Sociodemographic profile and social support for post stroke depression in Peshawar: A hospital based cross sectional study

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Abstract

The world health organization has highlighted the emergence of non-communicable diseases, including stroke, in the developing countries. As a cause of death, stroke ranks first in the developing continents like Africa, and Asia. Stroke is the foremost cause of neuropsychiatric disease, including post-stroke depression (PSD) which is very common and undiagnosed disorder in stroke survivors.

Objective: The objective of this study was to assess the prevalence of PSD in stroke survivors and to identify the associated sociodemographic factors.

Materials and Methods: A cross-sectional study was conducted in three major tertiary care hospitals from November 2018 to April 2019 on 120 stroke survivors. Age, sex, address, education, employment, monthly income, family structure, co-morbidity, level of dependency, and social support were chosen as indicators or parameters of interest to be examined in the study. A valid (r=0.79) and reliable (r=0.84), questionnaire called Salma Siddiqui Shah Depression Score (SSDS) scale was used as a study tool and non-probability purposive sampling technique used for data collection. The results of descriptive analysis are presented as frequencies for categorical variables as mean+Standard deviation for quantitative variables. The association between different variables and PSD was assessed using table of comparisons of proportions and the Chi-square test.

Results: In a sample (n = 120), there were more male than female stroke survivors. The mean age was 47.43+11.83 years. The association between sociodemographic variables and PSD was assessed using tables of comparisons of proportions and Chi-square test in SPSS ver. 20. The family was the primary source of social support. The majority, who were highly dependent for care, was not satisfied by the social support received from the family. More or less 3 fourths of the study population (70.8%) had depression as assessed by SSDS. Results shows highly significant association between PSD and age (P =0.001), education (P=0.003), duration; Time of stroke onset and the date of the study included (P=0.033), and the level of dependency for care (P=0.001) respectively. However, there was no significant association of PSD with other demographic variables.

Conclusion: Depression was common after stroke with occurrence of 70.8%. These results highlight the need to investigate, timely diagnosis, and treat PSD, which is a risk factor for morbidity and mortality after stroke. Family support, social acceptance, and rehabilitation may help the sufferer to improve the quality of life among stroke survivors.

Biography

Ashfaq Ahmad is an assistant professor in Himalaya College of Nursing and Allied Health Sciences Mardan.