IMPLICATIONS FOR FUTURE RESEARCH AND PRACTICE

GMHAT-PC provides measurement of symptoms. It would be useful to see if this measurement is sensitive to change. If sensitive to measuring change, GMHAT/PC could also be used to monitor progress. The GMHAT full version has also been developed for a more comprehensive clinical assessment to provide diagnosis, risk assessments and outcome measures. It will also help health professionals to choose appropriate care pathways.

Validation and Feasibility study of the full version GMHAT is already in progress. GMHAT/PC has been translated into various languages. Further studies are in progress in several countries to assess its validity and usefulness in different cultures. If this is successful GMHAT/PC could help health care professional across the world to make accurate mental health assessments. This will enable them to provide mental health services to a larger population.

GMHAT –PC has the potential of being incorporated as a routine investigation in primary care setting for all. In that case GMHAT-PC Marathi can serve the said purpose in Maharashtra and other states where Marathi is spoken by most population.

Also the District Mental Health Programme of Maharashtra state can incorporate this investigation for screening and diagnosis of mental illness among general population routinely in psychiatric clinics and general hospitals.

The investigator herself proposes to use this tool in a community project as screening tool for mental illness among the mothers of under-five children.
The investigator proposes to add training of GMAHT-PC Marathi for the undergraduate and post graduate students in nursing in order to empower them for better employability in the mental health services sector.

Researchers from this University and other universities in Maharashtra are asking for the tool’s link for their projects. Given a chance to them, the validity and feasibility by diverse health professional can be easily established and soon the tool shall be open in the public domain for the researchers.