(GPs) and incorporating MH into the primary care system could solve MH professionals' deficiencies in remote areas. In light of the findings, it was recommended to initiate capacity-building sessions for the GPs in Sindh to train and educate them regarding the MH needs of their target population.

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Metabolic Abnormalities in Patients Prescribed Antipsychotics for Severe Mental Illness in the community

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Aims: To determine the prevalence of metabolic abnormalities in patients with severe mental health illness (SMI) prescribed antipsychotics by the local Community Mental Health Team at the North Staffordshire Combined Healthcare NHS Trust.
Methods: This cross-sectional study collected data for patients who were on antipsychotic medications in 2022. The variables assessed include age, sex, smoking status, ethnicity, substance use, body mass index (BMI), prolactin, HBA1c, HDL, LDL, non-HDL, and total cholesterol. The statistical analyses were performed using SPSS version 26.
Results: A total of 296 patients (mean age 51.4 years), 161 (54.4%) males and 135 (45.6%) females were included in the study. Most of the patients (91.5%) were white, whereas others belonged to Asian (2.36%), Black (1%), other ethnicities(2.02%), and 3.04% did not state their backgrounds. 112 (37.8%) were smokers, 86 (29%) were ex-smokers, and 90 (30.4%) were non-smokers. More than two-thirds, 256 (86.4%) of the patients had no history of substance use, but the remaining 40 (13.5%) were using or had a history of substance use. More than two-thirds (80.9%) of the patients were overweight, obese, or severely obese. 18.2% and 0.67% of the patients were normal or underweight, respectively. The HbA1c was increased in 85 (28.7%) and was in the normal range and not documented in 207 (69.9%) and 4 (1.35%) of the patients. Prolactin was found to be in the normal range in 192 (64.86%) cases but out of the normal range in more than a third of patients, 101 (34.12%), and was not reported in 3 (1.01%) cases. LDL was found to be within range in 224 (75.6%) of the patients, out of range in 46 (15.5%), and not recorded in 26 (8.7%) cases. Furthermore, HDL and total cholesterol were found within the normal values for 214 (72.3%) and 197 (66.55) of the patients, out of range for 77 (26.01%) and 95 (32.09%) cases and not documented for 5 (1.68%) and 4 (1.35%) of patients, respectively.
Conclusion: Patients on antipsychotic medications have a higher prevalence of metabolic abnormalities, such as increased risk of obesity, diabetes, and deranged cholesterol; however, the variation in metabolic profile in patients on different antipsychotics needs to be further explored. It is recommended that these patients be monitored at recommended intervals in accordance with the NICE guidelines for early detection and intervention of metabolic abnormalities to improve quality of life.

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Understanding Pornography Addiction in India: Insights from a Retrospective, Observational Study

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Aims: This study examines the demographic factors and severity of pornography addiction in India, analysing the impact of age, relationship status, co-morbid conditions, and socio-cultural norms on addiction patterns and treatment outcomes.
Methods: A retrospective, observational, cross-sectional study was conducted with 589 participants (583 males, 6 females) aged 18 and older, diagnosed with pornography addiction as per the International Classification of Diseases, 11th revision (Compulsive Sexual Behavior Disorder criteria). Participants sought treatment through Allo Health's online and offline platforms. Data on demographics, clinical diagnoses, and treatment outcomes were extracted from electronic health records and analysed using IBM Statistical Product and Service Solutions (SPSS-14). Treatment options included pharmacological interventions (Selective Serotonin Reuptake Inhibitors, bupropion) and psychotherapy (cognitive-behavioural therapy, motivational interviewing, relapse prevention strategies).
Results: The majority (374) were under 30, with a mean age of 28.98 years. Most were single (287), followed by married (167), in relationships (112), and divorced (6). Regarding sexual orientation, 568 identified as heterosexual, 15 as bisexual, 2 as homosexual, and 4 preferred not to disclose.

A strong association was found between younger age and higher addiction severity ($p=0.004$), suggesting early exposure to explicit content and digital overuse contribute to compulsive consumption. Single individuals exhibited significantly higher addiction severity than those in relationships or married ($p<0.001$), likely due to limited sexual expression opportunities.

Treatment varied, with 338 receiving medication alone, 207 undergoing therapy only, and 42 receiving a combination. Younger individuals were more likely to receive therapy, reflecting growing acceptance of psychological treatment. Two individuals were ineligible for treatment.
Conclusion: This study highlights the complexity of pornography addiction in India, showing a strong link between age, relationship status, and addiction severity. Younger individuals are particularly vulnerable due to early exposure, poor coping mechanisms, and excessive digital engagement. Socio-cultural factors influence addiction, with single individuals facing limited sexual expression in a conservative society. Stigma surrounding sexual health discourages help-seeking, especially in collectivist cultures.

The findings emphasize the need for culturally sensitive interventions, including awareness campaigns, digital literacy programmes, and public health initiatives. Future research should focus on longitudinal studies, gender disparities, and the impact of emerging digital technologies on addiction trends.

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