

good relationship with their partner. Complications were experienced by 123(22.9%) of women during this pregnancy and commonest was gestational diabetes. The presence of depression was significantly associated with living with extended family ($p = 0.033$) and in-laws ($p = 0.014$). Multi parity (>2 children) ($p = 0.008$), partner's substance use ($p = 0.002$), inadequate family support ($p = 0.024$), inadequate partner's support ($p = 0.003$), unsatisfactory relationship with partner ($p = 0.000$) and unplanned pregnancies ($p = 0.001$) were also associated with depression. Logistic regression analysis indicated a significant association between depression with partner's substance use, unavailability of family support and poor relationship with the partner.

Conclusion. Around one-third of mothers were having antenatal depression. Several spouse related factors and unsatisfactory family support were associated with depression among antenatal mothers.

An analytical cross-sectional study to describe and compare the mental health status of doctors and medical undergraduates in selected institutions in Colombo, Sri Lanka during COVID-19 pandemic

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Aims. The aim of this study was to describe and compare the mental health status of doctors and medical undergraduates in selected institutions during COVID-19 pandemic.

Method. A cross-sectional analytical study was conducted among doctors working in major tertiary care hospitals two of which, risk is unpredictable and high, the other where all patients are positive for COVID-19 and among medical undergraduates. The doctors were selected using disproportionate stratified sampling and medical undergraduates using stratified cluster sampling. Data were gathered using a Google form containing socio-demographic details, perception on the pandemic and the General Health Questionnaire-12(GHQ-12).

Result. There were 468 participants in the study and among them 243(51.9%) were doctors. Mean age of the doctors' is 34.54(SD = 7.43) years and more than half (50.06%) were in post graduate training. Majority were worried about their health (65%) and their loved one's health (90.1%). Among doctors 220(90.5%) felt that they have moderate or higher risk of acquiring COVID-19 and 15.6% would not have worked due to the risk. According to GHQ-12, 182(74%) doctors were psychologically distressed (mean GHQ = 12.64, SD = 4.54) and it was significantly associated with age less than 35 years ($p = 0.039$) and worry about interruption of their daily routines ($p = 0.010$).

The mean age of 225 medical undergraduates was 25.20 (SD = 1.34) years and 176(78.2%) of the participants were psychologically distressed (mean GHQ = 14.32, SD = 6.67). Majority (59.11%) believed that they are at high risk of getting COVID-19. Their distress was significantly associated with the worry about the impact of COVID-19 related restrictions on their daily routines ($p = 0.000$). Binomial logistic regression confirmed that doctors were distressed due to impact on their income whereas both doctors and medical undergraduates were distressed due to impact on daily routines.

Conclusion. Nearly three quarter of both doctors and medical undergraduates were psychologically distressed during COVID-19 pandemic. The worry was due to contracting illness, financial issues and the COVID-19 regulations.

Prevalence and associations of psychoactive substance use among male supportive staff members in a tertiary care hospital of Sri Lanka

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Aims. The study describes the prevalence and associated socio-demographic variables of psychoactive substance use among male supportive staff members at a tertiary care hospital in Sri Lanka.

Method. A cross-sectional descriptive study was carried out among male supportive staff members of a tertiary care hospital in Colombo District, Sri Lanka by using a self-administered anonymous questionnaire. Participants were recruited using stratified cluster sampling in thirteen overseer divisions of the hospital. Anonymous questionnaires were collected into a sealed box and analysed using Statistical Package for Social Sciences 20.

Result. The mean age of the 404 male staff members who participated in the study was 38.78(SD = 10.90) years and 71.5% were married. Among them 202 (49.1%) were educated up to grade 6-11 and 30 of them has had encounters with law in the past. Thirty of participants had history of psychoactive substance use in the family. Alcohol was used more than once a month by 127(30.9%) and more than once a week by 19(4.6%) individuals. Among other substances, tobacco, beetle and beedi were used by 104(25.3%), 78(19.0%) and 18(4.4%) respectively at least once a month. Further, 22(5.3%), 20(4.8%), 7(1.7%) and 7(1.7%) participants used Mava, Cannabis, Methamphetamine and Thool respectively at least less than once a month. Heroin, Tramadol and Morphine were used by two individuals at least less than once a month. Among substance using participants, 132 wished to cut down their habit. Most commonly identified (14.1%) adverse consequence was financial issues secondary to psychoactive substance use. Eleven (4.5%) staff members used the substance at hospital. Alcohol use was associated with age more than 35 years ($p = 0.039$) and history of forensic involvement ($p = 0.038$). Tobacco ($p = 0.000$), beetle ($p = 0.056$), Cannabis ($p = 0.000$) and mava ($p = 0.015$) use were significantly associated with positive forensic history. Supportive staff members' alcohol and cannabis use was associated with tobacco ($p = 0.000$, $p = 0.000$) and beetle use ($p = 0.001$, $p = 0.049$). Mava use was associated with alcohol ($p = 0.060$) use in addition to tobacco ($p = 0.020$) and beetle use ($p = 0.008$).

Binomial logistic regression revealed alcohol use and beetle use were associated with the number of children in family and above associations.

Conclusion. Commonest psychoactive substance consumed by supportive staff members were alcohol, tobacco, beetle, Cannabis and Mava in descending order of frequency. Forensic history was significantly associated with substance use. True prevalence of substance use can be higher than these values.