

## Patient-doctor concordance of perceived mental health service needs in Chinese hospitalized patients

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The prevalence of emotional disorders is high among people who seek help from general medical services. In most international studies, the prevalence of depression and anxiety ranges from 3.6% to 13.1%. Co-morbid emotional problems such as depression and anxiety are associated with a decreased quality of life, impaired self-management behaviors, and a diminished perception of disease control in medical patients. Unfortunately, most of the patients with emotional problems are not properly treated. For example, an investigation of the Epidemiology of Mental Disorders (ESEMeD) of 21,400 adults from six European countries indicated that the lifetime prevalence of major depression was 13.4%, but only 4.6% of the depressive patients accepted antidepressants treatment. Moreover, we believe that a high concordance in the assessment of psychological needs rated by patients and medical staff is another important precondition for an adequate treatment of patients with depression or anxiety. However, it has been shown that doctor and patient attitudes relating to mental health services are not always consistent (19,20). Richards et al. reported that 37% and 12% of patients with psoriasis were identified as hospitalized patients which could be approached at the 10 departments that day, 151 patients were excluded based on the exclusion criteria. Among the included 1,511 hospitalized patients, 149 patients refused to participate in the study with "lack of time" and "not interested" as the most common reasons; 89 participants were excluded because their doctors did not respond. The overall response rate was 84.25% and the final sample consisted of 1,273 participants. The sociodemographic characteristics of the study group. The mean (SD) age was 53.1±16.3 years; 58.37% of the sample were men (n=743) In this study, only 59.56% of patients with significant depression or anxiety indicated their need for psychological help. The result was similar to the results of a study from Seekles [2012] who found that just over half of patients had needs for mental health services (55.3%) (15). Prins et al. conducted a systematic review including 71 studies and found that only 49% to 84% of the patients with depression or anxiety perceived the need for treatment Discussion of the patients' emotional problems requires time, good communication skills and sufficient knowledge about emotional problems in patients. Most of the doctors did not have the skills or expertise to deal with these problems.

when the problems become acute. McDonald et al. reported that when patients had obvious symptoms, such as crying and a depressed mood, the detection of psychological needs by staff was higher. The concordance between doctors' and patients' perception of psychological needs was low ( $\kappa=0.055$ ). The concordance between patients and doctors on perceived needs for psychological services has not been broadly studied before. Therefore, it is difficult to compare our results with previous research. Richards conducted a study on patients with psoriasis and found that the level of concordance between patients' and dermatologists' rating for the presence of anxiety or depression was also low ( $\kappa$  values of 0.24 and 0.26).

**Foot Note**This work is partly presented at 3rd International Conference on Mental Health and Human Resilience on June 21-23, 2017 held in London, UK

Moreover, medical staff may refer patients for psychiatric evaluation only