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### **Assessing the level of basic knowledge regarding mental health of the patients in everyday practice of the family doctors**

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**Background:** Mental health disorders represent a major public health and requires a multidisciplinary team, in which the family doctor occupies the central place by informing and educating patients. Our goal was to assess the level of basic knowledge regarding mental health of the patients in everyday practice of the family doctors.

**Method:** Pilot study observational, done in a family doctor's office in urban areas, based on a questionnaire, conducted on a sample of 80 patients, 41 women and 39 men, average age  $52.46 \pm 16.72$ , visiting the family doctor within two consecutive weeks.

**Results:** 88.75% of patients perceive state of health as consisting of both health of the body and the mental health, with no statistically significant difference between the women versus men ( $p=0.4827$ , Fisher exact), but with statistically significant difference between people with higher education and those educated until and including high school ( $p=0.0003$ , Fisher exact). Only 45% of patients know that a chronic or acute disease can be associated with a mental health disorder, with no statistically significant differences opinion of women to men ( $p=0.8046$ , Chi-Square). Only 31.25% of the patients know that children can suffer from mental health disorders, without statistically significant differences according to sex or education. 62.50% do not know that some mental health disorders are preventable, with statistically significant difference between people with higher education and those educated until and including high school ( $p=0.0001$ , Fisher exact). 87.50% say that the first doctor which would address would be family doctor if they experience a mental health disorder, without statistically significant differences according to sex or education.

**Conclusions:** The patient's knowledge regarding mental health need to be improved by educating patients about mental health and prevention, by integrating mental health at the level of family medicine.