



Original Research Article

Volume 3, Issue 4 -2017

DOI: <http://dx.doi.org/10.22192/ijcrms.2017.03.04.007>

Prevalence of depression among patients attending outpatient department in a tertiary care centre

Dr.Mookambika R .V¹, Dr. Beena Unnikrishnan² and Dr. Vishnu.G.Ashok*

¹Assistant Professor, Department of General Medicine, Sree Mookambika Institute of Medical Sciences, Kulasekharam, Tamilnadu, India

²Associate Professor, Department of General Medicine, Sree Mookambika Institute of Medical Sciences, Kulasekharam, Tamilnadu, India

*Corresponding Author: **Dr.Vishnu.G.Ashok** , Assistant Professor, Department of Community Medicine Sree Mookambika Institute of Medical Sciences, Kulasekharam, Tamilnadu, India

E- mail: vishnusastha@gmail.com

Abstract

Background: Depression is a common mental disorder that puts constraints on quality of life among elderly in the form of sadness, loss of interest or pleasure, feelings of guilt or low self -esteem, disturbed sleep or appetite, fatigue and poor concentration. More than 150 million persons suffer from depression at any point of time in the world WHO has ranked depression fourth in a list of most urgent health problems worldwide **Aims & Objectives:** To find out the Prevalence of depression among patients attending medicine outpatient department in a tertiary care centre. **Subjects and Methods:** A cross sectional study was carried out in the General medicine outpatient department of a tertiary care Centre. Adult male and females attending general medicine outpatient department were included and psychosis, terminally ill patients were excluded. **Results:** Out of the 150 study participants majority are females (60%). The Prevalence of depression in the current study is 56% . 39.1% of males and 60.6% of females among the study group are depressed. 62% of unemployed participants are depressed. **Conclusion:** The study highlight the importance of routine screening for depression in all patients in all healthcare settings and implementation of strategies for proper management and prevention of depression in those patients

Keywords: Depression, Geriatric depression scale, Outpatients.

Introduction

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feeling of guilt or low self worth, disturbed sleep or appetite and poor concentration¹. Among mental disorders depression is one of the most common disorders

which presents with variety of symptoms. More than 150 million persons suffer from depression at any point of time in the world² .WHO has ranked depression fourth in a list of most urgent health problems world wide³. It is projected that depression will be the second largest killer after

heart disease by 2020 and will be the second leading cause of DALY². Depressive disorder has the highest lifetime prevalence of 17% of any psychiatric disorders and women being twice as likely to be affected as men. Psychiatric disorders are commonly reported in hospital setting. 25%-33% of patients treated in primary care setting have mental disorder⁴. Studies have shown that, upto half of the patients seen by primary care physician remain unrecognised and thus untreated⁵. Different Indian studies have reported prevalence of depression in outpatient department ranging from 4.3%-39.3%⁶. According to WHO report, patients over 55 with depression have 4 times higher death rate than those without depression, mostly due to heart disease or stroke⁽⁷⁾. Despite its increased prevalence, depression in older adults is often overlooked because its symptoms are erroneously assumed to be a normal part of ageing. Considering the significance of depression in the current era, WHO has declared the theme of world health day 2017 to be "Depression: Let's talk.

Aims & objectives:

1. To find out the Prevalence of depression among patients attending medicine outpatient department in a tertiary care centre

Materials and Methods

a) Study design: Cross sectional Study

b) Study setting: Out Patient department of General Medicine, Sree Mookambika Institute of Medical sciences

c) Approximate total duration of the study: 1 months(October 2016)

d) Detailed description of the groups:

Adult male and females attending general medicine Outpatient department

e) Total sample size of the study: 150

f) Scientific basis of sample size used in the study: The required sample size was calculated based on the formula $n = 4pq/d^2$,

where p= prevalence ; q=100-p ; d= error allowed (20% of p). According to k Bhowmik et al⁸ in west Bengal study revealed the prevalence of 43%, p was taken as 43% and so the required sample size was calculated as 132 it rounded off into 150

g) Sampling technique: convenient sampling

h) Inclusion criteria/ exclusion criteria: Adult male and females attending general medicine out patient department were included and psychosis, terminally ill patients were excluded.

i) Procedure: The study protocol was approved by the Institutional Human Ethics Committee. The study subjects were interviewed using pilot tested structured questionnaire after getting informed consent from them. Geriatric Depression scale⁹ was used for assessment of depression .Data collected was entered in Excel spread sheet and analysis was done using SPSS version 20

Results

The current study was conducted among 150 patients attending the Out Patient department of General medicine during the month of October 2016 .Among the 150 study participants 60 were males and 90 were females. 36.9% of the study participants are below 50 years of age and 53.7% are between the age group of 50-70. 60.7% of our study participants have studied till high school level. Among them only 8% are graduates Most of the study participants belonged to nuclear family 82.9% followed by joint family 17.1% . For practical purpose those with moderately severe to severely depression can be assumed to be depressed and rest normal. The Prevalence of depression in the current study is 84(56%). 39.1% of males and 60.6% of females among the study group are depressed. 62% of unemployed participants are depressed. Among the married people 79.3% are depressed and 52.9% of widowed people are severely depressed. Among those not crossed the primary school 76.2% are depressed while it is only 51.7% among those crossed higher secondary. 56.17% of joint family people and 59.6% of nuclear family members are depressed.

Discussion

In the current study the prevalence of depression is 56% which is quite high when compared to a study done in rural hospital, New Delhi¹⁰ where it is 30.1% and a study from tertiary hospital West Bengal⁸ where it is 43%. Studies from other countries also have less prevalence rate as 24.5% in Ethiopia¹¹ and 49% in Thailand¹². 79.3% of depressed people are married which is in accordance with 75% in Delhi⁽¹⁾ and 84% in Thailand⁽²⁾. While in Ethiopia¹¹ only 55% of married are depressed which may be attributed to marital proportionality discrepancy as only 53.1% Ethiopian study¹¹ population are married while it is 75.4% in Delhi¹⁰. 62% of depressed people are unemployed which is almost similar to that of 65.3% in Delhi¹⁰ and 67.8% in Thailand¹². 76.2% of people who have not crossed Primary school are depressed which is 61.5% in Delhi¹¹, 52.2% in Thailand¹² and 41.4% in Ethiopia¹¹. This Discrepancy can be attributed to the high literacy rate in foreign nations. In the view of living condition, of those living in Nuclear family 59.6% are depressed which closely correlates with the 60% in study from rural Delhi¹¹. From the study it can be inferred that depression prevalent more among female gender, married, unemployed and among low literacy group.

Limitations

1. Study was conducted in a tertiary care hospital so it cannot be generalized
2. Comorbid conditions was not taken into account

Conclusion

The prevalence of depression among the participants in the study was 56%. The prevalence of depression was more among unemployed and married people. This is a significant finding particularly since the study area is a rural region. The study highlight the importance of routine screening for depression in all patients in all healthcare settings and implementation of strategies for proper management and prevention of depression in those patients. Large scale

studies should be conducted to examine the prevalence of depression among patients and their risk factors in the other parts of the country. Awareness regarding depression should be enhanced especially for the health care professionals.

References

1. World Health Organization (WHO). The World Health Report 2001 - Mental Health: New Understanding, New Hope. Geneva: World Health Organization; 2001. p. 30
2. World Health Organization. The global burden of disease: 2004 update. Geneva: WHO. 2008 [Accessed Nov 3, 2016]. Available from: <http://www.who.int/healthinfo/global-burden-disease/GBD-report-2004update-full.pdf>
3. Akishal HS mood disorder: historical introduction and conceptual overview:Kaplan and sandock:Lippiancott Williams and Williams; 2005.p 559-717
4. Barrett JE, Barrett JA, Oxman TE, Gerber PD. The prevalence of psychiatric disorders in a primary care practice. Archives of General Psychiatry. 1988 Dec 1;45(12):1100-6.
5. Borus JF, Howes MJ, Devins NP, Rosenberg R, Livingston WW. Primary health care providers' recognition and diagnosis of mental disorders in their patients. General Hospital Psychiatry. 1988 Sep 30;10(5):317-21.
6. Bagadia VN, Ayyar KS, Lakdawala PD, Sheth SM, Acharya VN, Pradhan PV. Psychiatric Morbidity among patients attending Medical Outpatient Department. Indian J Psychiatry 1986; 28(2):139-44.
7. World Health Organization. Conquering Depression. New Delhi: Regional office for South-East Asia; 2001.
8. Bhowmik K, Adhikari A, Choudhury S, Ahmed MM. Prevalence of depression and its risk factors among patients with chronic obstructive pulmonary disease in a tertiary level hospital in West Bengal, India. South East Asia Journal of Public Health. 2013 Jul 30;2(2):34-40.
9. Brink TL et al, Development and Validation of a Geriatric Depression Scale: A preliminary report. J Psychiatr Res, 1982, 17(1): 3749

10. Kohli C, Kishore J, Agarwal P, Singh SV. Prevalence of unrecognised depression among outpatient department attendees of a rural hospital in Delhi, India. J Clin Diagn Res. 2013 Sep 1;7(9):1921-5.
11. Tilahun AB, Bekele G, Mekonnen N, Tamiru E. Prevalence of unrecognized depression and associated factors among patients attending medical outpatient department in Adare Hospital, Hawassa, Ethiopia. Neuropsychiatric disease and treatment. 2016;12:2723.
12. Nuntatikul P, Hongsraragon P, Havanond P. Prevalence of and factors associated with depression in Thai adult general OPD Patients at Phanomphrai Hospital, Roi-Et Province, Thailand. Journal of Health Research. 2010;24:133-6.

Access this Article in Online	
	Website: www.ijcrims.com
	Subject: Medicine
Quick Response Code	

[How to cite this article:](#)

Mookambika R .V, Beena Unnikrishnan and Vishnu.G.Ashok. (2017). Prevalence of depression among patients attending outpatient department in a tertiary care centre. Int. J. Curr. Res. Med. Sci. 3(4): 50-53. DOI: <http://dx.doi.org/10.22192/ijcrms.2017.03.04.006>