

5- CEZAEVİ VE RUH SAĞLIĞI

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GİRİŞ

Dünyada, cezaevlerindeki mahkum sayısı ve psikiyatrik tedavi ihtiyacı olan mahkumlar gittikçe artış göstermektedir. Mahkumların psikiyatrik durumlarını araştıran çok sayıda çalışma mevcuttur. Mahkumlarda psikiyatrik bozukluğa rastlanma oranı topluma göre yüksek bulunmakta olup, psikiyatrik tanılarının dağılımında genel toplumla kıyaslandığında farklılıklar mevcuttur.(1,2) Antisosyal kişilik bozukluğu (ASKB) ve alkol/madde kullanım bozukluğu cezaevlerinde en sık rastlanan iki tanı olmakla birlikte şizofreni ile beraber psikiyatrik bozuklukların pek çoğu mahkumlarda genel topluma göre daha yaygındır.(3) Cezaevinde bulunmak önemli bir stres etkenidir. Kişinin hayatı ani ve ciddi bir şekilde kesintiye uğrar; ailesinden, sosyal ortamından izole edilen birey, yüksek kontrollü bir ortamda yaşamak zorundadır (4,5, 6). Psikiyatrik bozuklukların meydana gelmesinde stresli yaşam olaylarının önemli etkisi olduğu bilinmektedir. Bu nedenle cezaevi hayatı da farklı psikiyatrik klinik durumlara sebep olabilmektedir (7). Fazel ve Seewald'un, 24 ülkeden 33588 mahkum ile gerçekleştirdiği geniş çaplı meta-analize göre; erkek mahkumların %3.6'sında, kadın mahkumların %3.9'unda psikotik bozukluk; erkeklerin %10.2'sinde, kadınların%14.1'inde major depresyon saptanmıştır (1). Fazel ve Danesh'in 23000 mahkumu değerlendirdiği araştırmada kişilik bozukluğu tanısı erkeklerde %65 (%47'si ASKB), kadınlarda %42 (%21'i ASKB) oranında saptanmıştır (2).Kanada'da bir cezaevindeki 1110 erkek mahkumla yürütülen yaygınlık (prevelans) çalışmasında; duygudurum bozukluğu %16,9, primer psikotik bozukluk %3,3, alkol/madde kullanım bozukluğu %49,6, anksiyete bozukluğu %29,5, ASKB %44,1 oranında çıkmıştır (8).

Maccio ve arkadaşları, 300 İtalyan mahkum ile bir çalışma yürütmüş, çalışmada mahkumların %58.7'sinde güncel psikiyatrik hastalık saptanmış ve bu oran kontrol grubundan 6.75 kat fazla çıkmıştır. Psikotik bozukluk haricinde diğer psikiyatrik bozukluklar bütün alt tiplerde kontrol grubundan anlamlı derecede yüksek saptanmıştır. Mahkumların %20'sine ASKB tanısı bulunmaktadır. Herhangi bir duygudurum bozukluğu tanısı %45, anksiyete bozukluğu tanısı %65, madde kullanım bozukluğu tanısı %48, psikotik bozukluk %4, stresle ilişkili bozukluklar %41 oranında bulunmuştur (9).

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