A Study To Assess The Level Of Depression Among Depressed Patients

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Abstract

Depression is a common mental disorder which has been a centre of consideration of researchers in India as well as in the world. It is more common in women than men. It is estimated that by the year 2020 if current trends for demographic and epidemiological transition continue, the burden of depression will increase to 5.7% of the total burden of disease and it would be the second leading cause of disability-adjusted life years. . And one in six people (16.6%) will experience depression at some time in their life. The aim of this study is to assess the level of depression among depressed patients in selected hospitals and rehabilitation centres, with the aim to assess the level of depression among depressed patients in selected rehabilitation centres and hospitals of Pune city.

Material & Method: A descriptive study was conducted on 120 samples admitted in selected rehabilitation centers and hospitals. The samples were recruitment using through non probability purposive sampling techniques. Beck's Depression Inventory consisting of 21 multiple choice self report inventory questionnaire was used to assess the level of depression among depressed patients from selected rehabilitation centres and hospitals .

Result: Out of 120 Samples majority 71.7% were in the moderate level of depression (score 21-30), 20% obtained the borderline (score 17 -20), 3.3 % were in the mild level of depression (score 11-16) where as 5% were in the severe level of depression.

Conclusion:

Study analysis showed that that majority 71.7% were in the moderate level of depression (score 21-30), 20% were in the borderline (score 17 -20), 3.3 % in the mild level (score 11-16) where as 5% are in the severe level of depression.

Keywords: Depression, Depressed Patient.

Depression is one of the major disorder of public health importance, in terms of its revalence and the suffering, dysfunction, morbidity, and economic burden. It is a leading cause of disability worldwide and is a contributor to the overall global burden of disease. World health Organisation (WHO) has celebrated world health day in 2017 on theme "Depression Let's Talk". The goal of the campaign is that more people with depression, everywhere in the world, both seek and get help. Close to 800,000 people die due to suicide every year.An article in India today on mental health Day 2018 says that India is the most depressed country in the world. A study reported in WHO, conducted for the NCMH (National Care Of Medical Health), states that at least 6.5 per cent of the Indian population suffers from some form of the serious mental disorder, with no discernible rural-urban differences.

Depression is experienced by most of us at some time in our life and this can be represented in many ways from mere blues to hopelessness, worthlessness and helplessness. Treating the client with depression is a challenge for nurse. Thus the researcher felt to take up this challenge to bring the some respite to the client .Depression also is the means of suicide as it affects 15% of the population in the

world and it is the fourth case of disability in the world. It is said that the people are disturbed not by the things but the way view they look at the things. Therefore the present study was undertaken with the objective of assessing the level of depression among depressed patients.

Material and method:

A descriptive study was conducted on 120 samples; they were selected through non probability purposive sampling technique. The tool consisted of demographic variables such as age, gender, marital status, education, occupation, family income, Supporting system and duration of illness. Beck's Depression Inventory 21 multiple choices of self report inventory Questionnaire was used to assess the level of depression among depressed patients from selected rehabilitation centres and hospitals . Scoring system to assess the level of depression 1-10 Normal,11-16 Mild mood disturbance,17-20 Borderline clinical depression,21-30 Moderate depression,31-40 Severs depression,Over 40 Extreme depression

Result and discussion

120 depressed patients were selected for the data collection from selected rehabilitation centres and hospitals.

Analysis related to demographic variables of the depressed patients in terms of frequency and percentages.

Table no 1. Frequency Distributions of participants as per Demographic variables n=120

N=120

Sl.no	Demographic variable	Experimental group	
		Freq	**%**
1.1	**Age**		
	20 to 30 years	25	20.8 %
	31 to 40 years	52	43.3 %
	41 to 50 years	39	32.5 %
	50 years and above	4	3.4 %
1.2	**Gender**		
	Male	52	43.33%
	Female	68	56.7%
1.3	**Marital status**		
	Married	63	52.5%
	Single	44	36.7%
	Divorced	13	10.8%
1.4	**Education**		
	Primary	15	12.5%
	Secondary	36	30%
	Graduation	50	41.7%
	Post-graduation	19	15.8%
1.5	**Occupation**		
	Services	51	42.5%
	Business	37	30.8%
	Unemployed	32	26.7%
1.6	**Family income**		
	Rs.5000-10000	2	1.7%

Sl.no	Demographic variable	Experimental group	
		Freq	**%**
	Rs10,001-15000	2	1.7%
	Rs 15001 -20000	56	46.6%
	Rs 20001 and above	60	50 %
1.7	**Supporting systems**		
	Family	**102**	**85%**
	Friends	2	1.7%
	Relatives	16	13.3%
1.8	**Duration of illness**		
	1 to 2years	12	10%
	2 to 3 years	36	30%
	3 to 4 years	60	50%
	4 years and above	12	10%

Analysis of level of depression among depressed patients

Table no 2: Assessment of level of depression .

Depression	Frequency	%
Normal	0	0.0%
Mild(score 11-16)	4	3.3%
Borderline(score 17-20)	24	20%
Moderate(score 21-30)	86	71.7%
Sever(score 31-40)	6	5%
Extreme(score above 40)	0	0.0%

Table no 2. depicts that majority 71.7% are in the moderate level of depression (score 21-30), 20% are in the borderline (score 17 -20), 3.3 % in the mild level (score 11-16) where as 5% are in the severe level of depression.

 Discussion and Conclusion

The purpose of the present study is to assess the level of depression among depressed patients in selected rehabilitation centres and hospital. Review of literature enhanced the investigator to gather the evidence to support the study

Target population: All depressed patients. Accessible population are patients with depression from selected rehabilitation centers of Pune city. Sampling technique are Non-probability Purposive sampling. Inclusion criteria are Patients with depression, Patients who can read understand English. Exclusion Criteria are Patients who are critically ill and mentally retarded sample size of 120 depressed patients. Content Validity of questionnaires was validated by a panel of 23 experts from Psychiatrist and nursing field, who had expertise in developing such instruments. The tool was tested for the reliability The pilot study was conducted on 12 patients. The pilot study helped the investigator to assess the feasibility and practicability of the tool and to gain more clarity about the data gathering process. The investigator concludes from the pilot study that the study design was feasible and did not reveal any major problem. It gave a better insight to the investigator

The results of the research were discussed and the following conclusion was drawn from the study findings. Study analysis shows that that majority 71.7% are in the moderate level of depression (score 21-30), 20% are in the borderline (score 17 -20), 3.3 % in the mild level (score 11-16) where as 5% are in the severe level of depression.

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