

ABSTRACT

Background: Chronic Kidney Disease of unknown aetiology is a serious healthcare issue in North-Central region of Sri Lanka. The prevalence of CKD is high as 10% in some areas. Many local and international researchers have started working towards identifying causative factors. Healthcare burden and the economical losses of CKD are yet to be estimated. Depressive disorder is the commonest mental health co-morbidity among patients with CKD. International researchers have consistently found its' prevalence to be more than 20%. Moreover, depression is a treatable condition that, help to improve the quality of life remarkably. This study was carried out to estimate the prevalence of depressive disorder and its' associated factors among patients with CKD.

Method: Randomly selected 140 patients with CKD were recruited from the out-patient nephrology clinic at Teaching Hospital Ahnuradhapura. Structured Clinical Interview was performed on entire sample. Translated versions of BDI and GHQ administered separately from the structured interview. Some of the information collected from the medical records.

Results: Prevalence of Major Depressive Episode according to the Structured Interview was 27.86%. When used cut off value of 14 Beck Depression Inventory (BDI), a screening tool identified 38.40% having depressive disorder. Application of General Health Questionnaire (GHQ) recognized 55.47% of CKD patients were psychologically distressed when applied cut off value of 6. However, as a screening tool for depression

when cut off value of 11 gives the best sensitivity and specificity. When GHQ used as a screening instrument, for depressive disorder, prevalence was 43.06%. Among associated factors, Patient's understanding of treatment options and prognosis was significantly associated. Where as, age, gender, marital state, employment type, level of education and medications were not significantly associated with depression among patients with CKD.

Discussion: As the number of CKD patients rapidly increasing mental health problems expected to increase in North-central region of Sri Lanka. Every other patient with CKD is psychologically distressed. Depressive disorder is a common mental health problem among patients with CKD. Psychological risk factors such as patient's understanding of prognosis of CKD and treatment options were strongly associated with depression. Mental health services need to improve in order to support this group of patients.