

# Stress Management Summit

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## The severity of psychological depression and associated factors among agent-orange victims with disabilities in a rural area of Vietnam

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**Background:** An association between disabilities and late-life depression is often reported in cross-sectional studies. In Vietnam, there is a concern whether mental illness is a considerable health problem among Agent-Orange Victims with Disabilities (AOVWDs).

**Objective:** Evaluate the level of depression and associated factors among AOVWDs in Quynh Phu district, Thai Binh province, Vietnam in 2012.

**Method:** Cross-sectional matched-paired study, 166 AOVWDs and 166 control subjects (who were non-disabled and matched on age, sex and same residential area with the AOVWD respondents). Respondents were interviewed using Beck's Depression Inventory. The questionnaire focused on measuring the depression level of respondents within 4 weeks prior to the survey time. Multi-variable regression technique was used to measure the level of depression and significant covariate independent variables linked to depression.

**Results:** AOVWDs had a significantly more pessimistic view of life and suffered from depression ( $p < 0.001$ ). Four out of five AOVWDs suffered from different levels of depression, ranging from minor to severe, while the figure for the control subjects was only about one out of five ( $p < 0.001$ ). In the multivariable analysis, the strongest and most significant predictors were: being AOVWDs, having a lower level of education, lower income, less social participation, and a poor reported health status.

**Recommendation:** Mental health programs should pay closer attention to AOVWD group, especially to those living in the poor households, those with poor education and low income as well as those with a lower social participation. Program interventions should take into account social and economic inclusion of AOVWDs.

### Biography

Thuy Nguyen Thi Minh received a medical degree from Hanoi Medical University in 1984, completed her PhD in 2004 and became an Associate Professor at Hanoi School of Public Health in 2010. She has worked in the disability and rehabilitation field in Vietnam since 80s with 20

Years of clinical experience as a rehabilitation doctor and 20 years working in disability supporting programs as researches and technical advisor. She received the Australian Endeavor Award and a Fulbright Fellowship Award. She has published more than 50 articles in ISSN domestic and international journals.

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