



## Depression in Geriatric Outpatients at Tertiary Care Center in India

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### Abstract

**Background:** Aging is a progressive process beginning with life and ending with death. There is a massive growth in elderly population and age associated diseases. Depression is frequently associated with aging, associated comorbidities and treatment compliance in this fragile age group.

**Aims and Objective:** To study prevalence of depression in elderly using Geriatric Depression Scale (GDS) and its associated risk factors.

**Method:** Three hundred elderly ( $\geq 60$  years) patients were assessed at Mahatma Gandhi Medical College and Hospital, Jaipur in an observational, cross sectional study using Geriatric Depression Scale (GDS). Correlation with associated risk factors were evaluated. Statistical analysis was done using SPSS version 12.0.

**Results:** Prevalence of depression was 29.3% of which 62 (20.67%) were mildly depressed and 26 (8.67%) were severely depressed. Depression was significantly higher in elderly subjects with comorbid chronic disease ( $p < 0.0001$ ), inadequate sleep ( $p < 0.001$ ), absent social participation ( $p < 0.002$ ) and in those who did not engage themselves in daytime work or hobbies ( $p < 0.0002$ ).

**Conclusions:** Depression is common in elderly, its undiagnosed and overlooked. Prevention of risk factors and early diagnosis may significantly reduce morbidity, mortality and improve quality of life.

**Keywords:** Depression; Elderly; Prevalence; Risk factors

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