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Review Article

History of Patient's Traumatic Experiences Before Entering a Psychiatric Hospital: A Narrative Review

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Abstract

Background: The phenomenon of mental disorders is a phenomenon that continues to grow and has an influence on various aspects of life. One of the causes of mental disorders is the experience of traumatic events.

Objectives: The purpose of this literature study is to find out what traumatic experiences the patient had before entering a mental hospital.

Methods: The design used the narrative review method. The article search method used CINAHL, Pubmed, and Scencedirect. The inclusion criteria were articles in English, a span of 10 years, full text, qualitative and quantitative, and respondents were patients in a mental hospitals.

Results: The number of articles found and analyzed in this literature study was 8 articles regarding the traumatic experience of patients before entering a mental home.

Conclusion: The experiences of patients before entering a mental hospital include the experience childhood trauma, post-disaster trauma, emotional trauma, and physical trauma.

Keywords: mental hospital, trauma, traumatic

Introduction

The phenomenon of mental disorders or commonly known as mental disorders continues to grow and has a significant influence on aspects of health, social, and human rights and has an impact on the economy in various countries. According to WHO, the concept of mental health is a person's mental state who is prosperous, aware of his abilities, can cope with the stresses of life with good coping, can work productively and usefully, and can contribute to his community.¹ Mental disorders themselves consist of various types and different signs and symptoms but are generally recognized by the presence of abnormal things in thoughts, perceptions, emotions, attitudes or behavior, and relationships with other people. The estimated number of mental disorders in the world reaches 450 million people including schizophrenia and mental disorders are the types of disorders that cause

the highest number of years of life with disability conditions.² According to data on the burden of disease in Indonesia by the Indonesian Ministry of Health, 2018 shows that 13.4% of the causes of disability in Indonesia are due to mental disorders. Several types of mental disorders experienced by residents in Indonesia include depression, anxiety, schizophrenia, bipolar, behavioral disorders, autism, eating disorders, intellectual disabilities, and Attention Deficit Hyperactive Disorder (ADHD).³

Mental disorders can be experienced by all age groups, from children to adults can experience this disease. The prevalence of people with mental disorders in Indonesia is around 1 in 5 people.³ This means that around 20% of the Indonesian population has the potential for mental disorders.² The high prevalence of this disease is because people are not aware of the things that can affect the occurrence of mental disorders. Traumatic events have been proven to be one of the major causes of mental disorders.⁴ The current understanding identifies the role of trauma as a triggering factor for post-traumatic stress disorder (PTSD) but trauma also plays a role in depression, anxiety disorders, substance abuse, sexual dysfunction, personality disorders, and triggers suicide attempts self. Based on previous research there are still around 60% of the incidents of mental disorders whose cause is not known.^{5,6}

Based on these data, the problem is that traumatic experiences can cause mental health problems, causing patients to be treated in mental hospitals. However, health workers sometimes do not know the type of trauma experienced by the patient. Therefore, research related to the factors of traumatic experience in patients needs to be further identified. This study aims to identify the history of any traumatic experiences that have been experienced by patients with mental disorders.

Methods

Research design

The analysis of this article uses a narrative review design. The analysis of this article aims to review various existing studies to explain the current lack of knowledge.⁷

Search Strategy

The search for articles about traumatic experiences before being admitted to a mental hospital was carried out using 3 databases, namely the CINAHL Ebscohost database, the Pubmed database, and Sciencedirect. Article searches were performed using PCC format with Population: Patients; Concept: Traumatic Experiences; and Context: patients experience before entering mental hospital. The keywords used are Patient OR Patients AND traumatic experience OR Trauma AND Mental Hospital.

Selection Process

Inclusion and exclusion criteria have been set for the selection process of articles that are suitable for this study. The inclusion criteria set are in English, the year of publication is 10 years, the article is in full text, the research is qualitative and quantitative, the article discusses the traumatic experience experienced by the patient before entering the mental hospital, the respondent is a patient at risk and has been admitted to the mental hospital. Meanwhile, the exclusion criteria set were articles in the form of reviews, pilot studies, and respondents who are not hospitalized will be selected and will not be analyzed in this literature study.

Data Extraction and Data Analysis

Data extraction was done manually by analyzing the title, author, year of publication, objectives, research design, population and sample, data collection methods, and results. The process of selecting articles was carried out according to the inclusion and exclusion criteria. Articles that meet the criteria are then analyzed.

Results

From the search results obtained 8 articles that meet the inclusion and exclusion criteria. Articles obtained through the CINAHL Ebscohost database contained 3 articles, through the Pubmed database 2 articles, from Scencedirect 3 articles.

8 Research articles were conducted in China, Arabia, Iran, Nepal, and Hong Kong. Research design from articles obtained by Quantitative-Descriptive Study and Cross-Sectional The total number of research samples is 5,198 samples, with the least sample being 70 respondents and the most used sample being 4,360 respondents. The results of data extraction related to traumatic experiences before entering a mental hospital will be displayed in the following table (Table 1):

Based on the narrative review, the result of this study are types of trauma experienced by the patient before entering the mental hospital

1. Childhood Trauma

The results of research conducted by Steil et al., (2022) showed that 85.6% of schizophrenic patients had at least one type of childhood trauma, and 42.3% of them had three types of trauma.⁸ The most common childhood trauma was violence with a prevalence (49.1%). Not only in schizophrenic patients, it turns out that patients with borderline personality disorder have childhood trauma and anxiety which are also reported to be experienced in patients with mood disorders.⁹

2. Disaster

The traumatic experience of natural disasters is a lifelong traumatic event and is the most common type of trauma that occurs in outpatient psychiatric clinic patients at the University hospital in Kathmandu.¹⁰

3. Emotional Trauma

Emotional trauma is associated with the appearance of schizophrenia symptoms.¹¹ 36.5% of schizophrenic patients experienced emotional neglect in childhood.¹² The death of a close person is the most common trauma that occurs among patients before entering a mental hospital. 51.9% of patients experienced the trauma of being abandoned by their closest people.¹³ Trauma due to being abandoned by their parents becomes a greater trauma incident.¹⁴

4. Physical trauma

Various types of physical trauma such as accidents, trauma caused by physical violence, and abuse are also common. According to previous research who stated that transportation accidents occurred in 50.4% of patients in Hong Kong and 48.8% experienced physical attacks.¹⁵ This result is in line with the research conducted by Mohammadzadeh et al., (2019) which shows that physical violence occurred in 40.2% of participants who experienced trauma.

A study conducted by Bozzatello et al., (2020) shows that harassment is one of the causes of the initial occurrence of Borderline Personality Disorder.¹⁶ In addition, sexual trauma in adulthood is also associated with the appearance of symptoms of schizophrenia.¹¹

Types of psychological disorders experienced by patients due to traumatic experiences

Patients experience various types of psychiatric disorders because of their traumatic experiences. Each trauma does not always specifically cause one type of disorder. The types of psychiatric disorders analyzed in this article include Borderline Personality Disorder, Schizophrenia, psychotic-like experiences, mood disorders, and causing suicide attempts.

Table 1. Extraction Data

No	Title	Purpose	Design	Size Sample	Scale	Result
1	Trauma and psychopathology associated with early onset BPD: an empirical contribution (Bozzatello et al., 2020)	Identify how significant the association of psychopathological, trauma, and functional factors with the onset of BPD, evaluate factors related to the time interval between the initial signs of BPD symptoms and the first meeting with a psychiatrist	Quantitative - Descriptive Study	70	SOFAS, SAT-P, BPDSI, BIS-11, CTQ-SF DAN ACE-IQ	From this study, it was found that the initial occurrence of Borderline Personality Disorder was related to the experience of harassment, neglect, or dysfunction in the patient's family environment
2	The relationship between adulthood traumatic experiences and psychotic symptoms in female patients with schizophrenia (Hacioglu Yildirim et al., 2014)	Knowing the types of trauma in childhood and its role in the development of psychotic-like experiences in adolescents in China	Quantitative - Descriptive Study	70	Positive and Negative Syndrome Scale (PANSS), Ud Velg for Kliniske Undersøgelser Side Effect Rating Scale (UKU), Calgary Depression Scale for Schizophrenia (CDSS) dan Traumatic Experiences Checklist(TEC)	The results of this study showed that 94.3% of participants experienced at least one traumatic interpersonal event in their life. In addition, participants also experienced incidents of sexual trauma in adulthood and emotional abuse associated with the appearance of schizophrenia symptoms
3	The prevalence of confirmed childhood	This study aimed to evaluate the incidence of	Quantitative-Descriptive Study	4360	Childhood Trauma Questionnaire-short form (CTQ-SF), dan	The trauma of physical neglect is the most common trauma experienced by adolescents, followed by emotional neglect, sexual abuse,

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	trauma and its impact on psychotic-like experiences in a sample of Chinese adolescents (Lu et al., 2020)	childhood trauma among schizophrenic patients and how this impacts the clinical picture of the disorder			Community assessment psychic experiences-42 (CAPE-42)	emotional abuse, and physical abuse
4	The Relationship between Childhood Trauma and Schizophrenia Symptoms Severity at Zagazig University Hospitals (Shalanda et al.,2019)	To explore trauma-related psychiatric disorders and their correlations	A cross-sectional study	104	Adverse Childhood Experiences International Questionnaire (ACE-IQ)	The results showed the prevalence (85.6%) of schizophrenic patients who had at least 1 type of childhood trauma, (42.3%) of whom had 3 types of trauma. The most common childhood trauma was violence (49.1%) followed by emotional neglect (36.5%) and one or absence of parents, parental separation, or divorce (22.1%)
5	Trauma-related psychiatric disorders and their correlates in a clinical sample: A cross-sectional study in trauma-affected patients visiting a psychiatric clinic in Nepal (Koiralai et al., 2020)	To know about Trauma related psychiatric disorders	A cross-sectional study	100	The Composite International Diagnostic Interview (CIDI)	The results showed that there were 2 traumatic experiences in life. Natural disasters are the most common type of trauma (84%) compared to other types of trauma. Rape was reported as the most traumatic
6	Childhood trauma and the likelihood of increased suicidal risk in schizophrenia (Mohammadzad eh et al., 2019)	To determine the dimensions of childhood trauma in patients with schizophrenia, and to predict the risk of suicide (eg, current suicidal ideation and	A cross-sectional study	82	the Childhood Trauma Questionnaire – Short Form (CTQ-SF), Depresi Beck Inventory-II (BDI-II)	The results showed that many patients reported having a significant level of emotional abuse (45.1%), physical abuse (40.2%), sexual harassment (32.9%), emotional neglect (39.0%), and physical neglect (52). ,4%). It was found that patients with suicide attempts had higher rates of sexual harassment

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		lifetime suicide attempts) with childhood trauma				
7.	Patients' Reports of Traumatic Experience and Posttraumatic Stress in Psychiatric Settings (Wu et al.,2020)	to determine the prevalence of traumatic experiences among patients in a psychiatric setting in Hong Kong and the relationship between traumatic experiences, levels of distress, and anxiety and depressive symptoms	Cross-sectional study	129	Life Event Checklist (LEC), Psychiatric Experience Questionnaire (PEQ)	Common types of traumatic experience included sudden death of a close person (51.9%), transportation accident (50.4%), physical assault (48.8%), natural disaster (44.2%), and severe perceived suffering (41.9%)
8.	Relationships between self-reported childhood traumatic experiences, attachment style, neuroticism, and features of borderline personality disorders in patients with mood disorders (Baryshnikov et al., 2017).	to investigate the association between self-reported features of Borderline Personality Disorder, childhood TE, adult attachment style, and neuroticism in patients with mood disorders	Cross-sectional study	283	the McLean Screening Instrument(MSI), the Experiences in Close Relationships-Revised (ECR-R), the Short Five (S5) and the Trauma and Distress Scale (TADS)	there is a fairly strong correlation between reported incidences of borderline personality disorder and neuroticism, reported childhood traumatic experiences and anxiety also experienced among patients with mood disorders. Independent predictors for features of BPD included young age, frequency of childhood trauma experiences, and high neuroticism. There is an association between childhood traumatic experiences and boundaries among mood disorder patients

Trauma experiences that occur repeatedly have a close relationship with someone who experiences Borderline Personality Disorder.¹⁷ or respondents with a diagnosis of schizophrenia in a study conducted by Hacıoglu Yildirim et al., (2014) in his study of 94.3% of participants experienced at least one traumatic event and sexual trauma in early adulthood.¹¹ The trauma of physical and emotional neglect, sexual and emotional abuse and physical abuse are the most common traumas experienced by adolescents, especially young boys because of Chinese cultural reasons that pay more attention to girls.¹⁸

Discussion

Eight articles related to the trauma experience of patients prior to admission to a mental hospital. Trauma experienced by a person such as sexual abuse, physical abuse, emotional abuse, Emotional neglect, physical neglect, being ostracized by society, or other events will trigger a person to experience a mental disorder. Mental disorders can occur in anyone, both young, adults and the elderly. Mental disorders can also occur in people who live in urban and rural areas. Low-income countries have a heavier burden of mental illness than high-income countries, with a higher prevalence of mental disorders with lower access to treatment.¹⁹

Many psychiatric disorders are caused by childhood trauma, especially sexual abuse and childhood neglect affects the frequency, course, and etiology of mental illness.²⁰ based on the article, the participants experienced at least one trauma in their life. This is by the World Mental Health Survey conducted on nearly 70,000 participants from 24 countries ranging from low to high economic status. These data show that at some time in their lives 70.4% of respondents had experienced at least one type of traumatic event.²¹ Childhood trauma casts a long and broad shadow, showing an association with an increased risk of psychiatric status in adulthood.²² Types of traumatic experiences include violence, disaster, loss, serious illness, and other extraordinary events and disturbing experiences.

Of the eight articles, the most traumatized by sexual harassment, rape and were reported as the most traumatic. The trauma of sexual abuse causes impaired social function, and increased emotional stress.¹⁶ The rate of participants being victims of sexual harassment/rape may be higher than stated, as many do not disclose their experiences. In general, victims will keep their mouths shut, sometimes for a very long time, for certain reasons. In addition, there is a fear of being the target of sexual harassment again, a sense of distrust, shame, too afraid to tell their environments such as friends, and family, what happened to the victim, denial of institutions, or sometimes the existence of playing victims that can be experienced by victims by perpetrators.²³ These patients considered sexual trauma/rape to be the most traumatic event with 100% for rape and 62.5% for sexual harassment.¹⁰ Sexual harassment and rape are one of the worst and toughest things that can be experienced by humans, both women, and men. In addition to physical injuries, it also brings mental or psychological wounds that need time to heal.²⁴ One of the childhood traumas is that (sexual) abuse is a unique predictor of lifetime suicide attempts, and (physical) neglect.¹⁶ Emotional abuse is an act of humiliation through verbal criticism that continues by neglecting children, isolating children from their environment or breaking social relations, and blaming children continuously. Emotional abuse is difficult to detect and often goes unreported. Emotional violence has an impact on severe physical and psychological trauma and can experience severe emotional problems, namely anxiety, depression, withdrawal, somatic complaints, attention problems, aggressive behavior, and behavior against the law.²⁵

Trauma due to physical neglect is also a cause of suicidal ideation in schizophrenic patients. Childhood neglect is associated with suicidal behavior in schizophrenia. Socio-economic status and education levels in rural areas is lower than in cities. As a result, parents are busy making a living and do not have enough time to care for their children, which increases the chances of children feeling neglected by their parents. The experience of neglect and dysfunction in the family environment is one of the reasons someone experiences Borderline Personality Disorder.¹⁷ Individuals who have childhood trauma have a higher risk of committing suicide than those who do not have childhood trauma.¹⁶ Physical violence is also one of the traumas that many people

experience and is a trigger for mental disorders. The increasing incidence of domestic violence in Egypt can be explained because violent behavior against women there is common, especially those with low socioeconomic status.²⁶

Patients with high levels of childhood trauma had significantly more suicidal ideation than patients with low levels of childhood trauma. Suicidal ideation is associated with all types of childhood trauma, associated with two types of childhood trauma (emotional abuse and physical neglect), and neurobiological (hypothalamic-pituitary-adrenal dysregulation, abnormalities in dopaminergic transmission, hippocampal damage, cerebral atrophy, and ventricular asymmetry).

Mental disorders caused by this traumatic experience have many impacts on a person's life, such as hindering work, and disturbing the community, and can also harm the country due to decreased productivity, causing an increased economic burden experienced by the family and also the state. Individuals who experience mental disorders not only lose their jobs but also get negative stigmas from the community.¹⁹

Conclusion

There are 8 articles synthesized in this literature study. Trauma that often occurs that causes a person to experience mental disorders is trauma in childhood, post-disaster, emotional trauma, and physical trauma. Types of trauma experienced in childhood can be violent. As for the emotional trauma experienced in the form of emotional neglect during childhood, the loss of one parent or the absence of a parent either due to divorce or abandonment. Physical trauma was experienced by respondents in the form of accidents, physical violence, and harassment. The trauma experienced by the respondents resulted in various types of disorders such as schizophrenia, Borderline Personality Disorder, mood disorders, and even attempted suicide attempts.

Conflict of Interest Declaration

All authors declare no conflict of interest in this study.

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