

PREVALENCE OF RECOGNIZED AND UNRECOGNIZED DEPRESSION AMONG MEDICAL AND SURGICAL PATIENTS IN A TERTIARY CARE HOSPITAL, KARACHI, PAKISTAN

Attiya Sabeen Rahman¹, Adnan Aziz², Qaiser Jamal¹, Muhammad A Siddiqui³

1-Department of Medicine, Karachi Medical and Dental College and Abbasi Shaheed Hospital, Karachi

2-Department of surgery, Civil Hospital Karachi

3-School of Health Sciences, Queen Margaret University, Edinburgh



Background

Depression is a common mental disorder, presents with depressed mood, loss of interest, feelings of guilt or low self-esteem, disturbed sleep or appetite, low energy and poor concentration.¹

Worldwide estimated number of people affected from depression is 350 million and accounts for the loss of about 850 000 lives every year.²

The World Health Organization ranks depression as the fourth leading cause of disability worldwide.³ It has been estimated that by 2020, depression will be the second leading cause of world disability and by 2030; it is expected to be the largest contributor to disease burden.⁴

Objective

The purpose of this study was to assess the prevalence of recognized and unrecognized depression in admitted medical and surgical department using PHQ-9 questionnaire and to compare the incidence of depression in acute and chronic medical and surgical patients.

Methods

This cross-sectional comparative study was conducted from April 2013 to March 2014.

Participants

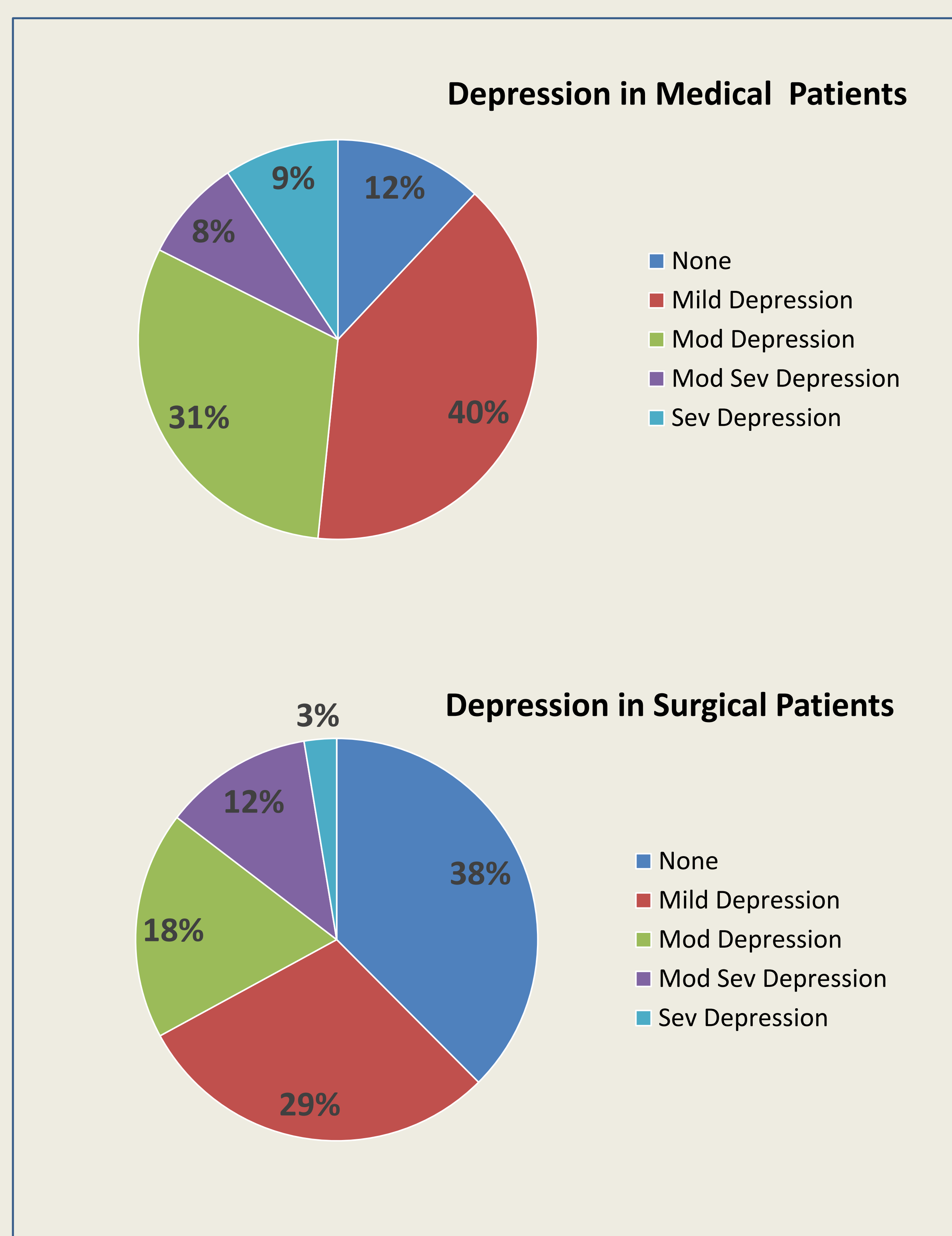
- Patients with known history of depression or any other psychiatric history or on anti-depressants or on anti-psychotics at any part of their life were excluded from the study.
- Patients presenting with self-poisoning or any other suicidal attempt were also excluded from the study.

Study Instrument

The Patient Health Questionnaire 9 (PHQ-9) is a self-reported depression component of the Primary Care Evaluation of Mental Disorder Procedure (PRIME-MD)⁸ which has been validated for use in primary care for diagnosis of depression. It scores each of the 9 DSM-IV criteria from 0 (not at all) to 3 (nearly every day). The PHQ-9 can also be used to evaluate the severity of symptoms (score 1–4 minimal, 5–9 mild, 10–14 moderate, 15–19 moderately severe, 20–27 severe) and has been used for monitoring symptom progression or remission over time.¹⁰

Statistical Analysis

Statistical analysis was performed using SPSS (IBM SPSS Statistics 20.0).



Results

Among 1180 patients, 432 (375 medical and 57 surgical) patient were with history of depression or on anti-depressants and 748 were previously undiagnosed in which 399 were from the medicine and 349 patients were from surgery department. Prevalence of recognised depression in our study population was 36.6% (48% in medical and 14% in surgical patients) and unrecognized depression was 51.2% (45.3% in medical and 53.6 in surgical patients) and overall prevalence was 87.9% (93.4% in medical and 53% in surgical patients).

The mean age was 46.14 + 15 years of medical patients and 40.23 + 15 years of surgical patients.

Among the 399 medical patients 233 (58.4%) were males, 349 surgical patients 178 (58%) were males. Gender was not found to be significantly associated with depression in medical ($p=0.367$) and in surgical patients ($p=0.606$).

Gender and Depression in Medical & Surgical Patients - n (%)

	Min/No Dep	Mild Dep	Mod Dep	Mod SevDep	Sev Dep	Total	P
Medical							0.367
Male	32 (8)	95 (23.8)	69 (17.3)	15 (3.8)	23 (5.8)	76 (58.6)	
Female	16 (4)	63 (15.8)	54 (13.5)	18 (4.5)	14 (3.5)	165 (41.4)	
Surgical							0.606
Male	65 (18.6)	52 (14.9)	33 (9.5)	21 (6)	7 (2)	178 (51)	
Female	66 (18.9)	51 (14.6)	31 (8.9)	21 (6)	2 (0.6)	171 (49)	

Depression was significantly associated with acute and chronic medical disorders with a $p<0.001$. Depression was not significantly associated with acute and chronic surgical disorders with a $p=0.059$.

Minimal depression was found in 48 (12%) medical patients and 131 (37.5%) surgical patients. Moderately severe and severe depression was found in 33 (8.3%) and 37 (9.3%) in medical patients respectively. While in surgical patients moderately severe depression was seen in 42 (12%) and severe depression was seen in 9 (2.6%) patients.

Medical & Surgical Patients and Depression - n (%)

	Min/No Dep	Mild Dep	Mod Dep	Mod SevDep	SevDep	Total	P
Medical							<0.001
Acute	29 (7.3)	100 (25.1)	41 (10.3)	12 (3)	12 (3)	194 (48.6)	
Chronic	19 (4.8)	58 (14.5)	82 (20.6)	21 (5.3)	25 (6.3)	205 (51.4)	
Surgical							0.059
Acute	24 (6.9)	25 (7.2)	20 (5.7)	4 (1.1)	3 (0.9)	76 (21.8)	
Chronic	107 (30.7)	78 (22.3)	44 (12.6)	38 (10.9)	6 (1.7)	273 (78.2)	

Conclusion

Unrecognized depression is a major health burden in Pakistan, and depression was significantly associated with acute and chronic medical disorders.

References

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