



Prevalence and Determinants of Depression among elderly rural population of North India

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Abstract:

Context: Depression is the commonest neuropsychiatric disorder in elderly. Depression can reduce the quality of life and also increases the dependence on others.

Objective: The objectives of the study were to find out the prevalence of depression and to identify associated risk factors among community dwelling elderly from rural North India.

Methods: It was a cross-sectional, descriptive study involving 100 community-dwelling elderly residing in a village of North India. A non-probability convenience sampling was done. The Geriatric Depression Scale (GDS-15)-Hindi Version was used to assess depression. Descriptive statistics was performed using SPSS version 12. Cross tabulation for different variables was done and Chi-square was used as test of significance. The level of significance was set as $p < 0.05$. A formal (verbal) consent was taken. Anonymity and confidentiality was assured.

Results: Among 100 respondents, 64% were males while 36% were females. The mean of the elderlies was 68.49 ± 22.6 years with mostly (54.0%) being in the age-group of 60-69 years. The study found that 42.0% of the elderlies were depressed out of which 14.0% were having severe depression. Depression was more among females than male ($p=0.03$). Depression was statistically significant among unmarried/widowed/separated respondents ($p < 0.05$) and illiterate ($p < 0.001$). Although a large proportion of the participants were satisfied with their income, this was statistically significant ($p < 0.001$) for depression among those who were not satisfied with their income.

Conclusion: A significant prevalence of geriatric depression was reported. In order to reduce its prevalence, gen-



eral physicians and other health care professionals need to be sensitized about geriatric depression and its risk factors.

Biography:

Abu bashar is a MD, DNB in Community & Family Medicine and currently working as Assistant Professor of Community Medicine. He have more than 200 research Publications in indexed Journals and his research areas are Cancer Epidemiology & Prevention, Geriatric Medicine, Community Psychiatry & Child health

Publication of speakers:

1. Fungi Associated With Different Parts of Cotton Seed, Aug 2020, Amina Khatun, Shamim Shamsi, MD A Bashar
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