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## Mental health status of returnee Ethiopian women from the Middle East vis-a-vis women in the process of migration: Implications for intervention

**Meseret Ayalew**

Bahir Dar University, Ethiopia

This study examined mental health status of women returnees from domestic work in the Middle Eastern countries, in comparison with those who are in the process of migration. The prevalence of mental distress, the impacts of socio-demographic variables on the experiences of mental distress, and the differences between the returnees and those who are in the process of migration in their experiences of mental distress were assessed in this study. The study was conducted in Amhara Region, South Wollo Zone. There were two groups of population out of which two sets of samples were drawn i.e. the returnees and those who are in the process of migration. Using availability sampling method, 200 participants were selected i.e. 100 from the returnees and 100 from those who are in the process of migration. SRQ24 was used for data gathering and descriptive statistics, one way ANOVA, and independent sample t-test were used for data analysis. The finding indicates that the prevalence of mental distress was elevated among the returnees, some variables namely age and religion were having significant impact on mental distress. Whereas, other variables examined in this study were not having significant impact. The independent sample t-test indicated that there was significant difference between the two groups in the experiences of both neurosis and psychosis. This implies that a special attention needs to be given by policy makers, researchers, and therapists so as to handle this issue.

messiethio@gmail.com

## Prevalence and correlates of anxiety and depression among cancer caregivers in cancer care and treatment facility in Uganda

**Godfrey Katende**

Sultan Qaboos University, Oman

**Introduction:** In Uganda, there is limited data available on the prevalence and correlates of anxiety and depression among cancer care givers.

**Aim:** Our study sought to determine the prevalence of anxiety and depression among cancer caregivers as well as identify the factors associated with abnormal levels of anxiety and depression among cancer care givers attending the cancer care and treatment facility in Uganda.

**Methods:** A cross-sectional and correlational study involving 119 cancer care givers, attending a Uganda Cancer Institute were completed with the help of the interviewer administered Hospital Anxiety and Depression Scale (HADS) standardized questionnaire.

**Results:** Forty five percent (45%) of the cancer caregivers had abnormal levels of anxiety (ALA) while 26% had abnormal levels of depression (ALD). Being a relative to the patient was significantly associated with abnormal levels of anxiety (OR 0.33,  $p \leq 0.02$ ) and abnormal levels of depression (OR 0.22,  $p \leq 0.02$ ). Other demographic characteristics did not demonstrate any significant deference for abnormal levels of anxiety and depression.

**Implication for Practice:** Health care providers in primary and tertiary facilities need to recognize anxiety and depression. Integrating psychosocial services specifically for care givers is crucial for improved quality of life.

katendeg@squ.edu.om