

evidence should promote the understandings of current stimulant medication utilization among youngsters and may provide indications to the policies monitoring inappropriate clinical prescription practice.

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The Effect of Aromatherapy on Physical and Psychological Stresses among Nurses

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Objects: The purpose of this study was to evaluate the effects of aromatherapy in reducing physical and psychological stresses among nurses.

Methods: Fourteen nurses (46.1 ± 9.3 years old) who didn't have medication and had agreed to the informed consent are selected as a participant. During the 5-days period, participants were treated with aromatherapy using 2 ml of 5% tea tree (*Melaleuca alternifolia*) essential oil and subjective evaluation was conducted using questionnaire at before and after intervention. Outcome measures included, Athens Insomnia Scale (AIS) for sleep conduction, a questionnaire of general malaise, a Visual Analogue Scale (VAS) of physical and psychological symptoms, State-Trait Anxiety Inventory (STAI) and Center for Epidemiologic Studies Depression Scale (CES-D). The intervention was conducted early June, 2008.

Results: AIS score significantly decreased after interventions in following three items "Sleep induction", "Total sleep duration", "Total score". General malaise score significantly reduced after interventions in following four items "Headache", "Lassitude", "Stomachache", "Stress". The VAS score significantly decreased after interventions in following five items "Eagerness", "Mood", "Feeling", "Fatigue", "Concentration". The state and trait anxiety scores and CES-D score significantly decreased after interventions. **Conclusion:** Aromatherapy could be useful for nurses to improve their physical and psychological stresses by helping enhance their recognition of stress management and effectively relieving their stress using essential oil.

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Role of Culture in Help-Seeking Behaviour and Preferences for Mental Health Services

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There are significant cultural variations in how people recognize, explain, experience and relate to mental health problems, patients' willingness and preference in help-seeking. A household survey via semi-structured interview with 587 adults aged above 18 years (mean

age=33.90, SD=12.13 years, 90% response rate) was conducted in a culturally rich country – Malaysia. The study aimed at investigating the general public's willingness to seek help for mental health related issues and their preferred mental health services. The results indicated that respondents' ethnicity influenced help-seeking decisions (OR=0.569, p=.032). Close to 75% of the respondents were positive towards help seeking, with general practitioners being most commonly mentioned (50%), and psychiatrists (9%) and psychologists (<1%) being the least mentioned sources of help. Approximately 12% of respondents, of which majority were Malays and rural residents, have indicated that they will also seek help from traditional healers. Language and education level may have been the barriers for the acknowledgment of help-seeking needs and where to seek help as many respondents have little knowledge about what psychiatrists or psychologists do. Among respondents who were doubtful about help-seeking, many did not know where to seek help and would not like people to know about their conditions due to the fear of being stigmatized. In conclusion, cultural values should be taken into consideration to facilitate public education and mental health promotions.

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The Inpatient Utilization of Severely Chronic Psychiatric Patients

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Background: "Deinstitutionalization" has become the major direction in care of psychiatric patients. Do psychiatric patients obtain proper care in Taiwan? **Objectives:** To explore the inpatient utilization of severely chronic psychiatric patients in Taiwan. **Method:** A historical cohort method is adopted to conduct the study. After identification of the chronic psychiatric patients from the files of registry for catastrophic illness patients (HV) in 2005, the information will connect with the census registry and databases of the Bureau of National Health Insurance (BNHI) in 2006. The logistic regression and multiple regression were used to analysis the utilization of inpatient in 2006.

Results: The population was 217,682 in 2005, and patients with the schizophrenia disorders, affective psychoses and the senile and presenile organic psychotic conditions were most of all (87.18%). The hospitalized utilization rate of the schizophrenia disorders, affective psychoses and the senile and presenile organic psychotic patients were 29.51%, 23.52% and 25.51%. The hospitalized utilization rate of all was 26.37%. For these types of patients, the total expenditure were \$6,500,000,000, \$2,000,000,000, \$1,600,000,000, and the acute LOS were 60.64 days, 37.83 days, 39.44 days, the chronic LOS were 236.94 days, 140.59 days, 112.49 days.