

Sociodemographic Characteristics of Delusional Jealousy in Help-seeking Clinical Population in Sri Lanka

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Delusional jealousy is a clinical problem with psychosocial issues that has received little attention in the psychiatric and psychological literature. Empirical data on demographical trends of delusional jealousy are sparse and fragmentary. Understanding demographical trends of a disease can improve the design of effective control measures. Present study was aimed to describe demographic characteristics of patients with help-seeking delusional jealousy reported to selected institutions providing mental health services in Sri Lanka. A descriptive cross-sectional study was carried out for three months from May-August 2017, at National Institute of Mental Health, University psychiatry units of National Hospital of Sri Lanka and Teaching Hospital Karapitiya and a private psychiatric clinic. Data were collected using a general information sheet and a structured interview schedule. Fifty (65.78%) of all reported patients were new cases of delusional jealousy. Mean age of the patients was (M= 44.15, SD= 11.58). Mean age difference of the patients and partners was (M= 4.63, SD= 5.77). Out of the patients, 39 (70.9 %) were males and 16 (29.10 %) were females. Thirty seven (67.2%) of all patients were married, and they lived with their partners. Fifty (90.9%) patients had children together with the current partner. Fifty (90.9%) of the patients were Buddhists and 54 (98.2%) belonged to Sinhalese ethnicity. Twenty three (41.68%) of all patients were not ordinary level qualified. Thirty six (66.7%) patients were employed. However, 20 (50%) patients had a monthly income of less than Rs. 35,000. Follow-up consultations among patients with delusional jealousy were less. Majority of the patients were married males in their 30s to 50s and from lower educational and economic backgrounds. Patients with delusional jealousy were functional despite the condition. Most patients lived with their partners and children in the same household, which might precipitate a risk of violence towards the partners and subjective exposure of children towards violence.

Keywords: Delusional jealousy, Demographic characteristics, Help-seeking