

International Summit on PSYCHIATRY AND PSYCHOLOGY

July 25, 2022 | Webinar

Prevalence and associated factors of common Mental Health disorders among cancer outpatients on follow up at a teaching hospital in Addis Ababa, Ethiopia

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Cancer is a rapidly growing public health problem in low- and lower-middle-income countries. Mental health disorders are common comorbidities among cancer patients. Studies reported that one third of people diagnosed with cancer also wind up struggling with a mental health disorder such as anxiety and depression. Common mental health disorders (CMDs) negatively affect the quality of life, treatment adherence and overall prognosis of cancer patients, however, there is little information available on the extent of CMDs among cancer patients in developing country like Ethiopia. Therefore, we conducted a cross-sectional study among 179 cancer outpatients on follow-up at a teaching hospital in Addis Ababa. We assessed CMD using the Kessler 10. We also examined the severity and associated factors. Data was collected from September 1 to October 31, 2020.

Biography

Dr. Surafel Worku is a consultant psychiatrist. For the past four years, he has been working as assistant professor and Child and adolescent psychiatry unit head at Saint Paul's Hospital Millennium Medical College, Addis Ababa, Ethiopia. In addition, he is serving as a postgraduate program coordinator where he is responsible for teaching psychiatry to undergraduate medical students and post graduate Internal medicine, Pediatrics, Family medicine and mostly Psychiatry residents.

He had a leading role in the National Mental Health and Psycho-social Support Task Force which was established in response to COVID-19 Pandemic. He also worked with and provided his professional support to non-governmental organizations like MSF-S, IOM, the main focus being addressing the Mental Health and Psycho-social needs of Ethiopian returnees and improving the overall care.