



RESEARCH ARTICLE

PREVALENCE OF DEPRESSION AMONG PATIENTS ATTENDING MEDICAL OUTPATIENT DEPARTMENT IN PACIFIC MEDICAL COLLEGE AND HOSPITAL, UDAIPUR (RAJASTHAN)

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ABSTRACT

Background: Depression is an extremely common illness affecting people of all ages, genders, different socioeconomic groups and religions in India and all over the world. Globally, an estimated 322 million people were affected by depression in 2015. Since ancient times, India, has given importance to the health of people and has highlighted the need for a physically and mentally healthy society. The maxim, "there is no health without mental health" underlines the fact that mental health is an integral and essential component of health. Mental health, hitherto neglected, is now recognised as a critical requirement and is engaging the attention of policy-makers, professionals and communities in India and across the globe.¹ **Aims & Objectives:** To find out the Prevalence of depression among patients attending outpatient department in Pacific Medical College and Hospital, Udaipur (Rajasthan). **Subjects and Methods:** A cross sectional study was carried out in outpatient department in Pacific Medical College and Hospital, Udaipur (Rajasthan). Adult male and females attending outpatient department were included and psychotic, critically ill patients were excluded. **Results:** Out of the 180 study participants majority are females (63%). The Prevalence of depression in the current study is 66%. 34.45% of males and 65.55% of females among the study group are depressed. 57% of unemployed participants are depressed. **Conclusion:** The study shows the importance of routine screening for depression in all patients in all healthcare settings and implementation of intervention for proper management and prevention of depression in those patients.

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INTRODUCTION

Depression is one of the two diagnostic categories that constitute common mental disorders (CMDs), the other being anxiety disorder. Both are highly prevalent across the population (hence they are considered "common") and impact on the mood or feelings of affected persons (<http://apps.who.int/iris/handle/10665/254610>). The present review on burden, risk factors, impact and public health interventions for depression is based on data drawn from different sources and used a review matrix for data compilation. Data from the Global Burden of Disease 2015 and the latest set of Global Health Estimates from WHO for 2015 were used for global and regional estimates of prevalence, incidence and health loss (Saxena, 2014 and GHDx, 2017). A recent study reported a prevalence of 30.3% for depression among outpatient attendees in 25 a secondary hospital in Delhi (Epub, 2016). Different Indian studies have reported prevalence of depression in outpatient department ranging from 4.3%-39.3% (Bagadia, 1986). 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 (World Health Organization, 2001).

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Aims & objectives

To find out the Prevalence of depression among patients attending outpatient department in Pacific Medical College and Hospital, Udaipur (Rajasthan).

MATERIALS AND METHODS

- Study design:** Cross sectional Study
- Study setting:** Out Patient department of Pacific Medical College & Hospital, Udaipur
- Approximate total duration of the study:** 2 Months (November & December, 2016).
- Detailed description of the groups:** Adult male and females attending Outpatient department.
- Total sample size of the study:** 180
- Scientific basis of sample size used in the study:** The required sample size was calculated based on the formula $n = \frac{4pq}{d^2}$, where p = prevalence; $q = 100 - p$; d = error allowed (20% of p). According to K Bhowmik et al 8 in West Bengal study revealed the prevalence of 43%, p was taken as 43% and so the required sample size was calculated as 162 it rounded off into 180.
- Sampling technique:** Purposive Sampling.
- Inclusion criteria/ exclusion criteria:** Adult male and females attending general medicine outpatient

department were included and psychotic, 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 Beck depression inventory was used for assessment of depression. Data collected was entered in Excel spread sheet and analysis was done using SPSS version 18.

RESULTS

The current study was conducted among 180 patients attending the Out Patient department of General medicine during the month of November & December 2016. Among the 180 study participants 62 were males and 118 were females. 36.9% of the study participants are below 30 years of age and 53.7% are between the age group of 30-50. 60.7% of our study participants have studied till graduate level. Among them only 11% are post graduates. Most of the study participants belonged to nuclear family 78.9% followed by joint family 21.1%. 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 119 (66%). 34.45% of males and 65.55% of females among the study group are depressed. 57% 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 graduation level. 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 66% which is quite high when compared to a study done in rural hospital, New Delhi (Kohli, 2013), where it is 30.1% and a study from tertiary hospital West Bengal (Bhowmik, 2013), where it is 43%. Studies from other countries also have less prevalence rate as 24.5% in Ethiopia (Tilahun, 2016), and 49% in Thailand (Nuntatikul, 2010). 79.3% of depressed people are married which is in accordance with 75% in Delhi (Kohli, 2013) and 84% in Thailand (Nuntatikul, 2010). While in Ethiopia¹¹ only 55% of married are depressed which may be attributed to marital proportionality discrepancy as only 53.1% Ethiopian study (Tilahun, 2016), population are married while it is 75.4% in Delhi (Kohli, 2013). 62% of depressed people are unemployed which is almost similar to that of 65.3% in Delhi (Kohli, 2013) and 67.8% in Thailand (Tilahun, 2016). 76.2% of people who have not crossed Primary school are depressed which is 61.5% in Delhi (Kohli, 2013), 52.2% in Thailand (Nuntatikul, 2010) and 41.4% in Ethiopia (Tilahun, 2016). 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 Delhi (Tilahun, 2010). From the study it can be inferred that depression prevalent more among female gender, married, unemployed and among low literacy group.

Limitations

- Study was conducted in Pacific medical College & hospital so it cannot be generalized.
- Co-morbid conditions were not taken into account.

Conclusion

The prevalence of depression among the participants in the study was 66%. 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 highlights the importance of routine screening for depression in all patients in all healthcare settings and implementation of interventions 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.

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