

# Investigating the Safety Factors of Acute Psychosis in Patients Referred to Abu Ali Sinai Balkhi Educational Seminary Hospital During 2023

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**ABSTRACT:** Acute psychosis is one of the serious mental disorders that can affect different aspects of a person's life. This disorder is associated with false reality and thoughts and can lead to sudden changes in a person's behavior and thoughts. This disorder can affect the quality of life of the person and the people around him and requires proper treatment and care. Investigating and understanding the symptoms and factors that cause acute psychosis is of great importance in order to provide proper treatment and improvement for these people. This prospective analytical study was conducted from the month of Hoot 1401 to Hoot 1402 in the mental health department of the Abu Ali Sinai Balkhi educational seminary. Among the people who participated in this department for the purpose of treatment, 80 people were selected as a simple random sample. To obtain information, a questionnaire is first prepared; Then, the questionnaires were distributed to the family members of the patients after the full house was entered into the SPSS 27 software and analyzed. The results of descriptive statistics showed that among (100) respondents, (65) were male (65%) and (35) were female (35%). Among the respondents are (45) single and (55) married, (35) illiterate and (65) literate. Of these, 60 people lived inside the city and 40 people lived outside the city. The findings show that among the factors of the prevalence of acute psychosis, genetic factors were observed in (25) tons, environmental factors in (18) tons, disorders in the nervous system in (27) tons, and psychoactive factors in (30) tons. This study shows that acute psychosis is a multifactorial disorder that is observed in both urban (60%) and non-urban (40%) areas. Various factors play a role in the occurrence of this disorder, which in order of importance are: psychological factors (30%), nervous system disorders (27%), genetic factors (25%) and environmental factors (18%). These findings emphasize the necessity of a comprehensive and multidimensional approach in the diagnosis, treatment and prevention of acute psychosis. Also, these results can contribute to the development of more effective treatment strategies and better educational programs for professionals and the general public.

**Keywords:** Genetic Factors, Environmental Factors, Psychological Factors, Social Factors and Disorders in the Nervous System

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## INTRODUCTION

Depression specifically affects a person's psychosocial functioning, such as aspects of family communication, work life, education, sleep, and general health. A person who is in a period of depression usually experiences an abnormal mood that affects all aspects of life and loses the ability to experience pleasure in various activities. Depressed people may be preoccupied with thoughts such as persistent sadness, feelings of emptiness, vague guilt or remorse, helplessness, or hopelessness. Other symptoms of depression include lack of

concentration and poor memory, withdrawal from social situations and activities, decreased libido, irritability, and thoughts of death or suicide. . In some cases, depression causes insomnia and reduced sleep quality, and in other cases, it causes oversleeping. A depressed person may also experience numerous physical symptoms such as fatigue, headaches, or digestive problems. During depression, appetite often decreases and as a result weight loss occurs, although sometimes increased appetite and weight gain also occur.

Psychotic depression is a complex mental condition that presents symptoms of typical depression along with symptoms of insanity. This condition is not included as an independent disorder in the classification of depression disorders. Reports show that about three percent of people with depression experience psychotic depression, and most of these people are over 60 years old<sup>1</sup>. This mental state can occur during periods of depression, bipolar episodes, or psychotic episodes and other psychotic-related disorders. Sometimes this situation unusually adds psychotic symptoms to an existing depressive disorder. This is a rare condition; Because depression and psychosis do not have common physiological foundations.

Man is a social being intellectually, emotionally and behaviorally, and this characteristic has cast a shadow on all periods of his life. Research has shown that adopting a healthy lifestyle, even in the last years of life, can increase life expectancy and reduce disease and related costs. Therefore, depression has a meaning for everyone and can be a symptom or a recognizable disorder. Depression is a disorder that has enough duration and special symptoms and has an adverse effect on a person's performance and causes distress (Yazd Chasadi, 1388: 13).

According to the Ministry of Public Health, 47% of the 32 million population of Afghanistan suffer from mental problems, including depression. Only in 2018, two million people had some kind of mental illness and went to health centers for treatment<sup>2</sup>. According to the new report of the United Nations, the level of depression has reached 69% in June 2022 from 57% in March<sup>3</sup>. Similarly, the prevalence of depression in the world is increasing and this disease varies between 20-25% in women and 7-12% in men during life (Wang, et al, 2017).

### ***Common Types of Depressive Disorders***

#### **1. Severe Depressive Disorder**

This type of depression presents as persistent sadness with a number of symptoms that interfere with a person's ability to work, study, sleep, eat, and enjoy previously enjoyable activities.

A debilitating episode of depression may happen only once, but it usually occurs several times in a lifetime. Therefore, this disease affects the function of many body systems. Some of the symptoms of major depressive disorder are as follows:

- Reduction of interest and reluctance
- Sleep disturbance
- Loss of appetite
- Slowness in movement and mental activity
- Illusion
- Delirium
- Desire to commit suicide
- Believing that bad things will happen in the near future<sup>4</sup>.

#### **2. Chronic Depression**

Chronic depression involves symptoms of sadness and discouragement most days over a long period of time. But this depressed mood is not debilitating, although it disrupts the person's performance to some extent. Of course, many people with chronic depression also experience episodes of severe depression at some point in their lives. Some forms of depression include small changes in a person's mood and occur under certain conditions (Golparvaran, et al, 2023).

#### **3. Premenstrual Dysphoria**

This type of depression, also known as premenstrual syndrome, occurs in the week before menstruation. This feeling subsides in the days after the start of menstruation and improves in the week after the end of menstruation. According to the National Institute of Health, 3 to 8 percent of women of reproductive age experience premenstrual disorder.

#### **4. Severe Depression with Psychotic Features**

Psychotic depression occurs when the patient has severe depression with hallucinations and delusions. Psychotic symptoms may overlap with depressive mood symptoms. Symptoms compatible with the backgrounds of depression such as feelings of inadequacy, guilt, absurdity or death, or hallucinations and delusions may appear in this type of depression.

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<sup>1</sup> <https://www.drshirinvalizadeh.com>

<sup>2</sup> <https://www.bbc.com/persian/afghanistan-48333510>

<sup>3</sup> <https://www.afintl.com/202309197297>

<sup>4</sup> <https://www.drshirinvalizadeh.com>

## 5. Postpartum Depression

This type of depressive disorder is diagnosed when a woman experiences a major depressive episode during pregnancy or four weeks after giving birth. It is estimated that 3 to 6 percent of women experience postpartum depression (Ghanei, et al, 2023).

### 6. Severe depression with a seasonal pattern

Seasonal affective disorder (SAD) is defined as the onset of depression during certain times of the year. Typically, depression develops during the winter months when sunlight is limited and fully recovers in the spring and summer months.

In a small number of cases of seasonal depression, depression also occurs during the summer months. SAD can be effectively treated with light therapy, but about half of people with SAD do not improve with light therapy. Antidepressant drugs and psychotherapy can reduce the symptoms of SAD alone or in combination with light therapy (Hadi, 1391: 14).

## Psychotic Disorders

There are a group of severe mental disorders during which the patient has lost contact with reality. During the course of psychotic disorders, patients often experience hallucinations and delusions. An illusion is a false perception that has no basis in reality. Hallucinations can be visual, auditory, olfactory and tactile. Delusion is also a false thought that does not correspond to existing realities. The patient keeps such thoughts in his mind even when there is clear evidence against them, and others do not accept them (Mohammadinia et al., 1400: 78).

The main psychotic disorders are schizophrenia. Other disorders include: schizophrenia, schizoaffective, delusion, transient psychotic, common psychotic and postpartum psychoses<sup>1</sup>.

The most important factors of depression are:

**Changing chemical substances in the brain:** There are certain substances in the brain that affect human mood. Disturbance of the balance of these chemical substances is one of the most important causes of depression and psychological problems in humans.

**Genetics:** depression and psychological problems can be hereditary.

**Personality:** People who have low self-confidence, people who do not know how to control their stress, or people who are pessimistic, are more prone to depression and psychological problems.

**Alcohol:** People who constantly use alcoholic beverages are more susceptible to depression and mental illnesses than others.

**Gender:** Women are more susceptible to depression and psychological problems than men; Because men are less emotional.

**Physical diseases:** Often, depression and psychological problems appear when a person is physically ill.

**Narcotics and psychotropic drugs:** The use of narcotic drugs and psychotropic pills can cause depression or psychological problems or aggravate them.

**Environmental factors:** the probability of depression is higher in those who are exposed to violence, discrimination, abuse or poverty<sup>2</sup>.

## Research Background

In a research, Moulai et al investigated and compared executive functions in patients with major depressive disorder and obsessive-compulsive disorder with healthy people in Iran. The aim of their research was to compare the executive functions in three groups of patients with basic depression, obsessive-compulsive and normal people. The findings showed that there is no significant difference between the control group and the patient group and the patient groups with each other in the field of inhibition in the error of interference of mistakes and the error of time interference, in the change of attention in the indicators of the error in survival and the number of classes between the patient group and the control group, there is a difference There is a significant difference, but no significant difference was observed between the patient groups.

In the field of information updating, a significant difference was obtained in the index related to the number of errors between the patient group and the control group, but no significant difference was obtained in the average reaction time due to the examination of the simultaneous variable of age using correlation analysis, and finally between these two indices. No difference was observed in the patient groups (Molaei, 2013: 61).

In 2015, Jafari Saeed et al. conducted a study on the relationship between major depressive disorder and serum cholesterol levels in Iran. . This research was a case-control study that was conducted in 2015. The case group was selected among 62 patients with major depression referred to Shahid Hashemi Sanjani Psychiatric Center and the control group was selected from among the patients of the Ear and Throat Department of Amir Kabir Hospital in Arak. Two groups were matched in terms of number, gender and education. Blood samples

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<sup>1</sup> <https://psychoexir.com>

<sup>2</sup> <https://isovisit.com>

were taken from all 5 CC subjects in a fasting state and their serum cholesterol levels were determined. By determining the cholesterol levels of the two groups, the data were analyzed through Chi and Mann-Whitney tests. . The results showed that the average age of participants in two nodes was  $35.5 \pm 9.9$  years. 77% of people participating in the project were women and 23% were men. 67.2% were married, 25.8% were single, and 6.5% were divorced. Comparing the average serum cholesterol in the case group ( $215 \pm 47.4$  mg/dL) and the control group ( $\pm 31.2$  mg/dL) showed that the case group had higher cholesterol than the control group (Salehi et al. 1385: 1 ).

In 2016, Mehrgan et al conducted a study under the title of investigating the state of depression, perceived social support and some factors related to them in the elderly living in Tehran. This cross-sectional study was conducted with 580 elderly people living in Tehran in the field of Shahid Beheshti University of Medical Sciences and multi-stage systematic sampling by obtaining informed consent from the participants. Neurological illness and mental disorders were identified, and a history of hospitalization due to mental illnesses was the criterion for exclusion from the study. Information was collected and analyzed with Beck's standard depression and Zimmet's perceived social support questionnaires and demographic information questionnaire. The findings showed that the age of the participants was calculated as  $69.66 \pm 7.91$  years, 65.53 percent of them lived only with their spouses, 4.01 percent were illiterate, and 89.69 percent owned at least one residential house. 92.38 percent of treatment insurance coverage was calculated. 29.6 percent from the economic point of view and 46.99 percent of the people also expressed their satisfaction with their lives. The prevalence of mild, moderate, and severe depression was 17.41, 88.58, and 8.25 percent, respectively, and agreement with perceived social support was also 72.38 percent. Kruskal-Wallis test showed that different levels of depression have a significant relationship with perceived social support. The correlation test also showed that the level of depression decreased with the increase in perceived social support. The variables of marital status, housing, insurance, life satisfaction and economic satisfaction showed a significant relationship with both depression and social support variables. Education had a statistically significant relationship with depression, but there was no significant relationship between gender and depression, as well as education and gender with perceived social support (Bakhtiari, 2016: 195).

## METHOD

In this prospective analytical study, it was conducted from the month of Hoot 1401 to Hoot 1402 at the mental health center of Abu Ali Sinai Balkhi Hawazi Educational Hospital. Among the people who participated in this department for the purpose of treatment, 80 people were selected as a simple random sample. To obtain information, a questionnaire is first prepared; Then, the questionnaires were distributed to the family members of the patients after Pari House and entered into SPSS 27 software and analyzed.

### Analysis

**Table 1. Descriptive Statistics of Patients According to Gender**

Gender	frequency	percentage
Man	65	65%
Woman	35	35%

Table 1 shows the descriptive statistics of patients according to gender. Among the (100) respondents, (65) males make up 65% and (35) females make up 35%.

**Table 2. Descriptive Statistics Regarding the Marital Status, Education and Place of Residence of the Patients**

Variables	Frequency	Percentage
Marital Status	single	45
	married	55
Education	illiterate	35
	literate	65
Place of Residence	inside the city	60
	outside the city	40

Table 2 shows the descriptive statistics of patients by marital status, education and place of residence. The findings show that out of (100) people, (45) people are single and (55) people are married, (35) people are illiterate and (65) people are literate. Of these, 60 people lived inside the city and 40 people lived outside the city.

**Table 3. Descriptive statistics regarding the prevalence factors of acute psychosis**

<b>Factors of Acute Psychosis</b>	<b>Frequency</b>	<b>Percentage</b>	<b>Rating of the Prevalence of Acute Psychosis</b>
<b>Genetic Factors</b>	25	25%	C
<b>Environmental Factors</b>	18	18%	D
<b>Disorders in the Nervous System</b>	27	27%	B
<b>Psychological Factors</b>	30	30%	A
	100	100%	

Table 3 shows the descriptive statistics related to the prevalence of acute psychosis in patients referred to the mental health service of Abu Ali Sinai Balkhi educational seminary. The findings show that among the factors of the prevalence of acute psychosis, genetic factors were observed in (25) tons, environmental factors in (18) tons, disorders in the nervous system in (27) tons, and psychoactive factors in (30) tons.

## CONCLUSION

Acute psychosis is a serious mental disorder in which a person detaches from reality. This condition can develop quickly and requires serious attention. Acute psychosis is usually characterized by symptoms such as hallucinations, delusions, disturbed thoughts, and abnormal behavior. Acute psychosis, contrary to popular belief, is not just an illness, but can be a symptom of a wide range of mental disorders or even some medical conditions. In today's fast-paced and stressful world, the correct understanding and effective management of acute psychosis has become increasingly important. . This disorder, which can occur at any age, is often associated with symptoms such as hallucinations, delusions, impaired thinking, and abnormal behaviors. These symptoms can appear quickly and put a person in a situation where it becomes difficult for him to understand reality. Several factors play a role in the occurrence of acute psychosis. From extreme life stresses to substance abuse, from genetic backgrounds to hormonal changes, all can contribute to this condition. Also, some physical and neurological diseases can also cause symptoms similar to psychosis, which doubles the importance of accurate and differential diagnosis.

This prospective analytical study was conducted from the month of Hoot 1401 to Hoot 1402 in the mental health department of the Abu Ali Sinai Balkhi educational seminary. Among the people who participated in this department for the purpose of treatment, 80 people were selected as a simple random sample. To obtain information, a questionnaire is first prepared; Then, the questionnaires were distributed to the family members of the patients after Pari House and entered into SPSS 27 software and analyzed. The results of the descriptive statistics showed that among the (100) respondents, (65) males make up 65% and (35) females make up 35%. Among the respondents are (45) single and (55) married, (35) illiterate and (65) literate. Of these, 60 people lived inside the city and 40 people lived outside the city. The findings show that among the factors of the prevalence of acute psychosis, genetic factors were observed in (25) tons, environmental factors in (18) tons, disorders in the nervous system in (27) tons, and psychoactive factors in (30) tons.

This study shows that acute psychosis is a complex and multifactorial disorder that is observed in both urban and non-urban areas. . Of the total of 100 investigated cases, 60% lived in the city and 40% lived outside the city, which indicates the widespread prevalence of this disorder in both environments. Research findings clearly show that several factors play a role in the occurrence of acute psychosis. Among these factors, psychological factors have the largest share with 30%. This highlights the importance of paying attention to mental health and psychological interventions in the prevention and treatment of acute psychosis.

Disorders in the nervous system are in the second place with 27%, which emphasizes the importance of neurological examinations in the diagnosis and treatment of this disorder. Genetic factors also play a significant role with 25%, which shows the need to pay attention to family history in clinical evaluations. Environmental factors with 18%, although they have the smallest contribution in this study, are still considered an important factor. This finding highlights the importance of examining the living conditions and surrounding environment of patients in the process of diagnosis and treatment. Overall, these results emphasize the necessity of a comprehensive and multidimensional approach in the management of acute psychosis. Mental health professionals must consider all these factors and design a systematic treatment plan for each patient. Also, these findings can help develop more effective preventive strategies and improve educational programs for the general public and mental health professionals.

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