

**Depressive Symptom and Its Predicting Factors Among Community-Dwelling Older Adults With Knee Osteoarthritis**

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**Purpose:**

Depressive symptom was frequently reported in older adults with chronic conditions (Song, Ward, Hladik, Bridgman, & Gilet, 2016), and it was found to be significantly associated with knee osteoarthritis (OA) and its progression (Jung, Seok, Kim, Song, & Choi, 2018; Rathbun, Yau, Shardel, Stuart, & Hochberg, 2017). Evidence from previous studies demonstrated factors including knee pain severity and fatigue were associated with depressive symptom or mood in persons with knee OA (Han, Lee, Kang, & Chang, 2016; Smith & Parmelee, 2016). However, very few studies have investigated the magnitude of depressive symptom and its predicting factors among Thai older adults with knee osteoarthritis. Our study sorted to examine the prevalence of depressive symptom and investigate the predictive factors of depressive symptom among older adults with knee OA.

**Methods:**

A cross-sectional study was employed. 119 community-dwelling older adults who met the following inclusion criteria: age 60 or over; knee OA based on the American College of Rheumatology criteria; no cognitive impairment; and independent in performing activities of daily life, were recruited to participate in this study. Data collection were carried out by using: 1) Health Information Record Form, 2) the Knee Severity Scale, 3) The Multidimensional Assessment of Fatigue, and 4) the Geriatric Depression Scale-15. Descriptive statistics and Logistic regression were performed for data analysis; a significant level was set at  $p < .05$ .

**Results:**

An average age of participants was 66.45 year (SD = 7.47). Most of them were female (84%). Among all participants, 47.89% of participants had depressive symptom. When age, severity of knee OA symptom, number of comorbidities, and fatigue were selected as predictors of depressive symptom, only age and fatigue were uniquely significant predictors (odds ratio = 1.07, 95%CI 1.009-1.132; 1.08, 95%CI 1.026-1.142, respectively).

**Conclusion:**

Depressive symptom was found as a high prevalence and it increases with advancing age. Moreover, an increase in fatigue level led to an increase in depressive symptom among overweight and diabetic older adults with knee osteoarthritis.

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**Title:**

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**Keywords:**

depressive symptom, fatigue and knee osteoarthritis

**References:**

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**Abstract Summary:**

To learn about prevalence of depressive symptom among Thai older adults with knee osteoarthritis and to understanding the predictive factors of depressive symptom among community-dwell older adults with knee osteoarthritis.

**Content Outline:**

I. Introduction

A: Depressive symptom was found to be significantly associated with knee osteoarthritis and its progression.

B: Few studies have investigated the magnitude of depressive symptom and its predicting factors among Thai older adults with knee osteoarthritis.

II. Body

A. Main Point# 1

- a) To examine the prevalence of depressive symptom
- b) To investigate the predictive factors of depressive symptom among older adults with knee osteoarthritis

#### B. main Point # 2

##### 1. design

- a) a cross-sectional study

##### 2. sample

- a) 119 community-dwelling older adults
- b) inclusion criteria: age 60 or over; knee OA based on the American College of Rheumatology criteria; no cognitive impairment; and independent in performing activities of daily life

##### 3. data collection and analysis

- a) using questionnaires: 1) Health Information Record Form, 2) the Knee Severity Scale, 3) The Multidimensional Assessment of Fatigue, and 4) the Geriatric Depression Scale-15.
- b) analysis using descriptive statistics and Logistic regression

#### C. Main point # 3

##### 1. results

- a) 47.89% of participants had depressive symptom
- b) age and fatigue were uniquely significant predictors of depressive symptom

#### III. Conclusion

- A. depressive symptom was found as a high prevalence and it increases with advancing age
- B. an increase in fatigue level led to an increase in depressive symptom

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