Prevalence and Determinants of Depression among Patients with Tuberculosis in Municipal Corporation of Sagar District in the State of Madhya Pradesh, India

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Abstract

Introduction: Tuberculosis remains one of the most important causes of mortality across world with 1.3 million deaths annually. India accounts for one-fourth of the global Tuberculosis (TB) burden. Aim of the study was to find out the prevalence and determinants of depression among Tuberculosis patients and association between depression and the socio-demographic characteristics of the TB patients.

Methodology: A cross sectional study was conducted in all 7 DOTS centers in Sagar Municipal Corporation of Sagar district, Madhya Pradesh, India. Convenient sampling technique was used for selecting 103 TB patients who undergone treatment in these DOTS centres during the period of March to May 2018. Data analysis was done by using SPSS version-17, with statistical significance at p-value of 0.05.

Results: Among 103 TB patients the prevalence rate of depression was nearly one third (64%). The age group of 38-57 years had 3.3 times more odds of developing depression compared to age group 18-37 years (p=0.037). The unemployed group had 3.7 times more odds of developing depression compared to employed group (p=0.007).

Conclusion: It concludes that the prevalence rate of depression among TB patients was high. The frequency of moderate/severe depression was found to be less among males than females. There was an association between depression and socio demographic determinants such as age, employment type of family etc. It emphasizes the need for providing a proper diagnosis and treatment for depression along with the TB drugs for improving the compliance of the TB program.

Keywords: *Tuberculosis, depression, incidence, prevalence.*

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