Depression among primary health care attendees in Baquba city

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Abstract

Background: Depression is health problem of epidemic dimension, characterized by multiple symptoms, including abnormal and persisting affective changes associated with feeling of worthlessness guilt and helplessness, anxiety, crying, suicidal tendencies, loss of interest, in work and other activities, impaired capacity to perform every day social and functions, and hypochondriasis.

Objective: To measure the rate of depression among patient attending primary health care centers in Baquba city and to identify their sociodemographic characteristics.

Patients and Methods: Three hundred and sixty patients (160 males, 200 females) were drown randomly from three primary health care centers in Baquba city, cross sectional study were done for them using General health questioner (Golberg -30), semi structural psychiatric interview schedule based on American psychiatric association diagnostic and statistical manual of mental disorders 5th edition and Becks inventory test to detect depression and its severity. Results were analyzed statistically.

Results: The rate of depression among primary care attendants in Baquba city in this study was (12.5%). More common in female than that in male (15.5% in female, 8.75% in male); female male ratio (1.85-1), recognition rate of depression was low 22.3%. Mild depression is higher than other types of depression 44.4%.

Conclusion: Depression rate is high in primary health centers in Baquba city, the depression is under diagnosed and often in appropriately treated illness resulting in economic burden in health care centers.

Key words: Depression, Primary Health Care Centers, American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders, General Health Questioner.

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