

## Psychosocial factors associated with psychiatric morbidity in higher institution students in Nigeria

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### Abstract

**Introduction:** Mental health disorders in undergraduates are often undetected and may predispose to other academic and social complications. The objective of the study is to determine the prevalence of probable psychiatric morbidity among students of University of Ilorin, Nigeria and the psycho-social factors that are associated with psychiatric morbidity in them.

**Methods:** Socio-demographic questionnaire and the 12-item General health questionnaire (GHQ-12) were administered to 3,300 undergraduate students to assess psychosocial variables and psychiatric morbidity respectively.

**Results:** About 23.5% of respondents scored  $\geq 3$  using the GHQ-12 questionnaire, signifying a likelihood of psychiatric morbidity. Students from polygamous families were 1.3 times more likely to have GHQ scores of  $\geq 3$  than those from monogamous (OR=1.276, P=0.026). Those who had unemployed fathers were twice more likely to have a GHQ  $\geq 3$  than those with employed fathers. (OR=2.084, P=0.005). Those who lived in houses with shared toilet facilities were 1.3 times more likely to have GHQ  $\geq 3$  (OR=1.310, P=0.028)

**Conclusion:** This study calls for a careful consideration and modification of the various psychosocial factors associated with psychiatric morbidity in order to ensure a mentally healthy and vibrant student community.

**Keywords:** Psychosocial factors, University undergraduate, Mental morbidity

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