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Correlates of Depression among Elderly Patients Attending the General Out-Patient Department of a Tertiary Hospital in Northwestern Nigeria

Corrélat de la Dépression chez les Patients Âgés Fréquentant le Service Ambulatoire Général d'un Hôpital Tertiaire du Nord-Ouest du Nigéria

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ABSTRACT

BACKGROUND: Depression is a common mental health problem in the geriatric population associated with significant morbidity (including decreased physical, cognitive and social functioning) and mortality. Although patients differ in their presentations, certain social and demographic characteristics are common to the elderly population with depression. It is hoped that identifying these patients based on their sociodemographic characteristics will help reduce the difficulties in diagnosis.

OBJECTIVE: The objective of this study is to determine the risk factors for depressive illness among elderly patients attending the GOPD of AKTH.

METHODS: This cross-sectional questionnaire-based study involved 392 elderly patients systematically selected from Family Medicine Clinic attendees in Kano, Nigeria. Data collected included sociodemographic and clinical characteristics. Geriatric Depression Scale was used to screen for depression. Chi-square test and logistic regression analysis were used to determine the association between categorical variables and predictors of depression among participants, respectively.

RESULTS: The prevalence of depression was 22.4%. Most participants were females aged 60-69 years (62.5%), Hausas (77.6%) and living with their spouses and children (77.3%). Gender, marital status, marital setting, socio-economic class, osteoarthritis and body-mass index were associated with depression. The predictors of depression were female gender ($p=0.014$, OR=1.401, CI=1.757-2.591), widows/widowers ($p=0.030$, OR=4.533, CI=1.186-17.317) and obesity ($p=0.001$, OR=5.644, CI=2.759-11.544).

CONCLUSION: The high prevalence of depression among this population highlights the need for screening. Females, widows/widowers and obese geriatric patients are more likely to be depressed and should be targeted for screening in our busy outpatient setting. **WAJM 2022; 39(5): 501-507.**

Keywords MeSH: 'Aging' 'elderly' 'depression' 'obesity' 'gender'.

RÉSUMÉ

CONTEXTE: La dépression est un problème de santé mentale courant dans la population gériatrique associée à une morbidité significative (y compris une diminution du fonctionnement physique, cognitif et social) et mortalité. Bien que les patients diffèrent dans leurs présentations, certains et les caractéristiques démographiques sont communes à la population âgée avec dépression. On espère que l'identification de ces patients sur la base de leurs caractéristiques sociodémographiques aideront à réduire les difficultés dans le diagnostic.

OBJECTIF: L'objectif de cette étude est de déterminer le risque facteurs de la maladie dépressive chez les patients âgés fréquentant le GOPD de AKTH.

MÉTHODES: Cette étude transversale basée sur un questionnaire a impliqué 392 patients âgés systématiquement sélectionnés dans famille participants à la clinique de médecine à Kano, au Nigeria. Les données recueillies comprenaient : caractéristiques sociodémographiques et cliniques. Dépression gériatrique l'échelle a été utilisée pour dépister la dépression. Test et logistique du chi carré une analyse de régression a été utilisée pour déterminer l'association entre variables catégorielles et prédicteurs de la dépression chez les participants respectivement.

RÉSULTATS: La prévalence de la dépression était de 22,4 %. La plupart des participants étaient des femmes âgées de 60 à 69 ans (62,5 %), des Haoussas (77,6 %) et vivant avec leur conjoint et leurs enfants (77,3 %). Genre, le statut matrimonial, milieu conjugal, classe socio-économique, arthrose et l'indice de masse corporelle étaient associés à la dépression. Les prédicteurs de la dépression étaient de sexe féminin ($p = 0,014$, RC = 1,401, IC = 1,757-2,591), veuves/veufs ($p=0,030$, OR=4,533, IC= 1,186-17,317) et l'obésité ($p = 0,001$, RC = 5,644, IC = 2,759-11,544).

CONCLUSION: La forte prévalence de la dépression parmi cette population souligne la nécessité d'un dépistage. Femmes, veuves/les veufs et les patients gériatriques obèses sont plus susceptibles d'être déprimés et devrait être ciblé pour le dépistage dans notre milieu ambulatoire occupé. **WAJM 2022; 39(5): 501-507.**

Mots-clés MeSH: 'Vieillesse' 'personnes âgées' 'dépression' 'obésité' 'genre'.

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Abbreviations: ADL, Activities of Daily Living; AKTH, Aminu Kano Teaching Hospital; BADL, Basic Activities of Daily Living; BMI, Body Mass Index; CI, Confidence Interval; DALY, Disability Adjusted Life Years; DSM, Diagnostic and Statistical Manual; GDS, Geriatric Depression Scale; GOPC, General Out-Patient Clinics; HbA1c, Glycated Haemoglobin; HIV, Human Immunodeficiency Virus; ICD, International Classification of Diseases; MDD, Major Depressive Disorder; N, Naira; N, Minimum Sample Size; PCV, Packed Cell Volume; P-value, Prevalence Value; RBG, Random Blood Glucose; SES, Socio-Economic Status; WHO, World Health Organisation; X², Chi-Square; YLD, Years Lived with Disability.