knowledge among Medical Students of Peoples University of Medical & Health Sciences for Women, Nawabshah District Shaheed Benazirabad, Sindh, Pakistan

Assess the
Suicide
Knowledge
among Medical
Students

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ABSTRACT

Objective: To analyze the level of knowledge among medical students of Peoples University of Medical & Health Sciences for Women (PUMHSW) Nawabshah, District Shaheed Benazirabad, Sindh, Pakistan.

Study Design: Descriptive cross sectional study

Place and Duration of Study: This study was conducted at the Peoples University of Medical and Health Sciences for Women Nawabshah, District Shaheed Benazirabad Sindh from June, 2021 to November, 2021.

Materials and Methods: Three hundred and seventy seven students were taken part in this study. Only 3rd, 4th and 5th year students were included. A series of questions were asked for assessing the knowledge of suicide, their factors and how to manage.

Results: All were belonged to female gender because university is only for female gender. There were 126 from 3rd year with 33.42%, 137 from 4th year with 36.33% and 114 from 5th year with 30.24%. One hundred and thirty seven said yes about to get training questions while 242 said no, 54 said yes about management training questions while 323 said no and 62 said about counseling training while 315 said no.

Conclusion: A special workshop and symposium was also arranged to enhance the skills and knowledge among graduates. Further it was also noticed that no proper counseling sessions were arranged so another recommendation is to arrange the counseling session with patients and to create the awareness among the local community.

Key Words: Suicide, Assess, Medical students

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INTRODUCTION

Worldwide, Suicide is one of major problem that affects developed and underdeveloped countries.¹

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Many factors may lead to the rising rate of suicide. Financial crisis is one of factor was noticed. Malnutrition is also another factor that leads to high rate of morbidity due to suicide. Health care professionals has great role to identify the underlying causes of suicide and proper management. They should be comprehensive in decision regarding assessment to treatment and in last management. They should have sufficient knowledge and communication skills to identify the reasons from the patients and their caregivers. By proper management from health care professionals may influences to decrease the rate of suicide. Moreover, to analyze the behaviour, attitude is one of main factor.² To assess the suicide knowledge among medical students are always a complex task but its importance may reduce the rate of morbidity and mortality. A very limited number of studies were available that focus on suicide knowledge in previous years. Some of studies were assess the knowledge among nursing students and professionals mentioned in references.³⁻⁷

In one study suicide may defined a person is going to half itself by knowing its dangerous consequences by their own will and wish. This is one of great problem in field of mental health sciences. It is also one of great public concern. This suicide is also listed in E from International classification of disease, injuries and causes of death (ICD-10).⁸ Another renowned association from America that depression episodes are one of link to cause suicide. A number of issues may link with suicide i.e., legal, ethical, social, moral and many other.⁹ According to various reports of World health Organization (WHO), the data gathered from more than fifty countries showed the exponentially high rate during the past years were noted and mostly in male gender as compared to female. There are various percentages found in different countries i.e., more than 60 found in Mexico and 17% in china in same period.¹⁰ A diverse nature was found in the patients who committed suicide especially in European countries. A great impact of social, ethical and life values were seen in the patients who survived after the suicide commit. Moreover, treatment of management of suicide patients is science as well as art. In management of patients, counseling is the key part. A patient needs treatment and a social worker who discussed the issues with the patients. As far as attitude is concerned, mostly psychiatrist treated the patients of suicide as mental disorder and in first instance with some symptoms such as schizophrenia, alcoholism and ultimately depression. Further for better treatment, knowledge of psychology and psychopathology is of great importance for better decision in treatment of suicide.¹¹ A total of four types of suicide model were presented by Durkheim i.e., fatalistic, egoistic, altruistic and anomic. Another author best described the suicide that results from relationship between two individuals, between families and individual with institutions.¹² Therefore, a current study was designed to assess the suicide knowledge among medical students at tertiary care hospital of Jamshoro, Sindh, Pakistan.

MATERIALS AND METHODS

This descriptive cross sectional study was conducted among medical students of Liaquat University of Medical and Health Sciences Jamshoro from 1st June 2021 to 30th November 2021. The sampling technique was random based on availability of students after their verbal consent. A total of 377 students were taken part in this study regardless the gender. Only 3rd, 4th and 5th year students were included while rest of the students was excluded. A series of questions were asked for assessing the knowledge of suicide, their factors and how to manage. A validated Suicide knowledge and skill questionnaire was used in the study. This questionnaire contains 13 questions that identify the behaviour of a suicidal patients and knowledge of medical students perceived. It contains two scales i.e.,

knowledge and confidence level of health care professionals. Then the data were presented in the form of tables with the help of Microsoft Excel.

RESULTS

There were 126 from 3rd year with 33.42%, 137 from 4th year with 36.33% and 114 from 5th year with 30.24% (Table 1). One hundred and thirty seven said yes about to get training questions while 242 said no, 54 said yes about management training questions while 323 said no and 62 said about counseling training while 315 said no (Tables 2-3).

Table No.1: Sample enrolment from 3rd, 4th, and 5th year (n=377)

Year of studies	No.	%
3 rd	126	33.42
4 th	137	36.33
5 th	114	30.24

Table No.2: Assessment of skills among samples

Questions regarding Skills	No.	%
Received training how to ask questions from suicide patients		
Yes	135	35.81
No	242	64.81
Received management training how to treat the patients		
Yes	54	14.32
No	323	85.68
Received counseling training how to counsel the patients		
Yes	62	16.44
No	315	83.56

Table No.3: Assessment of knowledge questionnaire among samples

Questions regarding knowledge	Correct Response	Uncorrected Response
Correct definition of Suicide	218	159
Particular age of suicide in which mostly patients committed	145	232
Rate of suicide related with mental illness	176	201
Suicide attempt in very serious patients	269	108
Suicide patients counseling point and to convince them away	232	145
Suicide may relate with age	297	80
Suicide is predictable or unpredictable	154	223
Suicide peoples want to die	241	136

Suicide may also relate to grab the intentions of others	283	94
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DISCUSSION

The Present study highlighted to assess the level of knowledge and understanding of suicide their factors among undergraduate medical students. Therefore, we use knowledge assessment scale that included skills and knowledge both. A significant number of undergraduate students have not sufficient skills and training regarding suicide. Moreover, around 35% has the skills while remaining has no any skills regarding this mental problem. Previous studies also highlighted the same but the findings are better because they have sufficient training and workshops for health care professionals regarding suicide knowledge and their management.^{13,14} Other studies discussed the findings of knowledge among health professionals. It was concluded that more than 40% of samples have not proper training regarding suicide knowledge while the current study also showed that no proper training has received. Only a limited knowledge of suicide has received by the medical undergraduate students.^{15,16} Another study was conducted on nurse health care professional and it was found that only 25% of the nurses has knowledge regarding suicide and the current study also had limited knowledge.¹⁷

CONCLUSION

The current study highlighted the need of suicide knowledge among medical students. Moreover, a special workshop and symposium will also be arranged to enhance the skills and knowledge among graduates. Further it was also noticed that no proper counseling sessions were arranged so another recommendation is to arrange the counseling session with patients and to create the awareness among the local community. Further a mass program will also be arranged at government level for awareness and importance of lives.

Author's Contribution:

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