

Survey of Rate of Depression Prevalence for Patients of Mazar-i-Sharif – Afghanistan According to Different Ages and Genders

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Abstract: *Depression is a prevalence disease that is found in all around the world and society. On the other hand, the amount of prevalence differs according to age and gender in different societies. Therefore, a research was needed to assign the rate of psychic problems of patients that attended in psychic clinic of Mazar-i-Sharif in 2018 (1397 A.H)*

Keyword: *Depression, patients, standard questionnaire.*

1. Introduction:

Depression is a wide spreading and noxious disease which anyone from any society and race can be affected. It is the most spreading psychotic disease which is seen as a global and mental illness in any culture. It is not pertained to a certain nation, but someone can be more susceptible than others in some situations. According to reports about 15% of people affect to depression once in their lives. Incidence of depression is increasing due to economic, social and corporeal problems. Depression can impact on behavior, recognition, excitements, body activities, and interpersonal skills that people will lose their jobs and then suffer occupational depression.

Depression will impact on person's profession and relation, even though, he will has less desire to attend to his employment. In some cases, it will decrease the routine accuracy. It also creates strain that leads to violation of relative^(6, 7). Studies show that depression is the most costing sicknesses which causes depressed people to face with usual-disorders 27 times more than healthy people. Approximately 30% of depressed people cannot handle properly and be present to their jobs and 70% of remaining people have failures and disabilities of task performance resulting from treatment side effects^(7, 8). Understanding of people from causes, prevention, disorder and treatments of depression is insufficient^(9, 10). Yet 50% of affected people have not taken any reactions beyond their diseases⁽¹¹⁾. After recognition of causes and degree of depression occurrence, current research was done over Mazar-i-Sharif clients in 2018 (1397 A.H).

2. BACKGROUND AND OBJECTIVE:

Depression is a prevalence disease that is found in all around the world and society. On the other hand, the amount of prevalence differs according to age and gender in different societies. Therefore, a research was needed to assign the rate of psychic problems of patients that attended in psychic clinic of Mazar-i-Sharif in 2018 (1397 A.H)

3. METHODOLOGY:

This research was done on 1770 patients of Mazar-i-Sharif that had attended for managements. Among 1770 patients, 724 were depressed. Amongst 724 people, 246 (9.13%) were women under 35 years old, 284 people (16%) were women over 35 years old, 131 people (4.7%) were male under 35 years old and 63 people (5.3%) were male over 35 years old. For surveying, the standard questionnaire was designed and the findings are in separate charts.

4. FINDINGS:

Finding shows that amongst 246 women under 35 years old, 130 people of them were mild depression, while 86 were moderate and 30 were in severe depression. Within 284 women patients over 35 years old, 126 of them were surviving in mild depression; whereas, 105 were in moderate and 53 were in severe depression. From 131 under 35-year-old male patients, 33 people were living with mild depression, whereas, 76 were in moderate and 22 were depressed in severe level. Within 64 over 35-year-old male patients, just 7 patients were surviving with mild depression. But, 38 of them were as moderate and 18 were as severe depression.

Due to commonness of the depression concerning different ages and genders for patients, suggested to prioritize the consults of psychiatrics.

5. PROBLEM PRESENTATION:

Depression is an epidemic and weakening problem; that, unsettles daily routine and even ends in self-suicides. The rate of suicide due to depression makes the highest amount in our country. Besides that, poverty and adversity, family harshness, social complications, and war the causes of depressions for human beings. Because depression can happen for any gender and age, of that, thereby, we should be watchful of everyone according to different ages and genders, hence, can be helpful for their treatment and prevention.

6. RESEARCH HYPOTHESIS:

Each research stands in preceding hypothesis, but, the research should restrain prejudice. Because the future researches will criticize and reject his/her research hypothesis. Current research absolutely restrains prejudice and the following points were proposed:

- Depression can disable and weaken the one in daily activities,
- Depression can affect any person in any age,
- Choosing the proper treatment and preventing way after recognition.

7. RESEARCH QUESTIONS:

- Why depressed people are disinterested in society?
- Can depression end to suicide?
- Which age has the most occurrence of depression?
- What factors cause depression?
- Can we prevent prevalence and incidence of depression?

8. GOALS:

- 1) **Major Goal:** determining the amount of depression occurrence for patients of Mazar-i-Sharif.
- 2) **Minor Goals:** - Determining relativity of gender and age with depression.

- Understanding the amount of depression occurrence for male/female.

9. IMPORTANCE OF RESEARCH:

- As depression makes a disabling disease in society, hence, there is an importance in understanding the amount of depression prevalence in different ages, genders, males and females.
- This research has important for finding out the amount of depression occurrence for clientele patients.

10. METHODOLOGY:

For current investigation, the research was done over 1770 clientele patients of Mazar-i-Sharif clinic that came for treatment. Amongst 1770 people, 724 were depressed. Amid 724 people 246 of them (9.13%) were female under 35 years old, while, 284 of them (16%) were over 35 years old female patients. 131 of them were male under 35 years old that created (4.7%) whereas (5.3%) 63 people were male over 35 years old. Standard form of questionnaire was designed and the findings are in different figures and charts. The 21 questions of the questionnaire is for measuring the signs of depression. It has four options to choose the best one. Starting from 1 point to 3 points. The total points were 0 to 63 for depression. In classification, the lowest number or 9, meant non-existence of depression, while, 10 to 17 meant mild depression, 18 to 29 meant moderate depression and 30 to 63 anticipated severe depression. The findings are shown in chart.

11. FINDING:

The finding shows that amongst 1770 clientele patients of Mazar-i-Sharif clinic, 724 patients were depressed. From this digit 246 people were under 35 years old female, about 130 people (52.8%) were in mild depression, 86 persons (34.9%) in moderate depression, and 30 patients (12.1%) were severe depressed. Amongst 284 patients that were over 35 years old, (44.3%) 126 of them were surviving in mild depression, 105 people (36.9%) in mild depression, and 53 people (18.6%) were surviving in severe depression. From 131 under 35 years old male patients, (25.1%) 33 people were in mild depression, 76 people (58%) in moderate and 22 people (16.7%) were surviving in severe depression. From 63 over 35 years old male patients, 7 of them (11.2%) were in mild depression, 38 patients (60.3%) were in moderate depression, but, 18 people (28.5%) were in severe depression.

Each classifications are shown in second and third charts.

Patients	Mild depression	Moderate depression	Severe depression
Female (Under 35 y.o.)	130 (52.8%)	86 (34.9%)	30 (12.1%)
Female (Over 35 y.o.)	126 (44.3%)	105 (36.9%)	53 (18.6%)
Male (Under 35 y.o.)	33 (25.1%)	76 (58%)	22 (16.7%)
Male (Over 35 y.o.)	7 (11.2%)	38 (60.3%)	18 (28.5%)

Table (1) the amount of depression prevalence in psychic clinic of Mazar-i-Sharif

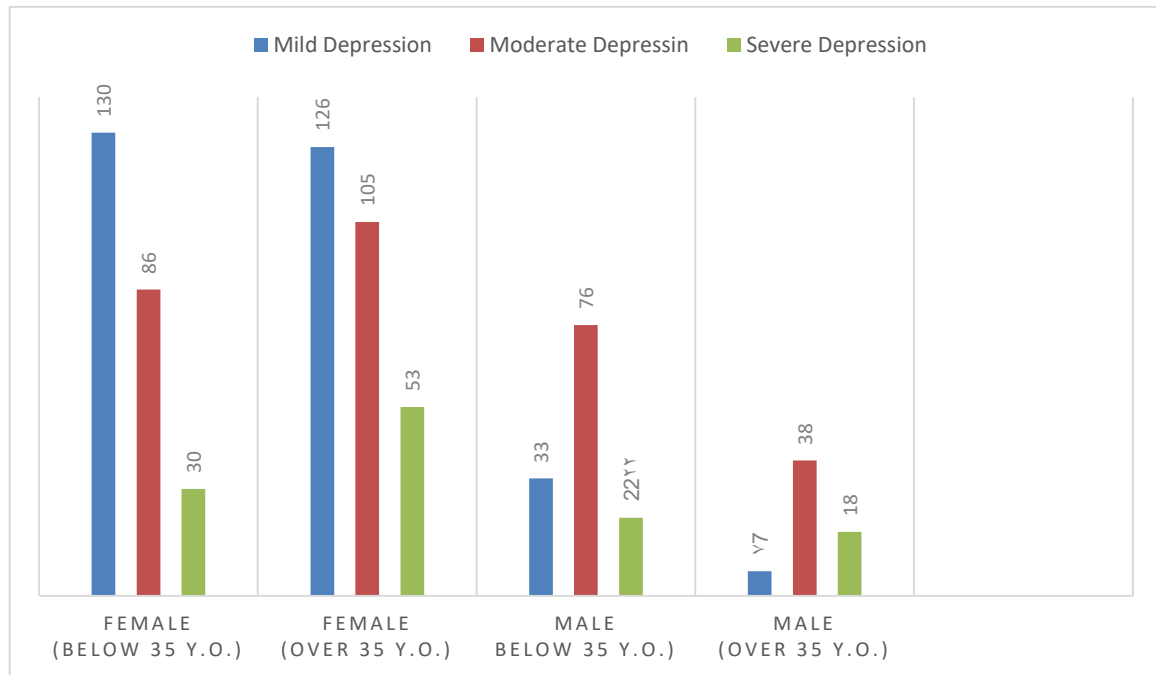


Chart (1) the amount of depression prevalence in psychic clinic of Mazar-i-Sharif

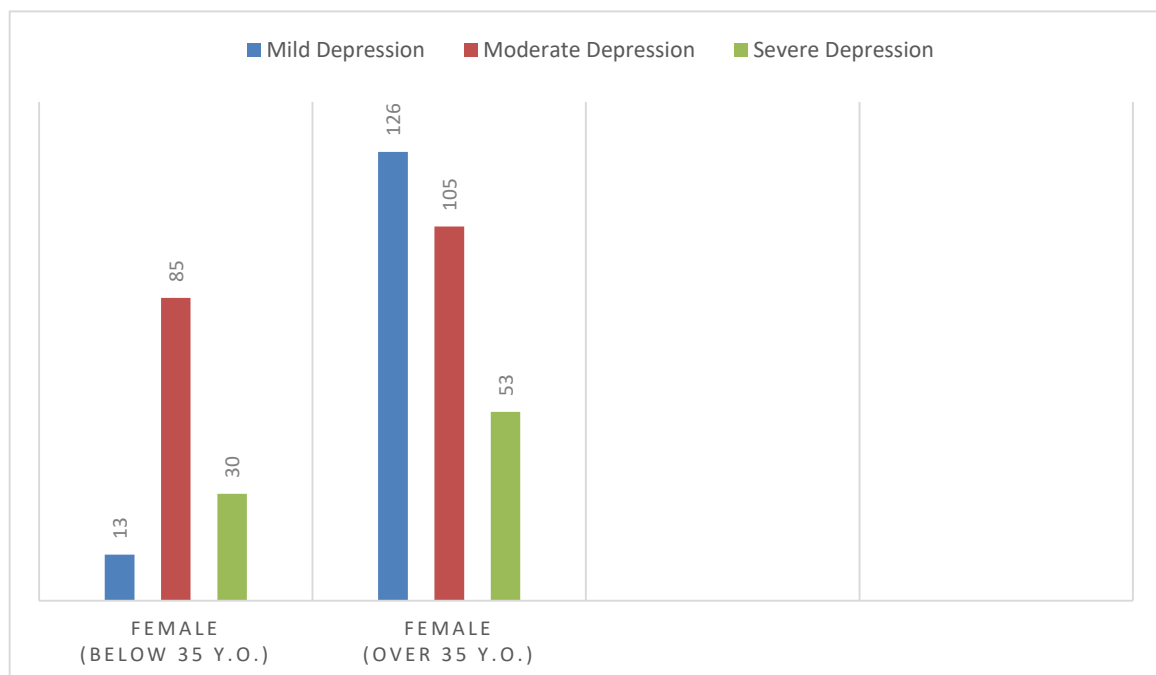


Chart (2) Comparison of depression prevalence for over and under 35 years old female patients

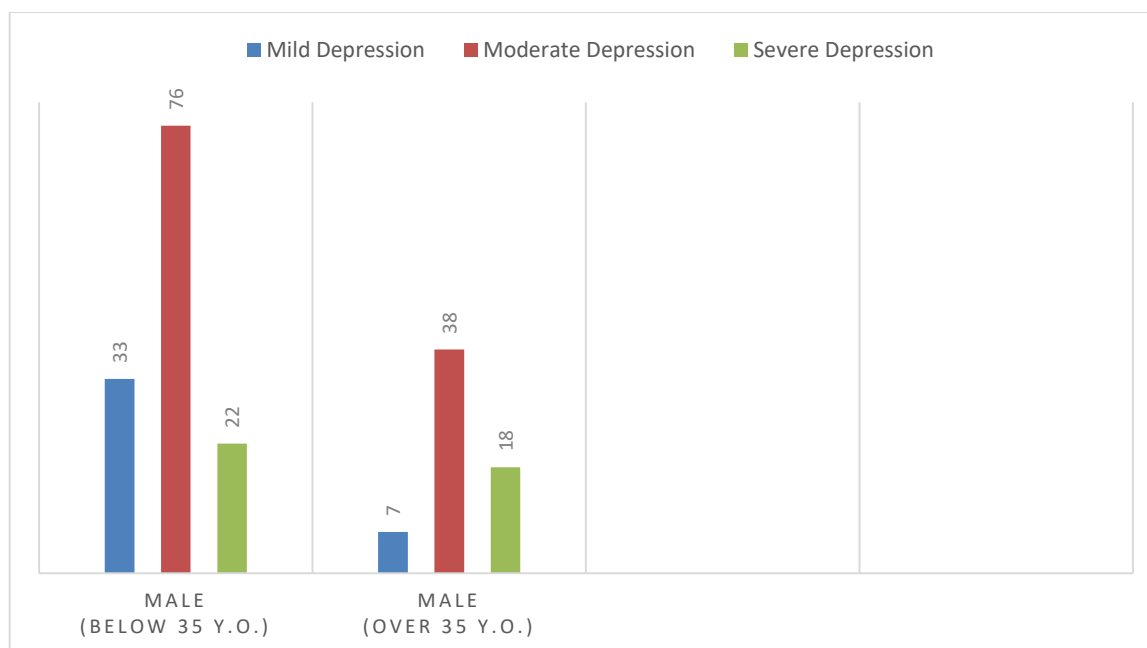


Chart (3) Comparison of depression prevalence for over and under 35 years old male patients

12. DISCUSSION:

As a result of current research, the amount of depression prevalence is in a high range for patients of Mazar-i-Sharif psychic clinic. The finding shows that amongst 1770 clientele patients of Mazar-i-Sharif clinic, 724 patients were depressed. From this digit 246 people were under 35 years old female, about 130 people (52.8%) were in mild depression, 86 persons (34.9%) in moderate depression, and 30 patients (12.1%) were severe depressed. Amongst 284 patients that were over 35 years old, (44.3%) 126 of them were surviving in mild depression, 105 people (36.9%) in mild depression, and 53 people (18.6%) were surviving in severe depression. From 131 under 35 years old male patients, (25.1%) 33 people were in mild depression, 76 people (58%) in moderate and 22 people (16.7%) were surviving in severe depression. From 63 over 35 years old male patients, 7 of them (11.2%) were in mild depression, 38 patients (60.3%) were in moderate depression, but, 18 people (28.5%) were in severe depression.

Each classifications are compared in chart (2) and (3). If seen carefully, the mild and moderate depression prevalence for over and under 35 years old female patients are more than over and under 35 years old patients.

Coming in chart (2), the mild and moderate depression prevalence for over 35 years old female patients are higher than under 35 years old female clientele.

Chart (3) shows that, the mild and moderate depression prevalence for under 35 years old male patients are higher than over 35 years old clientele.

As a result of current research, the amount of depression occurrence are unlike for different ages and genders.

13. CONCLUSION:

As a result of the research, amongst 1770 clientele patients of Mazar-i-Sharif clinic, 724 patients were depressed. From this digit 246 people were under 35 years old female, about 130 people (52.8%) were in mild depression, 86 persons (34.9%) in moderate depression, and 30 patients (12.1%) were severe depressed. Amongst 284 patients that were over 35 years old, (44.3%) 126 of them were surviving in mild depression, 105 people (36.9%) in mild depression, and 53 people (18.6%) were surviving in severe depression. From 131 under 35 years old male patients, (25.1%) 33 people were in mild depression, 76 people (58%) in moderate and 22 people (16.7%) were surviving in severe depression. From 63 over 35 years old male patients, 7 of them (11.2%) were in mild depression, 38 patients (60.3%) were in moderate depression, but, 18 people (28.5%) were in severe depression. Due to commonness of the depression for different ages and genders of psychic clinic of Mazar-i-Sharif patients, we suggeste to prioritizing the consults of psychiatrics. Mostly, depression failures and causes disabilities of task performance. Proper announcement for people to participate to clinics for treatment and familiarizing them with methods of prevention will end to a significant percentage deduction.

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