
PAIN AND PSYCHIATRIC ILLNESS

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Introduction:

Pain is a frequent reason for psychiatric consultation . It is a symptom that is often associated with other mental disorders. It can have a significant impact on the quality of life of the patient . Yet pain is a complaint often underestimated by the clinician. It is considered inherent to mental illness and so poorly supported.

objective:

Studying the relationship between mental illness and pain and include means to support this co morbidity.

Methodology :

This is a cross-sectional and descriptive study on a population of 50 consultants who suffer from chronic pain. The evaluation consists of a questionnaire on the characteristics of the pain, psychiatric illness and modality of care .

Results:

Among the patients studied, 80% were female . The mean age was 47.33 years. Predominant type of pain was headache in 78 % of cases, followed by stomach pains and diffuse arthralgia . The impact on daily life was average for most patients. Radiological exploration was performed in 35% (without abnormalities in 100% of cases). Depressive disorders were present in 60 % of cases. The most prescribed analgesics was Tier 1 (paracetamol) with a positive trend in 65 % of cases.

Conclusion :

The pain, especially headaches are a common complaint in psychiatry. Their association with depression is classic. But it can also accompany other mental illnesses and worsen their prognosis. A better understanding of causality of pain and its management is essential to improve the quality of life of patients.