

ABSTRACT

Background

There has been a considerable increase in the numbers of older people in the world population of both developed and developing countries. The increasing elderly populations are prone to depression. Studies regarding depression among elderly, especially in old age home is lesser in the developing countries. This study has tried investigating the prevalence of depression and related socio-demographic profiles among elderly people living in old age homes of Kathmandu valley.

Objectives

The objectives of this study were to estimate the prevalence of depression among elderly living in an old age homes in Kathmandu valley and also to find out the severity of depression (mild, moderate, and severe) and its association with the socio-demographic variables, individual factors and environmental factors.

Methodology

Nine Organizations were present in Kathmandu valley which were inhabiting elderly people. From each of the organization 50% of the elderly were selected randomly and total of 203 elderly were selected. The consent was taken and strict inclusion and exclusion criteria were applied during participant's selection. The interview was carried out using socio-demographic performa, Geriatric Depression Scale (GDS), ICD-10 DRC, Duke social support scale, UCLA loneliness scale, and Barthel index. Clinical diagnosis of depression was made according to ICD-

10 classification of Mental and Behavioral Disorders –Diagnostic Criteria for Research (WHO-1992) in patients after through discussion with Consultant Psychiatrist who were available on their respective OPD days.

Results

This study showed that, 47.3% of population had depression. Among them, 34.0% had mild depression and 13.3% had severe depression. There was significant association between the prevalence of depression and health problem, satisfaction with old age home, loneliness, social support and functional disability.

Conclusion

Depressive disorder is highly prevalent among the elderly population residing in the old age home in Kathmandu Valley. This results in lowering their productivity and places burden to family and society. For this reason, concerned authorities should timely address depression in elderly people.