

PP 5

Prevalence of depression and associated factors among end stage renal disease hemodialysis patients in Teaching hospital, Anuradhapura, Sri Lanka

Ariyaratna NRN*, Dananjana LLD, Fernando SORN, Chamika NKK

Department of Nursing, International Institute of Health Sciences, Sri Lanka.

Background: End stage renal disease (ESRD) is the decompensated stage of chronic renal failure which is defined as renal insufficiency of a degree that requires dialysis or kidney transplantation. Hemodialysis patients are prone to a variety of psychological problems including depression. As per statistics, there is a significant population of hemodialysis patients in Sri Lanka which signifies the importance of assessing depression and associated factors.

Objective: To determine the prevalence of depression and associated factors in ESRD hemodialysis patients attending to dialysis unit in Teaching hospital Anuradhapura (THA).

Method: A descriptive cross-sectional study was conducted in 130 ESRD patients on hemodialysis. Patients were assessed using an interviewer-administered, standard scale (Beck depression inventory). A convenience sampling method was used and SPSS version 22.0 was used for data analysis.

Results: The majority of the participants, 87.7% (n=114) were males and 68.5% (n=89) belonged to the age category of 39-59 years. Around 38.5% (n=50) had studied only up to grade 5 and only 25.6% (n=32) were employed. From the participants who were unemployed, the majority 64.6% (n=84) had either lost or was unable to do a job due to the disease. Based on the scores of the depression scale, only 13.1% (n=17) belonged to the non-distressed category. Also 25.4% (n=33) participants belonged to the mild mood disturbance category while 20% (n=26) belonged to the borderline clinical depression category. The majority, 26.2% (n=34) belonged to the moderate depression category and 13.8% (n=18) and 1.5% (n=2) belonged to severe depression and extreme severe depression categories respectively. There was a positive correlation between depression score and number of years since diagnosis of ESRD ($p=0.015$).

Conclusion: As per the findings, it is evident that the majority of ESRD patients on hemodialysis are suffering from depression varying from mild to extreme severe depression which signifies the importance of evaluating psychological aspects alongside their medical management.