

## Magnitude of Depression and its Associated Factors: Hospital Based Cross Sectional Study

**ABSTRACT: Background:** Depression is a mental disorder that is pervasive in the world and affects us all. It affects up to 50.6% of patients in medical settings. While the disorder can be readily diagnosed and treated in primary care, it's unrecognized and under managed. Therefore, the objective of this study was to assess the prevalence and associated factors of depression among adult in patients in medical and surgical outpatient departments in Dessie referral hospital, north eastern, Ethiopia.

**Methods:** A facility based cross-sectional study was conducted in March 2017 at Dessie referral hospital and comprised patients in the Medical and Surgical outpatient departments. The sample size was determined using a single population proportion formula. Participants were selected using systematic random sampling technique. The final calculated sample size was 424 adult patients. The prevalence of depression was assessed using Patient Health Questionnaire-9. Descriptive statistics, bivariate and multivariate logistic regression analyses were performed using SPSS 20.

**Results:** The prevalence of depression among the study participants was 39.1%. In this study, females were 2 times more likely to experience depression compared with males: [AOR=1.92, 95% CI: 1.15, 3.22] and Participants who were divorced and widowed were 3 times more likely to have depression as compared with participants who were married [AOR=3.07, 95% CI: 1.11, 8.49].

**Conclusion:** The prevalence of depression among patients in medical and surgical OPDs in Dessie referral hospital was relatively high (39.1%). Depression had statistically significant association with age, sex, marital status, occupational status, chronic illness, substance use and family history of mental illness. The major implication of these study findings on the health

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the United States, with most countries falling somewhere  
of disability for both males and females, the burden of  
depression is 50%  
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Depression is currently the leading cause of non-fatal  
burden when considering all mental and physical illnesses,  
accounting for approximately 10% of total years lived with

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**Table 2.**  
Clinical, substance use and behavioral characteristics of participants.

Variables	Frequency(n=414)	Percent (%)
<b>OPD</b>		
Medical	252	60.90%
Surgical	162	39.10%
<b>Chronic illness</b>		
No	253	61.10%
Yes	161	38.90%
<b>Family history of mental illness</b>		
No	317	76.60%
Yes	97	24.40%
<b>Substance use history</b>		
No	297	71.70%
Yes	117	28.30%

Abbreviation: OPD outpatient department

**Table 3.**  
Symptom of depression measured by PHQ 9 among adult patients attended medical and surgical OPDs in Dessie referral hospital, north eastern Amahara, Ethiopia, 2017.

PHQ 9 Symptoms	Frequency	Percent (%)
Loss of interest	232	56
Feeling down	200	48.3
Insomnia or hypersomnia	208	50.2
Feeling tired	272	65.7
Poor appetite or over eat	227	55
Feeling bad about yourself	160	38.7
Lack of concentration	185	44.8
Restlessness	141	34.1
Suicidal thought	96	23.2

Abbreviation: PHQ 9 Patient Health Questionnaires 9

Variables	Depression		OR(95% CI)	
	Yes	No	COR	AOR
<b>Sex</b>				
Female	92	108	1.75 (1.18-2.61)	1.93(1.15-3.22) **
Male	70	144	1	1
<b>Age</b>				
>54	27	17	3.71(1.86-7.39)	3.59(1.41-9.10) **
45-54	24	24	2.33(1.21-4.49)	2.75(1.14-6.66) *
35-44	25	40	1.49(0.80-2.65)	1.27(0.57-2.81)
25-34	35	50	1.63(0.95-2.81)	2.16(1.00-4.47)
18-24	51	119	1	1
<b>Marital status</b>				
Divorced/ window/ separated	19	7	4.67(1.90-11.51)	3.08(1.11-8.49) *
Single	46	78	1.06(0.65-1.58)	2.03(1.11-3.74) *
Married	97	167	1	1
<b>Educational status</b>				
Degree and above	3.08(1.11-8.49) *			

and widowed were 3 times more likely to have depression as compared with participants who were married  $P = 2.025 \times 10^{-2}$ ;  $OR = 3.033$ ;  $95\% CI = 1.06 - 9.0$

A strong positive association was obtained during multivariate analysis for widowed participants ( $OR = 3.033$ ,  $95\% CI = 1.06 - 9.0$ ,  $P = 0.025$ ).





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