

Multiple Psychological Disorders After the Surgery

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ABSTRACT

Psychological disorders are the mental illnesses causing a problem in daily functioning affecting the thinking, perception, and activities of a human being. Post-surgical psychological disorders are very common in recent times. Mental health issues can negatively affect a person's recovery from surgery. The data will be collected from the age group of 40-80 years of people from females and male's post-surgery. With advancement in medical technology and an ageing population, understanding the psychological aftermath of surgery is crucial for optimising patient outcomes. Post surgical mental health issues can considerably hinder recovery, leading to prolonged hospital stays, reduced quality of life, and increased healthcare costs. I assume that this will help in examining the effects of psychological disorders in postoperative complications, find some strategies and interventions to recognize and predict such disorders post-surgery thereby, helpful for further future findings for healthcare professionals and mental health care professionals.

Keywords: *Psychological Disorders, Surgery*

A psychological disorder is defined by significant disturbances in thoughts, feelings, and behaviours; these disturbances must reflect some kind of dysfunction (biological, psychological, or developmental), which can cause significant impairment in one's life, and not reflect culturally expected reactions to certain life events. (Introduction to Psychological Disorders | Introduction to Psychology, n.d.) People experience problems more or less over the duration of their lives. Sometimes and in some situations these problems interfere more than at other times and situations. Sometimes these problems get classified as "mental disorders," and sometimes they don't. In addition, the reasons why people experience problems are highly complex. Indeed, psychological disorders are at least as complex as why people experience or do anything else. A number of factors can contribute to risk for mental illness, such as one's genes and family history, life experiences, such as stress or a history of abuse, especially if they happen in childhood. Biological factors such as chemical imbalances in the brain can be one of the main reasons to get associated with psychological disorders.

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that helps in individual and collective abilities to make decisions, build relationships and shape the world we live in.

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Received: June 18, 2024; Revision Received: July 22, 2024; Accepted: July 25, 2024

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Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

“A psychological disorder is an ongoing dysfunctional pattern of thought, emotion, and behaviour that causes significant distress and that is considered deviant in that person's culture or society.”

Psychological disorders can affect daily life routines and feelings and that might not be positively accepted in a culture and society.

Irritability is one of the symptoms for an individual who has gone through any type of surgery. Irritability can affect an individual's decision making process as one could always remain confused about what to do and what shouldn't be done. A sense of hopelessness develops amongst the individuals as they are aged and when they depend on several others they feel bad about it. Hopelessness is something which can hinder an individual's mental growth or stability. Hopelessness is something which makes one sad and the feeling of guilt and anxiety develops to even ask for help as dependency increases.

One of the things which can be discussed about is that it is very common after a surgery that an individual wishes to take one's own life due to despair and darkness, the period that improves everything takes time which requires a lot of patience and due to lack of confidence, stability and lack of decision making it can cost a whole life of a patient. Not just changes are seen in the lifestyle of individuals but post-surgery stress could also lead to harm to the quality of life and one couldn't contribute in the society due to some disorders faced after surgery.

DEPRESSION AFTER SURGERY

Depression is very common after surgery as a lot of people face it. The common symptoms of depression are eating less or eating more. It can also affect the sleeping schedule of an individual. Surgery can affect the body and mental condition to a worse level. For example, an individual has gone through a surgery but now the individual will always be concerned about managing his own self(emotionally), his family(financially) etc. one of the common and general reasons for getting depression after surgery is the effect of antibiotics, reaction of anaesthesia etc.

AGGRESSION AFTER SURGERY

Aggression is one of the natural responses post-surgery as there are a lot of unresolved feelings and stress that an individual never shared and repressed are seen after surgery. Anger can be a natural response towards healing as well as one could finally express their internal feelings. One's aggression and frustration could only go after practising living a healthy life along with a mentally healthy mind. An individual needs to express their emotions regularly, have a regular sleep routine, practice exercising etc all of these can help in reduction of frustration and aggression. The most common symptom for aggression is having a low appetite.

INSOMNIA AFTER SURGERY

There are various reasons that can cause insomnia after a surgery, one of the common reasons can be the hospital environment, it makes it difficult for the patient to process the pain and adjust to such an atmosphere. Insomnia can also occur due to the side effects of medication i.e. antibiotics or due to anxiety or stress and unbearable pain. Curing insomnia

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is not that difficult in this matters as the patient needs to have a regular sleeping schedule, a large comfortable place to sleep, a dark room, and a place to sleep by themselves. Avoiding large meals late evening can help a lot with curing insomnia. Any kind of stress or mental discomfort can become a mental illness if not taken care of.

LITERATURE REVIEW

Psychological health is widely considered to affect wound healing and the evidence after surgery of wound healing is mixed. The anxiety and depression is measured in the patients after surgery and the patients who had delayed wound healing faced more psychological problems like increased anxiety and depression along with other problems that affected the immune response and hence healing was affected. The data collected was observational between the years 2009 to 2011. Preoperative psychological health is a significant risk factor for adverse wound outcomes after surgery most commonly performed in England. (P Britteon et al., 2017)

A study was conducted to study the relationship between emotional suppression groups and psychological distress. The relationship was examined by giving questionnaires and interviews were conducted by trained psychologists. Patients were asked to complete mood profiles of 1 to 6 months and as a result scores were higher in emotional suppression group than in emotional expression group because the emotional suppression group showed more negative emotions and only a few positive emotions than emotional expression group. Patients with emotional suppression felt and expressed more psychological distress after surgery. (Nakatani et al., 2014)

Obesity is reported to be positively associated with psychiatric disorders especially with people who seek obesity treatment which can influence one's personality and psychological characteristics. This study is done on Chinese ethnic people who sought obesity. The treatment included bariatric surgery and non surgery treatments and the evaluation done was with 2 questionnaires and a psychiatric referral whenever needed. 841 patients were recruited and as a result out of 841 patients at least 42% of them had 1 psychiatric disorder. Mood, anxiety and eating disorders were very common psychiatric categories. As compared to males females faced more mood and eating disorders. The surgical group had more binge eating disorder, adjustment disorder and sleep disorder compared to non surgical treatments. (Lin et al., 2013)

RESEARCH METHODOLOGY

This study is investigated on the post operative patients which includes the patients of ACL, THR, TKR, etc. The data is collected using the survey method with the help of questionnaire by using the close question answer technique with the patients. The data is collected from the hospital itself. A wide range of patients with different disorders are observed like anxiety, stress, mood disorder, insomnia and the symptoms observed are varied and common amongst everyone. There are a total of 50 females and 50 males studied and observed in this study. It is a mixed method study inclusive of qualitative data using interview method and the quantitative data using google forms. The questionnaire includes 21 questions given multiple options to patients and the data collected is from the patients of age 40 to 80 only inclusive of questions on pain management, hunger control, anger issues, overthinking etc.

RESULTS & DISCUSSIONS

The post-operative patients after their surgery are affected by mental illnesses or psychological disorders which can include depression, insomnia, frustration, stress, anxiety

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etc and this can directly affect the recovery of the patients. Psychological distress and isolation can be the cause for it. The patients may find certain tasks difficult that weren't before and due to this mental health illnesses are formed post surgery.

According to the research 39.2% of women get moderate sleep at night which is 5-6 hours which are moderate sleep hours compared to the others which is 21.6% which includes the women who are unable to have a sound sleep or a good sleep at night. Whereas the normal sleeping hours are 7-8 for a woman to feel rested. The sum of females from the age group of 50 to 70 includes more females and there are 7.8% of females who are extremely stressful and 17.6% women are more stressful compared to others which is 25.5% which is not stressful at all. 27.5% of the women are neutrally stressful which can be said as stressful at times. In terms of anger less than 5% of females have the most aggressive behaviour and 17.6% of women get angry often and this type of aggression is included in higher aggression. Higher aggression is caused due to impulsive behaviours and short temperedness. 25.5% of women experience anger at times i.e. occasionally whereas 25.5% of women rarely are seen to be angry compared to the women who never gets angry which is 29.4% and are calm most of the times. Overthinking contributes to severe depression and anxiety and the ratio of women who have experienced overthinking is leading. According to the data 11.8% of women have an excess amount of negative thoughts and unwanted images in mind which leads to overthinking and frustration. 13.7% of women often experience negative thoughts compared to other women as only 15.7% of women never experienced overthinking or unwanted negative thoughts in their life span till now. 29.4% of women experience overthinking sometimes and these are the type of group which do not need an intervention in life but needs to practise positivity and relaxation. According to the research, less than 6% of women report that they are rarely happy in life, while 17.6% report that they are only happy on special occasions. Less than 10% of women are really depressed or discontented in their lives, whereas the majority of women are just a bit optimistic. Less than 15% of female patients are indifferent or not at all satisfied with their operation, compared to 52.9% of female patients who are very happy and delighted. Less than 20% of females have severe mood changes post surgery, compared to 29.4% who experience them sometimes. The data range of this study is from 40 to 80 years of age and a majority of women fall between the age range of 51 - 70.

According to the research 60% of the men get moderate sleep at night and 62.2% of males need 7-8 hours of sleep at night to feel rested. There are 8% of males who are unable to have a good sleep at night and among them 4% of them only sleep 3-4 hours to feel rested.

26% of males need only 5-6 hours of sleep to feel rested. A sum of 6% of males also exists who need 9-10 hours of sleep to feel rested. Males are seen to have very few sleeping problems according to the data. The data for the stress variable is divided into 2 halves as 50% of men are rarely or never stressful as compared to the others as 2% of males are extremely stressful and 22% of males are often stressful which includes work and personal problems. 26% of males are stressful at times which is still a positive data which tops as 26% of males don't experience stress as much and are relaxed. In terms of anger 4% of men have the most aggressive behaviour and 22% of men are often aggressive which can be included in higher aggression. Such higher aggression can also be termed as impulsive anger. 32% of males are angry at times which can be situational as well, but only 8% of men have almost never experienced anger as compared to others. Stressful situations, such as trauma and unbearable pain, inflict significant inhibition on testosterone secretion which is seen in males which plays a crucial role in social behaviour like aggression. (Batrinos, 2012)

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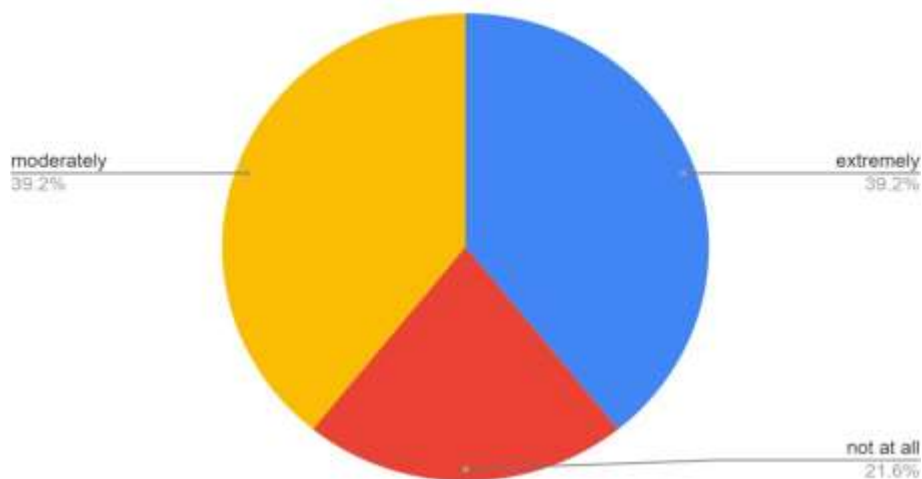
Men nowadays are under an immense amount of pressure to live up to social norms of what it means to be "masculine." The suppression of emotions is one of the most detrimental effects of this programming. A sense of loneliness, marital troubles, mental health concerns, and severe depression are just a few of the many problems that can result from this emotional repression. (Todd Durkin, 2023). Overthinking contributes to a lot of mental and psychological disorders like depression, anxiety, stress etc. There are 4% of males who experienced unwanted thoughts and negative images and 12% of males experience negative thoughts quite often as compared to others. 38% of males never experienced such negative thoughts which is positive as compared to other aspects. In terms of their emotional state following surgery, only 10% of men are neutrally satisfied, and the remaining men are all happily and normally satisfied with their operation. The majority of men do not experience any mood swings after surgery, whereas 8% of men experience the greatest amount of mood swings. 20% of men are rarely or never happy, whereas the majority of men feel happy and cheerful. The majority of male population lies between the age span of 61-80 amongst the range of 40-80.

Overthinking is more prevalent in women than in men, with 39.2% of women and 32% of men falling into this category. In comparison to women, men are happier than women since 36% of men are happy most of the time and 38% of men are happy occasionally, meaning that 33.3% of women are happy most of the time and 27.5% of women are only happy occasionally. In comparison, males sleep better at night, whereas females sleep much better at night than males do (32%), with ladies getting 39.2% of moderate sleep and males getting 60% of moderate sleep. Compared to women, men require longer periods of time to feel rested (51% for women and 62% for men). Men only take up 26% of those who sleep moderately, while women take up 39.2% of those who routinely sleep an average amount. In addition, 4% of women only get 3–4 hours of sleep each day to feel refreshed, therefore there is a greater likelihood that women will experience insomnia following surgery than men.

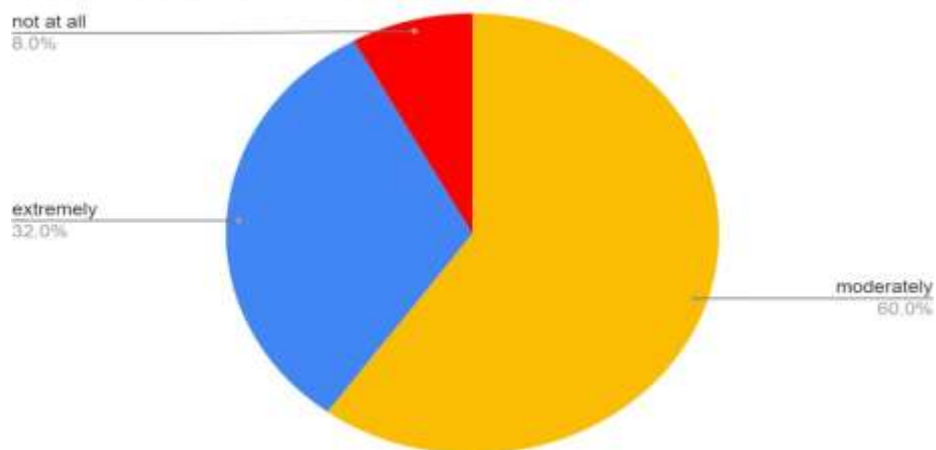
Men are more emotionally depressed and anxious than women since 43% of women are moderately pleased, which is a significant amount compared to 36% of men, and only 17.6% of women are occasionally unhappy, which makes it lower than 22% of men. When compared to men, who experience stress at a rate of just 2%, women experience stress at a rate of 7.8%, which is higher than that of men. Other than that, male and female stress levels are nearly equal at 26% and 25.5%, respectively. Which is a result that shows which gender experiences the least stress. In terms of patient satisfaction, 52.9 percent of females express feeling the most satisfied, which is somewhat more than the 50% of males. While overall satisfaction is equal for men and women, 2% of females are not as satisfied, which may be related to a sensation of pain. Males experience mood swings at a rate of 8%, whilst females experience them at a rate of 15.7%. As an outcome, half of females while most males experience no mood swings at all. In terms of fury, just 2% of female respondents reported experiencing strong wrath, which is fewer than 4% of male respondents. Men exhibit greater levels of impulsive aggressiveness (22%), whilst females exhibit lower levels of aggression (17.6%) compared to men. Only 15.7% of females have almost never overthought, which is very less when compared to males as 38% of males have almost never overthought, which is positive on the male side. Females experience more negative thoughts, which leads to overthinking, which is 11.8%, whereas males have experienced more negative feelings which is only 4%.

GRAPHS

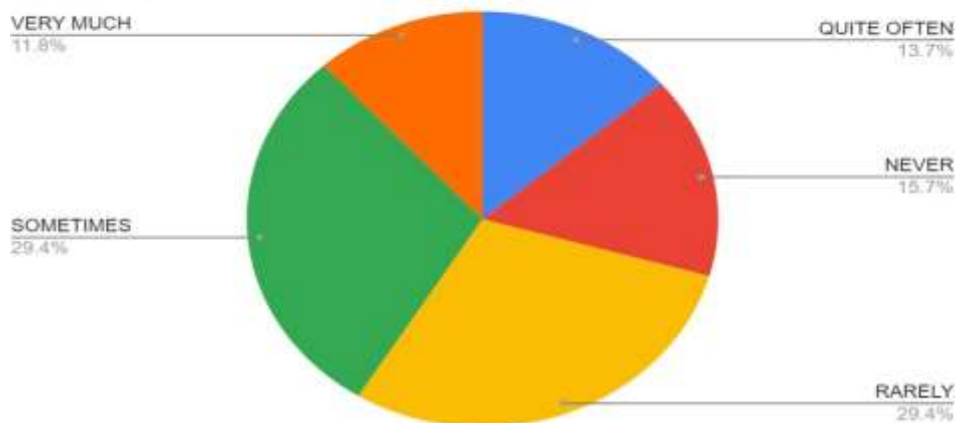
Do you get good sleep at night? (females)



Do you get good sleep at night? (males)

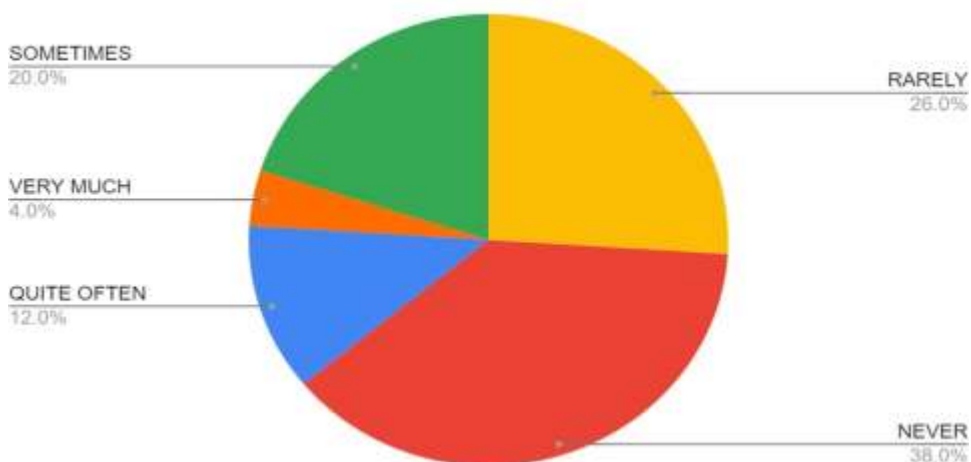


Do you experience unwanted thoughts & negative images (females)

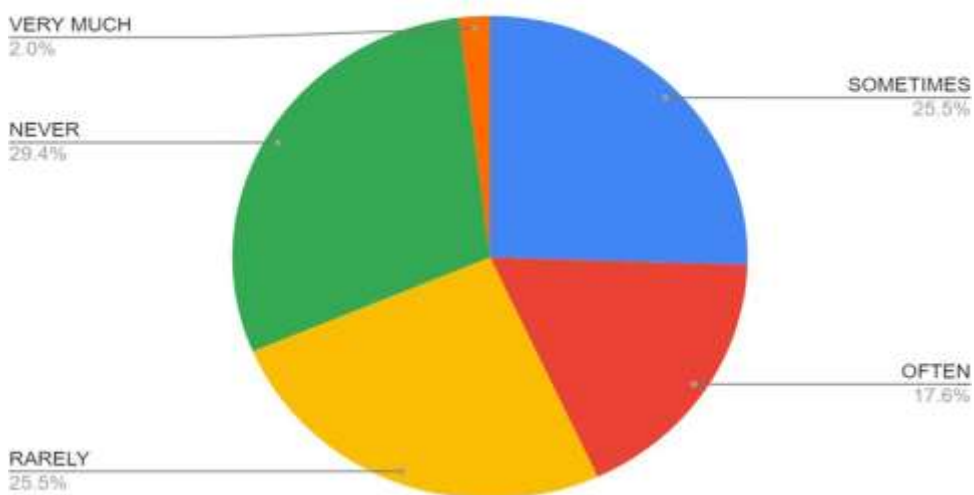


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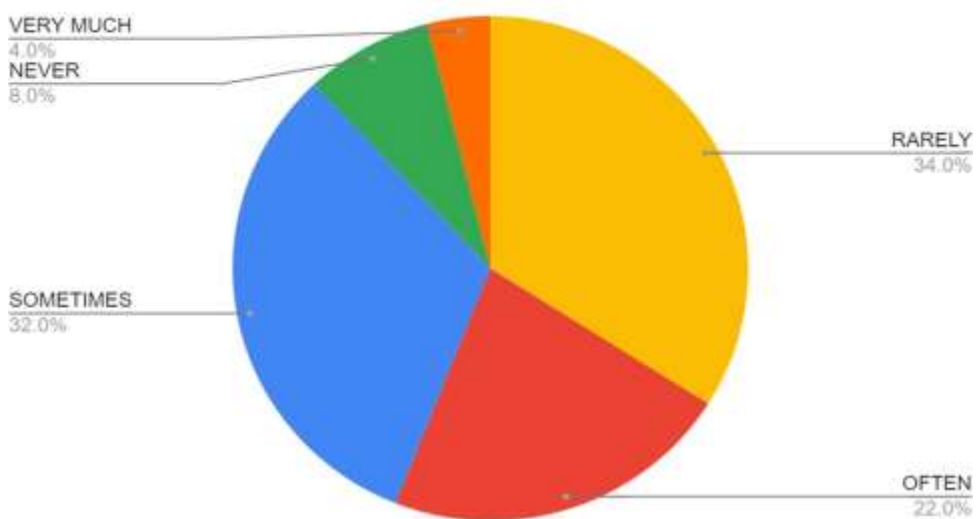
Do you experience unwanted thoughts & negative images?
(males)



How often do you get angry? (females)

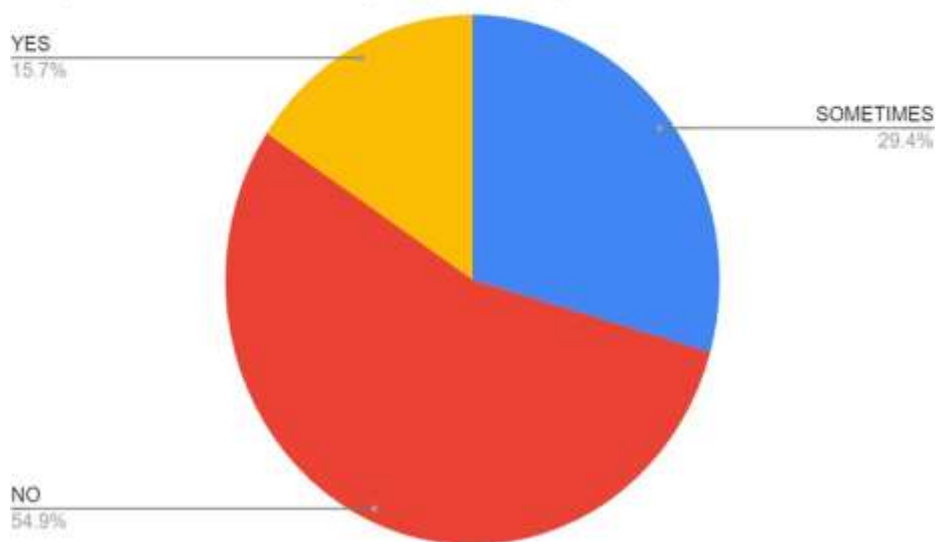


How often do you get angry? (males)

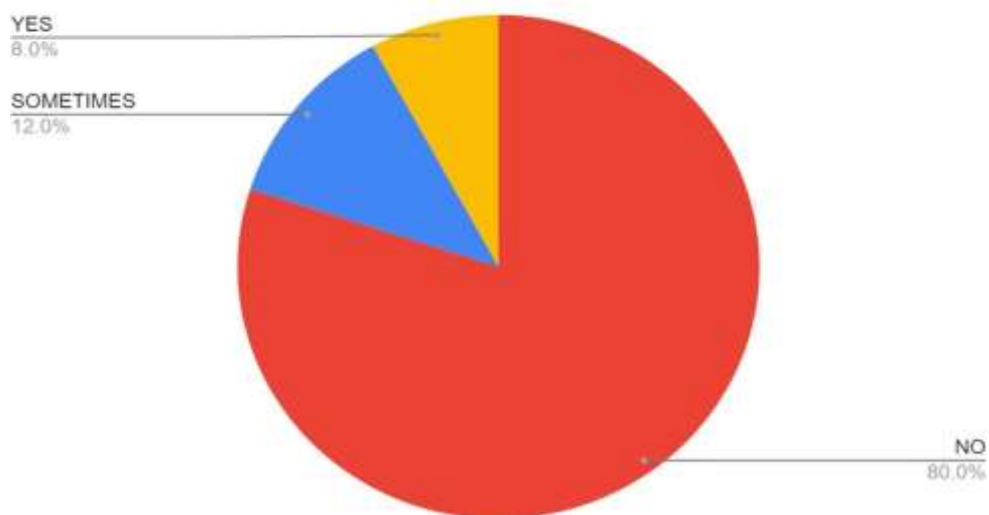


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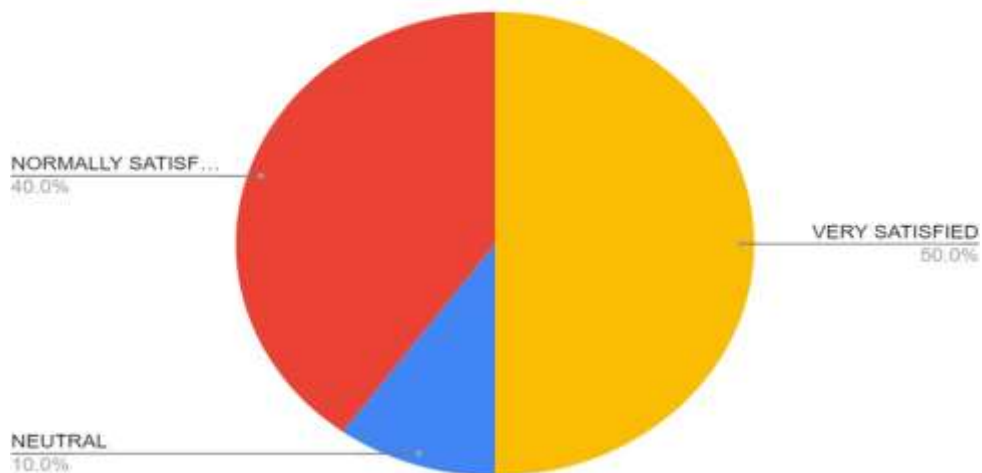
Do you have mood swings? (females)



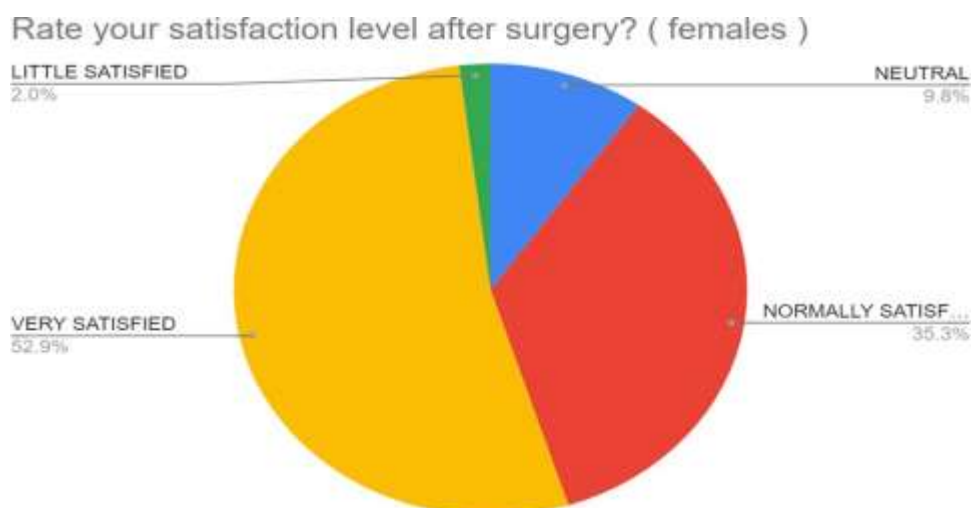
Do you have mood swings? (males)



Rate your satisfaction level after surgery? (males)



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CONCLUSION

According to the findings, women experience greater issues with sleeping than men. When comparing post-surgery sleep issues, women experience more than men. When it comes to anxiety measurement, men are often joyful, whereas women are only occasionally pleased after surgery due to social and economical responsibilities. When it comes to low recovery patience, there is no significant difference between the genders in the comparing data of males and females. When assessing surgical satisfaction, it is shown that women are more satisfied post surgery. Because of their empathic nature, women were shown to experience bigger mood swings than men after mood swing data was gathered. Males are shown to be more angry than females due to social responsibility, hidden vulnerability, and a less outspoken disposition. Upon analysing the data, it was found that women overthink more frequently due to anxieties, elevated cortisol levels, and decreased progesterone and oestrogen levels.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Doshi, M. (2024). Multiple Psychological Disorders After the Surgery. *International Journal of Indian Psychology*, 12(3), 505-514. DIP:18.01.047.2024 1203, DOI:10.25215/1203.047