

# CORRELATION BETWEEN NEUROTICISM AND Cu-T USE

(Research Communication)

By

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## SUMMARY

The degree of neuroticism has a positive correlation with the discontinuation of Cu-T use. Those patients scoring high ( $> 9$ ) on Neuroticism scale (N-2) showed discontinuation of Cu-T from 54% to 6% within 3 months of its insertion while those patients having low neuroticism ( $< 9$ ) showed a decline in discontinuation from 46% to 22%. So, higher the neuroticism, more was the discontinuation of Cu-T use.

### Introduction

Since the institution of Family Planning Programme, many factors have been attributed for its failure. The important factors are—illiteracy, unawareness about Family Planning Methods, uneasy availability of various contraceptives, high complications or failure rate, poor motivation, poor follow-up facilities etc. Wig *et al* (1978) suggested that prospective studies should be conducted to find out the correlation of IUCDs acceptance with the degree of neuroticism but since then, no studies have been conducted to find out the same.

### Material and Methods

The present study was conducted in the Family Welfare clinic of Smt. Sucheta

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Kriplani Hospital, New Delhi to find out the correlation of degree of neuroticism with the acceptance or discontinuation of Cu-T. Total 500 patients were taken up. They were given self administered PGI Health Questionnaire N-2 in Hindi, consisting of 60 items, constructed and standardized by Verma and Vig (1977). The patients were given the scale once before Cu-T insertion and after it, then 4 and 12 weeks after Cu-T insertion. The results of the study are shown in Table I.

### Results

The results show that during follow-up after two weeks of Cu-T insertion, there was a fall in patients using Cu-T in both the groups, consisting of patients scoring less than 9 and those with scores more than 9 on N-2 scale. The fall was statistically significant in both the groups; ( $P < .001$ ). Three months after insertion, the fall in users of Cu-T was again from 36% to 22% in patients scoring less than

TABLE I

Showing Correlation Between the Degree of Neuroticism and the Discontinuation of Cu-T Use

Interview	N-2		Score	
	Less than 9 (Low)		More than 9 (High)	
	No. of cases (%)		No. of cases (%)	
Before Cu-T insertion	480 (96%)	20 (4%)		
After Cu-T insertion	230 (46%)	270 (54%)		
After 4 weeks	160 (36%)	150 (30%)		
After 12 weeks	110 (22%)	30 (6%)		

9 and from 30% to 6% in patients scoring more than 9. The fall was statistically significant in both the groups ( $P < .001$ ).

#### Discussion

In the present study, it was found that the high neuroticism in patients was associated more with the discontinuation of Cu-T use. The patients who scored more than 9 on N-2 scale and got Cu-T inserted fell from 54% to 6% within 3 months while in the patients with score less than 9, the fall was from 46% to 22%. The difference of fall in Cu-T users in both the groups was statistically highly significant ( $P < .001$ ). From the present study, it can be hypothesized that the patients

having high neuroticism are more vulnerable to discontinuation of Cu-T use and thus form a target group for proper motivation and psychotherapy.

So the mental health services should be integrated with Family Planning services to make them a total success.

#### References

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