

**Assessment of physicians' attitude towards mental illness and
integrating mental health in primary health care in Fayoum, Egypt.**

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Background:

Physicians' attitude towards mental illness is crucial in providing the service and in the feasibility of integrating mental health in primary health care.

Aim:

This study aimed to assess primary health care physicians' attitude towards mental illness and integrating mental health services in primary health care.

Methods:

This is a cross-sectional study conducted on 105 primary health care physicians in Fayoum governorate, Egypt. For data collection a self-administered questionnaire was used. It covers three themes: the basic characteristics of the physicians, their attitude towards mental illness using MICA 4 and their attitude towards integrating mental health in primary health care.

Results:

The mean MICA score was 44.4 ± 8.1 out of 96. The significant positive attitude was found among those younger than 40 years, females, urban residents, those with no postgraduate degree and those working in an

urban primary health care facility. The mean score of attitude towards integrating mental health in primary health care was 7.02 ± 2.03 out of 15. The majority of respondents (87.6%) believe in the necessity of integration mental health in primary health care.

Conclusion and recommendations:

Physicians' attitude was generally positive regarding mental illness and mental health integration in primary health care. Further research is required to identify obstacles in integrating mental health in primary health care.