

VOLUME 39, NUMBER 5
May 2022

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



www.wajmed.org



TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES	437
ORIGINAL ARTICLES	
Perceived Stress and Coping Strategies among Adults with Asthma in Ile-Ife, Nigeria	441
A. O. Arawomo, J. O. Erhabor, A. Akinsulore, O. F. Awopeju, A. O. Ajayi, G. E. Erhabor	
A Comparative Study of Uterine Artery Doppler Parameters and Endometrial Characteristics in Women with Unexplained Infertility and Fertile Women at a Nigerian Teaching Hospital	451
A. E. Smart, G. O. Obajimi, A. J. Adekanmi, M. O. Obajimi	
An Evaluation of a Supervised School Tooth Brushing Program on Plaque and Gingival Scores of a Group of Rural Nigerian Primary School Children	459
S. P. Ozoemena, N. K. Onyejaka, E. F. Ani, O. F. Eboh, E. O. Odo	
Correlative Ultrasound Evaluation of Anterior Abdominal Wall Subcutaneous Tissue Thickness in Type 2 Diabetic and Non-Diabetic Adults.....	465
A. A. Adeyekun, J. P. Okojie, M. M. Abubakar, E. E. Efe-Aluta	
Informed Consent: The Surgical Patient's Experience in a Tertiary Hospital in Northwest Nigeria	471
B. A. Grema, S. T. Tanimu, G. C. Michael, I. Aliyu, S. A. Aji, I. U. Takai, A. I. Sulaiman	
Knowledge of Environmental and Genetic Risk Factors for Cleft Lip and Palate among Dwellers of a Suburban Community in Nigeria	479
U. P. Egbunah, A. A. Adekunle, W. L. Adeyemo	
Policy Proposal for Integration of Tobacco Cessation Interventions into Oral Health Care in Dental Settings	486
A. Oyapero, O. Erinoso, O. Olatosi	
Acute Leukaemias in Bauchi State, Northeastern Nigeria: Pattern of Presentations and Clinical Entities	497
R. A. Dachì, F. G. Mustapha, M. Mahdi, H. Abbas	
Correlates of Depression among Elderly Patients Attending the General Out-Patient Department of a Tertiary Hospital in Northwestern Nigeria	501
F. Damagum, B. A. Grema, G. C. Michael	
Use of Herbal Medicine by Rural Residents in Lagos, Nigeria	508
T. M. Oyeleye, I. P. Okafor	
Early Experience of Laparoscopic Surgery in a Teaching Hospital in Rural Nigeria	516
C. C. Adumah, A. O. Mosanya, O. F. Salami, O. K. Apata, I. O. Ogundele, E. C. Onuoha	
Prevalence and Factors Associated with Depression among Resident Doctors in Nigeria: A Multi-Center Study	521
R. E. Obilom, C. T. Amanyam, A. M. Ogunbode, O. A. Mosuro, G. U. Ndukwu, F. M. Onuoha, B. A. Grema, M. D. Akangoziri	
Prevalence and Correlates of Suicidal Ideation among Medical Students in a Tertiary Institution in Southern Nigeria.....	529
B. E. A. Uteh, O. A. Adejumo, R. E. Ogbolu, J. O. Omoaregba, A. A. Akinnuoye	
Severe Cutaneous Adverse Drug Reactions in Children: Epidemiological, Clinical and Etiological Aspects in Dermatology-Venereology Unit at National and Teaching Hospital of Cotonou	538
B. Dégboé, C. Koudoukpo, C. D'Almeida, A. Kouassi, C. Nguessie, F. Akpadjan, H. Adégbidi, F. Atadokpèdé	
MEDICAL EDUCATION FORUM	
Clinical Summary and Reasoning Format: Cognition Levels and Proposal of a Grading System	543
E. A. Disu, A. N. Ikefuna, F. O. Njokanma, K. E. Nkanginieme	
CASE REPORT	
Depression and Suicidality in a Covid-19 Patient: A Case Report from Calabar, Nigeria	548
B. E. Edet, E. A. Essien, M. B. Ugobo, C. J. Okafor, E. O. Olose, V. A. Essien	
INDEX TO VOLUME 39, NO. 5, 2022	
Author Index	552
Subject Index	553



Perceived Stress and Coping Strategies among Adults with Asthma in Ile-Ife, Nigeria

Stress Perçu et Stratégies d'Adaptation Chez les Adultes Asthmatiques à Ile-Ife, Nigéria

¹*A. O. Arawomo, ²J. O. Erhabor, ³A. Akinsulore, ^{1,4}O. F. Awopeju, ¹A. O. Ajayi, ^{1,4}G. E. Erhabor

ABSTRACT

BACKGROUND AND OBJECTIVES: Asthma is one of the common chronic diseases globally. There is paucity of data on perceived stress among patients with asthma in Nigeria. This study aimed to determine the extent of perceived stress and its association with coping strategies among adults with asthma.

METHODS: This is a cross-sectional descriptive study in which 100 adults with asthma were consecutively recruited from the Respiratory Clinic of the Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Nigeria. They completed a questionnaire containing demographic details, Perceived Stress Scale (PSS), Brief Coping Orientation to Problems Experienced (Brief-COPE) Scale and Asthma Specific Coping Scale (ASCS).

RESULTS: Most of the respondents were female (56%, n = 56) with mean age of 38.8 (± 16.5), and FEV1% predicted was 78.9% ± 24.5 . Sixty-three (63%) participants had high levels of perceived stress. Patients with asthma who had high perceived stress were significantly younger than those with low perceived stress ($\chi^2 = 2.66$; p = 0.01). The mean scores of coping strategies for asthma patients with high stress level was generally higher compared with those with low stress level, and was significantly higher in the adaptive coping strategy (t = -3.36; p = 0.01) and its subscales. For asthma specific coping scale, there was significant difference between those with high perceived stress and low perceived stress in the positive appraisal (t = -2.95, p = 0.004) and ignoring asthma (t = -2.09, p = 0.040) subscales.

CONCLUSION: The level of perceived stress is high among Nigerian patients with asthma. This study showed that the more stressed they are, the more they are likely to use coping strategies. **WAJM 2022; 39(5): 441–450.**

Keywords: Perceived stress, Coping strategy, Asthma, Adaptive coping.

RÉSUMÉ

CONTEXTE ET OBJECTIFS: L'asthme est l'un des maladies chroniques courantes dans le monde. Il y a peu de données sur stress perçu chez les patients asthmatiques au Nigeria. Ceci étude visant à déterminer l'étendue du stress perçu et son association avec des stratégies d'adaptation chez les adultes asthmatiques.

MÉTHODES: Il s'agit d'une étude descriptive transversale dans laquelle 100 adultes asthmatiques ont été recrutés consécutivement parmi les clinique respiratoire de l'Université Obafemi Awolowo Enseignement Complexe hospitalier, Ile-Ife, Nigéria. Ils ont complété un questionnaire contenant des détails démographiques, Stress perçu Échelle (PSS), Brève orientation d'adaptation aux problèmes rencontrés (Brief-COPE) Échelle et échelle d'adaptation spécifique à l'asthme (ASCS).

RÉSULTATS: La plupart des répondants étaient des femmes (56 %, n = 56) avec un âge moyen de 38,8 ans ($\pm 16,5$ ans) et un VEMS 1 % prédit était 78,9 % $\pm 24,5$. Soixante-trois (63 %) participants avaient des niveaux élevés de stress perçu. Patients asthmatiques qui avaient une perception élevée le stress était significativement plus jeune que celui des personnes ayant une faible perception contrainte ($\chi^2 = 2,66$; p = 0,01). Les scores moyens des stratégies d'adaptation pour les patients asthmatiques avec un niveau de stress élevé était généralement plus élevé par rapport à ceux ayant un faible niveau de stress, et était significativement plus élevé dans la stratégie d'adaptation adaptative (t = -3,36; p = 0,01) et sous-échelles. Pour l'échelle d'adaptation spécifique à l'asthme, il y avait une différence entre ceux qui ont un stress perçu élevé et un stress faible le stress perçu dans l'évaluation positive (t = -2,95, p = 0,004) et ignorer les sous-échelles de l'asthme (t = -2,09, p = 0,040).

CONCLUSION: Le niveau de stress perçu est élevé chez patients nigériens souffrant d'asthme. Cette étude a montré que le plus ils sont stressés, plus ils sont susceptibles d'utiliser l'adaptation stratégies. **WAJM 2022; 39(5): 441–450.**

Mots-clés: Stress perçu, Stratégie d'adaptation, Asthme, Adaptatif adaptation.

¹Department of Medicine, Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Osun State, Nigeria. ²Postdoctoral Research Fellow, Ciccarone Center for the Prevention of Cardiovascular Diseases, Johns Hopkins School of Medicine, 1620 E Monument St, Baltimore, MD 21205. ³Department of Mental Health, Obafemi Awolowo University/Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Osun State, Nigeria. ⁴Department of Medicine, Obafemi Awolowo University, Ile-Ife, Osun State, Nigeria.

*Correspondence: Dr. Adenike O. Arawomo, Department of Medicine, Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Osun State, Nigeria. Email: nickkydocloy@gmail.com