

Travel and Psychiatric Disorders: About 12 Cases

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INTRODUCTION:

The relationship between mental illness and travel can take many aspects. Travel may be underpinned by a psychiatric disorder out, reveal it or precipitate its decompensation.

OBJECTIVE:

The target of our study is to describe the sociodemographic and clinical characteristics of patients hospitalized in the psychiatric department E of the razi hospital during a cross-border travel and clarify the relationship between mental illness and travel.

METHOD:

We have conducted a retrospective study including all patients hospitalized in the psychiatric department E of the razi hospital from January 2004 to September 2014, during a cross-border trip.

Data was collected through a predetermined form, exploring the socio-demographic and anamnestic patient parameters, trip characteristics, and finally clinical and evolutionary data of the disorder.

RESULTS:

Our population consists of 12 patients, 83% are male. The average age of patients is 41 years.

In our study, the majority of patients were followed by a psychiatrist. The admission mode of our patients was 80% without their consent. 72, 2% of patients were smokers, 63, 6% drinks alcohol regularly, and 9% used cannabis.

In our study, the beginning of troubles came before the trip in 5 cases. This is assuming the existence of a pathological travel in these cases.

CONCLUSION:

Our patients had essentially psychotic disorders, mood disorders and related substance use disorders. These disturbances were precipitated by the travel in 7 cases out of 12. Thus, anticipating changes and preparing the necessary adjustments could help to reduce the risk of decompensation.