

**Research Article**

# Psychiatry Morbidity Among Patients Attending the Integrated Counselling And Testing Centre (ICTC) Facility of Tertiary Care Hospital in South India

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The burden of mental disorders is expected to rise significantly over the next 20 years. Psychiatric symptoms are becoming increasingly evident in infected with HIV people. It is estimated up to 70% of people with HIV suffer from an acute psychiatric condition, and people undergoing HIV testing also have distress due to the stigma and the fear associated with the disease. So, early screening of psychiatric illness helps to manage the symptom effectively. The purpose of the study is to assess the psychiatric illness among patients undergoing HIV testing in the Integrated Counselling and Testing Centre (ICTC) facility, JIPMER.



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**Introduction**

The World Health Organization defines health as a state of comprehensive physical, social, and mental well-being and not only the absence of disease. Stigma and discrimination are the major drawbacks of mental health care in world wide. However, globally 450 million people suffer from a mental or behavioural disturbance.

1. One in four families has at least one person with a mental disorder. Neuropsychiatric disorders like depression, schizophrenia, and bipolar disorder, alcohol use disorder are the one out of six leading causes of disability causing the problem worldwide.
2. Mental or psychiatric morbidity generally refers to the incidence of both physical and psychological deterioration as a result of a mental or psychological condition it causes impairment in occupational and social functioning. Screening is usually recommended as a way to identify individuals with “psychiatric morbidity” that would otherwise be undetected or untreated.

**Statement of the problem**

Psychiatric morbidity among patients attending the Integrated Counselling and Testing Center (ICTC) facility of a tertiary care hospital in South India.

## Operational definitions

### Psychiatric morbidity

Psychiatric morbidity refers to the incidence of both physical and psychological disturbances as a result of a mental or psychological condition that causes impairment in occupational and social functioning during the time of attending ICTC facility, JIPMER hospital a psychiatric condition as assessed by MINI. In this study, it refers to positive for one or more modules of the MINI.

### ICTC

Integrated Counselling and Testing Center is a place where the person who is at risk for HIV infection is counseled and tested for HIV infection, of his/her own free will or as recommended by a medical health professional. In this study, it refers to the center (ICTC) connected with JIPMER hospital.

## Methodology

A cross-sectional, descriptive design was adopted for this study. Purposive sampling technique was used and the sample consisted of 384 patients who were utilizing the Integrated Counselling and Testing Centre (ICTC) in JIPMER. M.I.N.I Neuro-International psychiatric questionnaire was used to screening for psychiatric morbidity. Data analysis was done with descriptive and inferential statistics.

## Results

The study showed that out of 384 patients, 91 (24%) had the psychiatric illness, the distribution remained single psychiatric morbidity of 62 (68%) and rest had at least two psychiatric co-morbidity, I also revealed that there was no significant association between selected socio-demographical variables and psychiatric morbidity among patients utilizing ICTC center.

### Research Approach

The approach used in the study was the quantitative approach.

### Research design

A cross-sectional descriptive design was used to achieve the objectives of the study.

### Variables

#### Independent variables

- Socio-demographic variables
- Age, gender, education, marital status, occupation, and income

#### Outcome variables

Psychiatric morbidity as assessed by MINI plus interview questionnaires.

### Research Setting

The study was conducted in JIPMER (Jawaharlal Institute of Postgraduate Medical Education and Research), Puducherry. JIPMER is a tertiary care teaching hospital with a bed strength of 2114 and has various specialty departments. One of the departments is the Department of Microbiology. Under this Department, the regional Integrated Counselling and Testing Center (ICTC) facility is doing an excellent service in South India. More than 150 individuals are utilizing the ICTC facility every day.

### Population

#### Target population

The population selected for the study was patients who are utilizing the ICTC facility of JIPMER.

#### Accessible population

Patients who all are utilizing ICTC centre either voluntary or referred from STD clinic and who consented to participate in this study.

### Sample

The sample consisted of 384 patients utilizing ICTC facility care in JIPMER and who fulfilled the inclusion criteria.

## Sampling techniques

The sampling technique was non-probability purposive sampling.

## Sample size calculation

The sample size was estimated using the formula for estimating a single proportion. The expected proportion of patients attending ICTC having psychiatric morbidity is 50% and the sample size was estimated at a 5% level of significance and 5% absolute precision. The total sample size was 384 persons.

## Sampling criteria for sample selection

### Inclusion criteria

- Patients who all are utilizing ICTC centre either voluntary or referred from STD clinic.
- Aged above 18 years and both gender.

### Exclusion criteria

- Patients who had already diagnosed with some psychiatric illness.
- Patients already diagnosed with HIV /AIDS

## Pilot study

A Pilot study was conducted to check the feasibility of the tools used in the present study. Socio-demographic proforma and data collection scales were administered to 10 patients utilizing the ICTC facility of, JIPMER. The tools were found to be feasible.

## Data collection procedure

- Participants were recruited at the time of attending the ICTC for pre-test counselling and testing, as 'walk-in' clients (self-referrals, or primary care physician referrals) or those formally referred for testing by doctors from other general medical departments. Individuals whose purpose for attending the ICTC was to undertake pre- test counselling and HIV blood tests were eligible to take part.
- Other inclusion criteria were fluency in Tamil or English and a lower age limit of 18 years. Upon entering the ICTC, attendees were approached by personally and informed about the study. If they were interested in participating in the study, written informed consent was obtained from participants and privacy was provided. After baseline demographical data collection, a structured clinical interview held on using M.I.N.I. International neuropsychiatric interview scale to identifying the prevalence of psychiatric morbidity.
- The study was approved by the Nursing Research Monitoring Committee and the Institutional Ethical Committee. Data was collected between the periods of September 2019 to October 2019.

## Plan for Data Analysis

The collected data was organized and scored after which, the analysis was done with SPSS version 23. The distribution of categorical variables such as gender, Socio-demographical characteristics were expressed as frequency and percentages. The continuous variables such as age etc. Were expressed as mean with standard deviation or median with range. The comparison of the psychiatric morbidity between different subgroups was carried out by using chi-square test and Fisher's exact test. All statistical analysis was carried out at 5% level of significance and  $P < 0.05$  was considered as statistically significant.

## Analysis and Findings

This work deals with the analysis and interpretation of the data collected. Both descriptive and inferential statistics were used to analyze the data. The findings of the study were organized and presented in the following sections.

## Description of Sample Characteristics

### Socio-demographic profile of study participants

Variables	Categories	Frequency (n) Percentage
Gender	Male	254 (66.1 )
	Female	130 (33.9 )
Marital status	Married	287 (74.7 )
	Single	89 (23.2)
	Divorced	01 (0.3)
	Widowed	07 (1.8%)
Education status	Formal education	246 (64.1)
	Non-formal education	138 (35.9)
Employed status	Employed	275(71.6)
	Un-employed	109 (28.4)
Occupation	Skilled	114 (29.7)
	Unskilled	235 (61.2)
	Student	35 (9.1)
Income	< 3000	202 (52.6)
	> 3000	182 (47.4)
Family history of psychiatric illness	Yes	13 (3.4)
	No	371(96.6)

### Psychiatric Co-Morbidities Among Patients Attending the Integrated Counselling and Testing Center (ICTC) Facility of A Tertiary Care Hospital

Psychiatric co-morbidity	Frequency (n)	Percentage (%)
Major depressive disorder	64	16.67
Suicidality	31	8.0
Manic Episode	2	0.5
Panic disorder	26	6.8
Social anxiety disorder	7	1.8
Obsessive compulsive Disorder (OCD)	1	0.3
Posttraumatic stress disorder (PTSD)	12	3.0
Alcohol use disorder (ADS)	15	3.9
Generalized anxiety disorder	1	0.3
Organic disorder	4	1.0

### Association of Psychiatric Morbidity with selected demographic variables (N-384)

Demographic parameters	Variables	Psychiatric morbidity among patients attending ICTC facility					
		Psychiatric morbidity		No psychiatric morbidity		X <sup>2</sup>	p-value
		N	%	N	%		
Gender	Male	58	22.8	196	77.2	0.309	0.578
	Female	33	25.4	97	74.6		
Marital Status	Single	19	21.3	70	78.7	0.750	0.861
	Married	70	24.4	217	75.6		
	Divorced	0	0	1	100		
	Widowed	2	28.6	5	71.4		
Education	Formal Education	57	23.2	189	76.8	0.105	0.419
	Non-formal education	34	24.6	104	75.4		
Employed	Yes	67	24.4	208	75.6	0.237	0.626
	No	24	22.0	85	78.0		
Occupation	Skilled	33	28.9	81	71.1	4.178	0.098
	Unskilled	54	23.0	181	77.0		
	Student	4	11.4	31	88.6		
Monthly Income	Less than 3000	44	21.8	158	78.2	0.865	0.352
	More than 3000	47	25.8	135	74.2		
Family history Of psychiatric illness	Yes	4	30.8	9	69.2	0.372	0.542
	No	87	23.5	284	76.5		

## Summary

- The purpose of the present study was to assess the psychiatric morbidity in patients attending the ICTC center, and its association with the selected socio- demographical variable. A cross-sectional descriptive study was used to achieve the objectives of the study.
- The conceptual framework of the current research was based on the Betty Neuman systems model. The instruments used for the data collection consists of the socio-demographic profile, M.I.N.I neuro international psychiatric interview.

## Recommendations

Based on the findings of the present study, it is recommended that

- A similar study can be carried out with larger sample size.
- A community-based study can be conducted on the prevalence of psychiatric morbidity among patients with HIV infection.
- A comparative study can be conducted among patients with risk behavior and patients living with HIV infection
- A similar study can be conduct.

## Article Information

**Disclaimer (Artificial Intelligence):** The author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc.), and text-to-image generators have been used during writing or editing of manuscripts.

**Competing Interests:** Authors have declared that no competing interests exist.

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