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Utilization of psychiatric rehabilitation services and influencing factors among people with psychotic disorders in rural communities of Guangxi, China

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Objectives: To identify the rate and predictors of utilization of rehabilitation services among people with psychotic disorders in rural communities of Guangxi.

Study Design: A cross-sectional survey was conducted among individuals with schizophrenia or other psychoses, aged over 15 years and their care-givers in Guangxi, China. Trained village doctors located individuals known to them and suspected as having schizophrenia or other psychoses within the target area and recruited them into the study. Data on demographic characteristics, clinical symptoms and functions, treatment history and reasons if any, for non-utilization of mental health service were collected. Logistic regression was used to determine associated factors for utilization of mental health services.

Results: A total of 424 individuals experiencing psychosis (mean age: 41.4±13.0 years, 60.6% male) and 319 caregivers (mean age: 55.3±14.2 years) were interviewed. The median duration of disease was 13.4 years. 83.0% of patients had never used rehabilitation services. Greater use of rehabilitation was associated with having a non-organic disorder (OR=11.6, 95% CI=1.6-86.0) and living with a caregivers (OR=3.2, 95% CI=1.2-8.3). The top three reasons for not using rehabilitation services were lack of awareness (57.1%), lack of money (14.2%) and lack of belief in the service (12.8%).

Conclusion: These findings indicate a high unmet need for psychiatric rehabilitation services among people with psychotic disorders in rural areas of Guangxi. Strategies such as outreach program and collaborative and partnership network with the local community are needed to encourage people with psychotic disorders in rural communities to increase their utilization of rehabilitation services.

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