

ABSTRACT

Background : Positive mental health is the presence of emotional, psychological and social well-being. It is a combination of feeling good about and functioning well in life. When an individual is experiencing positive emotions and functioning well, both psychologically and socially, it is called flourished level of positive mental health while feeling empty and stagnant is called languished level. Understanding the mental well-being of medical officers is important to promote their mental health in workplace.

Objective : This study was aimed to determine the level of positive mental health and associated factors among medical officers in Teaching Hospital, Kandy.

Methods : A descriptive cross-sectional study was conducted administering a pretested self-administered questionnaire consisting of short form of Mental Health Continuum (MHC-SF), among a simple random sample of 427 medical officers employed in Teaching Hospital Kandy. The level of positive mental health was assessed using categorical diagnosis as Flourished, Moderate and Languished, and the associations with socio-demographic, health related and work related factors were investigated using chi square statistic at the $p= .05$ level of significance.

Results : Among 369 respondents (86.4%), 132 (35.8%) were flourished (95% CI 31.2% - 40.4%) and 39 (10.6%) were languished (95% CI 7.3% - 13.8%). Medical officers in advanced age, not married at that time, having their own residence and who thought the income was adequate have shown a significant association with flourished level of positive mental health. Those who were diagnosed with a mental illness were found to be more languished. The work related factors such as unit, workload, working environment and level of burnout were also significantly associated with the level of positive mental health.

Conclusion : About one third of medical officers showed languished level of positive mental health while one tenth showed a languished level. There were individual as well as workplace related factors affecting the positive mental health of medical officers.

Recommendation : Future studies should be planned to explore more the positive mental health among medical officers in different settings. Findings are recommended for health planners to use when prioritizing mental health promotion programs for medical officers.

Keywords: Positive Mental Health, Medical Officers, Flourished