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Prevalence and Factors Associated with Depression among Resident Doctors in Nigeria: A Multi-Center Study

*Prévalence et Facteurs Associés à la Dépression chez les Médecins Résidents au Nigéria:
Une Étude Multicentrique*

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ABSTRACT

BACKGROUND: Depression is a significant contributor to the global burden of disease. Several studies have shown that depression in resident doctors is more common than that in the general population. However, data on the prevalence of depression among resident doctors in Nigeria is limited.

OBJECTIVES: The aim of this study is to determine the prevalence of depression as well as factors associated with depression among resident doctors.

METHODS: A cross-sectional study design was employed with semi-structured questionnaires on socio-demographic and other factors associated with depression in resident doctors. The proportionate sample size in hospitals across the six geopolitical zones with multi-stage sampling and systematic random sampling technique was used to recruit resident doctors. The Beck's Depression Inventory was employed. The data was analyzed using Epi info version 3.5.3 (2011) and Stata 14. A p-value of less than 0.05 was statistically significant.

RESULTS: The prevalence of depression was 18.9% among the resident doctors. Negative binomial regression used showed that depression in resident doctors was significantly associated with age (IRR=1.07, 95%CI: 1.01–1.13, p=0.017), female gender ((IRR=1.75, 95%CI: 1.00-3.05, p=0.049) and being a resident in the surgical specialties (IRR=2.31, 95%CI: 1.35-3.94, p=0.002), respectively.

CONCLUSION: The prevalence of depression among resident doctors showed that older age, female gender, and surgical specialties were determinants of depression. **WAJM 2022; 39(5): 521–528.**

Keywords: Depression, Doctors, Geopolitical, Beck.

RÉSUMÉ

CONTEXTE: La dépression contribue de façon importante à la charge mondiale de morbidité. Plusieurs études ont montré que la dépression chez les médecins résidents est plus fréquente que dans la population générale. Cependant, les données sur la prévalence de la dépression chez les médecins résidents au Nigéria sont limitées.

OBJECTIFS: Le but de cette étude est de déterminer la prévalence de la dépression ainsi que les facteurs associés à la dépression chez les médecins résidents.

MÉTHODES: Un plan d'étude transversal a été utilisé avec des questionnaires semi-structurés sur les facteurs sociodémographiques et autres associés à la dépression chez les médecins résidents. La taille proportionnelle de l'échantillon dans les hôpitaux des six zones géopolitiques avec un échantillonnage en plusieurs étapes et une technique d'échantillonnage aléatoire systématique a été utilisée pour recruter des médecins résidents. L'inventaire de la dépression de Beck a été utilisé. Les données ont été analysées à l'aide d'Epi info version 3.5.3 (2011) et stata 14. Une valeur de p inférieure à 0,05 était statistiquement significative.

RÉSULTATS: La prévalence de la dépression était de 18,9 % chez les médecins résidents. La régression binomiale négative utilisée a montré que la dépression chez les médecins résidents était significativement associée à l'âge (TRI = 1,07, IC à 95 %: 1,01-1,13, p = 0,017), au sexe féminin (IRR = 1,75, IC à 95%: 1,00-3,05, p = 0,049) et au fait d'être résident dans les spécialités chirurgicales (TRI = 2,31, IC à 95%: 1,35-3,94, p = 0,002), respectivement.

CONCLUSION: La prévalence de la dépression chez les médecins résidents a montré que l'âge avancé, le sexe féminin et les spécialités chirurgicales étaient des déterminants de la dépression. **WAJM 2022; 39(5): 521–528.**

Mots-clés: Dépression, Médecins, Géopolitique, Beck.

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