Depression among Elderly people attending at Senior Citizen Home, Bhaktapur

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Abstract

Introduction

Depression is the most common mental disorder in elderly people. The rapidly increasing growth of elderly population in developing countries including Nepal is at risk of increased population with depression. The objective of this study is to assess the prevalence and level of depression among elderly people attending day care center at Sidhi Saligram Senoir Citizen Home.

Methodology

A descriptive cross-sectional study design was carried out among the elderly people attending day care center at Siddhi Shaligram Senior Citizens Home, Bhaktapur. Non-probability convenience time frame sampling technique was used to collect the data. The total sample was 112 respondents. Face-to-face interview was carried out using Geriatric Depression Scale Long Form. Data analysis was done with SPSS 16 version and simple descriptive statistics and chi-square were applied for data interpretation

Results

The study findings show that the prevalence of depression, i.e. 56.2% had depression. Among the depressed respondents, 77.8% had mild depression and 22.2% had severe depression. Depression among elderly people was found to be significantly associated with the sex (p=0.05) and the presence of chronic illness (p=0.000). However association was not seen among the age, educational level, and marital status, type of family, Income and disability.

Conclusion

Prevalence of depression was found high among elderly people. Counseling and group discussion in day care center with psycho social support focused to female suffering from chronic illness is recommended.

Keywords: Depression, elderly people, prevalence, chronic illness

Introduction

Depression is a common psychiatric disorder and the most common in elderly population**s** undergoing continuous demographic epidemiological transition across the world. Population explosion in the developing countries is contributing to population growth. This leads to rise in the absolute population of elderly. (1)The growth in elderly population inevitably leads to an increase in age related disease such as depression and serious constraints on quality of life among individuals. (2)Depression constitutes a major public health problem worldwide among elderly population.

According to WHO(2009) currently the depression is the 2th leading cause of Disability Adjusted Life Years (DALYs) in the age category 15-44 years for both sexes combined and by the year 2020, It is projected to reach the 2nd place of ranking of DALYs calculated for all ages and both sexes. It is estimated that depression affects approximately 350 million people worldwide; constituting a major portion of mental health disorders (3).Community-based mental health studies have revealed that the point prevalence of depressive disorders in the elderly population of the world varies between 10% and 50%. (4)

Although, depression is the most common mental disorder in elderly people in Nepal, Nepal demographic profile of 2011 shows that life expectancy in Nepal has increased from approximately 27 years in 1951 to 66.16 years. Similarly, percentage of elderly population has increased to 9.1percent. (5) With the advancing age of an individual, there is increased morbidity as well as functional loss that lead to increase the level of dependency. On the other hand, presence of varying life events seems to greatly impact on individual's psychological status thus, making them more prone to depression (6)

 Several studies in Nepal show that established our Nepalese culture and tradition of respecting elders are eroding day by day. Younger generations move away in abroad for further study or employment opportunities elsewhere. Consequently, elderly people today are living alone and are vulnerable to mental problem like loneliness, depression and many other physical diseases. (7)

So it will be helpful if adult day care plan programmed of activities designed to well-being though social and health –related services. There are very few studies carried out in the community setting and there has not been any study carried out in the day care center so far. Therefore, this study will assess the level of depression among elderly people attending day care center.

Materials and methods

A descriptive cross-sectional study design was used to find out the depression among the elderly people attending day care center at Siddhi Shaligram Senior Citizens Home, Bhaktapur. The total sample was 112 respondents. Non- probability convenience time frame sampling technique was used in which data was collected throughout the data collection time i.e. from 7th September 2016 to 23rd September 2016. Geriatric Depression Scale Long Form was used for data collection. The respondents were first interviewed face-to-face using structured questionnaire and valid standard tool for depression i.e. Geriatric Depression Scale Long Form. It consists 30 questions either "yes" or "no. On the basis of scores of 0-9 are considered normal, 10-19 indicate mild depression and 20-30 specifies severe depression. Inclusion criteria included both male and female of age 60 years and above attending day care centre but residing with family and willing to participate in the study were included. Finally the findings were presented in the table. Simple descriptive statistics was used for interpretation and chi-square test was applied for the associations. Computer program SPSS 16 was used for interpretation of data.

Results

Regarding the socio-demographic characteristics, 52.7% of the respondents were of 60-75 year age and 47.3% were above 75 year age. The majority of the respondents (65.2%) were female and 85.7% were uneducated. Similarly 50.9% were widowed and 51.8% were living with joint family and the rest 48.2% had nuclear family. Most of them, 75% were dependent on others while, 25% of them were self-reliant and among them 67.9% of them were engaged in job or business 32.1% of them received pension and also satisfied from their income.

Almost 60% of the respondents were suffering from the chronic illness. Less than half of the majority of the respondents was suffering from musculoskeletal problems (31.8%) and least percentage (7.6%) had suffered from gastrointestinal problems. Among them, 92.5% had consulted doctor and cent percent were under medications. Majority of the 82.0% respondents

had history of taking medicine since 0-10 years whereas few (4.9%) only had taken medicine for more than 20 years.

About the disability condition more than half of majority (62.5%) had no difficulties in performing their daily activity. Beside that 50% of them needed help from others. Among them, 82.4% were getting help from family members or relatives while others were not.

Table 1: Answers of respondents according to GDS tool

n=112

Characteristics	Yes	No
	Frequency (%)	
Satisfaction with life	107 (95.5)	**5 (4.5)**
Dropping of activities and interest	**33 (29.5)**	79 (70.5)
Emptiness in life	**47 (42.0)**	65 (58.0)
Often get bored	**61 (54.5)**	51 (45.5)
Hopeful about the future	66 (58.9)	**46 (41.1)**
Bothered by thoughts	**59 (52.7)**	53 (47.3)
In Good spirits most of time	55 (49.1)	**57 (50.9)**
Afraid of something bad is going to happen	**35 (31.2)**	77 (68.8)
Feel happy most of the time	101 (90.2)	**11 (9.8)**
Often feel helpless	**37 (33.0)**	75 (67.0)
Often get restless	**57 (50.9)**	55 (49.1)
Prefer to stay home	**9 (8.0)**	103 (92.0)
Frequently worry about future	**54 (48.2)**	58 (51.8)
Problems with memory	**64 (57.1)**	48 (42.9)

Wonderful to be alive	84 (75.0)	**28 (25.0)**
Feel downhearted	**37 (33.0)**	75 (67.0)
Feel pretty worthless	**20 (17.9)**	92 (82.1)
Worry a lot about past	**47 (42.0)**	65 (58.0)
Find life very exciting	68 (60.7)	**44 (39.3)**
Hard to get started on new projects	**69 (61.6)**	43 (38.4)
Feel full of energy	52 (46.4)	**60 (53.6)**
Feel situation is hopeless	**37 (33.0)**	75 (67.0)
Think most people are better	**49 (43.8)**	63 (56.2)
Frequently get upset	**51 (45.5)**	61 (54.5)
Frequently feel like crying	**44 (39.3)**	68 (60.7)
Trouble concentrating	**53 (47.3)**	59 (52.7)
Enjoy getting up in morning	102 (91.1)	**10 (8.9)**
Prefer to avoid social occasions	**16 (14.3)**	96 (85.7)
Easy to make decisions	47 (42.0)	**65 (58.0)**
Have clear mind as before	42 (37.5)	**70 (62.5)**

Bold: Depressed answer

The table represents the answers provided by the respondents according to the GDS-30 regarding the depressed answer. Majority of the respondents (62.5%) gave response as a no on question "Have clear mind as before." and minority only 4.5% gave response as a no on question "Satisfaction with life".

Regarding the prevalence of depression more than half of the majority (58.2%) had depressed. Among them 77.8% had mild depression followed by 22.2% had severe depression.

Table 2: Association between depression and other related variables

n=112

Other Variables	Prevalence of depression		P-value	Remarks
	Normal (%)	Depressed (%)		
Chronic illness				
Present	19 (38.8)	48 (76.2)	**0.000**	
Absent	30 (61.2)	15 (23.8)		
Disability (n= 42)				
Present	8 (61.5)	13 (44.8)	0.32	
Absent	5 (38.5)	16 (55.2)		

Chi-square test used

The table shows that there is significant association of the prevalence of depression with the presence of chronic illness (p=0.000). There seems to be no association of the disability with the prevalence of the depression (p=0.32).

Discussion

Majority of the older population have entered old age after a life time of poverty, low nutrition, and deprivation from health services, education, social discrimination and restriction on mobility and suffering from chronic illness. The findings of this study reveal that 60% of the respondents were suffering from chronic illness. Among them 31.8% were suffering musculoskeletal problems in highest range followed by least percentage (7.6%) gastrointestinal problems. This findings is not consistent with the findings of previous studies conducted by Timalsina et.al., shows that of majority of them (47.7%) noted gastrointestinal and hypertension were highest range. (8) Similarly The study conducted by Ranjan et. al., 2013 findings revealed that 64% of the respondents had chronic physical illness which has GI problems to be major and endocrine problems were minor (3.32%). (9)

About the disability condition, the finding of study reveals that only 37.5% had stated the difficulties faced in performing their daily activities. Among them 50% of them needed help from others. Whereas study conducted by Timalsina et. al., 2014 reported that two folds highest which is 73.4% of the respondents felt the need from care givers. It might be risk of increasing

the rate of disability due to aging process, because there are certain physiological and degenerative changes occurred in old age. (8)

Depressed answers according to Geriatric Depression Scale, more than half of the majority of the respondents (62.5%) gave response as a no on question "Have clear mind as before" and minority (4.5%) gave response as a no on question "Satisfaction with life". Similarly, in contrast finding, reported a study done by (Timalsina et al., 2014) that majority (78.6%) respondents gave response as a no on question "feel full of energy" and minority (14.5%) gave response as a yes on question "prefer to avoid social gatherings". (8)

Regarding the prevalence of depression, the finding of this study stated that half of the majority (56.2%) were depressed. Among them, majority of them were highly prevalent with 77.8 had mild depression and few (22.2%) had severe depression. Another study (Choulagai, Sharma, & Choulagai, 2013) shows that similar findings was found that the prevalence of depression was 51.3% but percentage of mild depression 35.9% was low in compare to findings of this study and 15.4% severe depression. (10) Similarly, another study showed that 56.6% had mild depression and 16.2% had severe depression (Timalsina et al., 2014). Because due to competitive society, the younger generation or working individuals are very busy with their own lives. They cannot spare time to look after or listen to the problems of the elderly. The gradual disintegration family pattern has been from joint system to nuclear and individual. The elderly viewed as less valuable by their potentiality. This attitude serves as social divide between young and old age. All these factors make elderly are more prone to liable to develop psychological problems and depression is most common among all. (8)

Association between depressions with other related variables, the finding of this study shows that there is significant association of the prevalence of depression with the presence of chronic illness (p=0.000) and there is no association of the disability with prevalence of the depression (p=o.320 This finding is supported by similar study which shows the association of depression with chronic illness (p=0.010) (8). Another study also showed that there is significant association of depression with the presence of chronic illness Sherina et al., 2004). But Malhotra et al., 2010) carried out in Srilanka showed that there was significant association of depressive symptoms with physical disability. (11) (12)It might be due to advancing age of individual, there is increased morbidity as well functional loss. On other hand, presence of life event seems to greatly impact on individual's psychological status thus making them prone to depression

Conclusion

Prevalence of depression was found high among elderly people. On the basis of GDSLF determined the percentage of mild depression was found higher rather than severe depression. There seems to be association of the depression with gender as females are found more depressed than males. The elderly people with presence of chronic illness seemed to be more depressed than ones who are not. . Thus higher prevalence of depression necessitates greater awareness, early recognition and timely treatment for reducing the prevalence rate of depression among elderly population.

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