

ASSOCIATION BETWEEN MAJOR DEPRESSIVE DISORDER AND SOCIO-DEMOGRAPHIC FACTORS IN AYURVEDIC HOSPITAL SETTINGS

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Abstract: Depression is a significant contributor to the global burden of diseases and affects more than 350 million of the world population. World Health Organization stresses that this is the fourth most disabling health issue worldwide, and it is expected to be ranked second by 2020. Among depressive disorders, Major depressive disorder is one of the most prominent health issues affecting the psychic and physical body. The objective of the study has been focused to find out the association between depression and social demographic factors in Ayurveda hospital settings. The present work is designed as a community based descriptive cross sectional study conducted through an interviewer-administered questionnaire. The study used primary data and adopted a purposive sample of forty patients aged between 18 and 60 years suffering from Major depressive disorder. Patients having all the inclusion criteria reported at the National Ayurveda Teaching Hospital, Borella were enrolled for the present study. Social and demographic data of these patients were collected by using a special proforma and severity level of depression of the patients were assessed by using Hamilton depression rating scale (HAM-D). The quantitative data were analyzed using univariate and bivariate statistical methods. The majority of patients were males, unmarried and unemployed. The most of them belonged to the middle socio-economic families and had secondary and university education. Those patients were found to have 12.5 percent of moderate and 87.5 percent of severe levels of depression. Considering the above findings, it can be concluded that most of the socio-demographic factors trigger the pathogenesis of depression.

Keywords: Depression, Socio-demographic factors, Ayurveda

Introduction

Major depressive disorder, known as clinical depression, is a common psychopathological condition described in modern psychiatry. It is one of the most prominent health problems affecting moods as well as mental and physical conditions. This psycho-pathological condition has been classified under the unipolar mood disorders. Depression is a significant contributor to the global burden of disease and affects people in all communities across the world (World Health Organization, 2012). This disease is the fourth most disabling medical condition worldwide, and is expected to be ranked second by 2020 (Greenberg et al., 1993; Murrey & Lopez, 1996). Major depressive disorder is typically recurrent, often chronic, and disabling, with a life time prevalence rate of 15 per cent (Kessler et al., 2003). Even though, depression is the leading cause of disability for both males and females, the burden of depression is 50 percent higher for females than males (World Health Organization, 2004). Among the patients who have depression, almost one million commits suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 per cent or more of them may attempt to contemplate suicide (World Health Organization, 2012).

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