

Prevalence of Anxiety and Depressive Symptoms and its association with Multimorbidity among Adults in Karachi, Pakistan

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BACKGROUND

One in four people struggle with mental disorders (WHO, 2003). Depression has been fourth leading cause of disease burden. It is predicted that it will be the second leading cause of disability and death by 2020. (O'Connor , 2013) . Literature reports that 40-68% of the population between the ages of 18 to 84 with Multimorbidity reported Anxiety and Depressive symptoms, (Roca et al., 2009). The burden of Anxiety and Depression with Multimorbidity lead to increased rate of health care utilization, reduced life expectancy and poorer health outcomes. (Smith et al., 2014)

OBJECTIVES

To measure prevalence of anxiety and depressive symptoms and its association with multimorbidity among adults aged 30 years and above in Karachi, Pakistan

METHODOLOGY

An Analytical, cross-sectional study design was adopted to achieved research objectives. The study population was comprised of all adults of aged 30 years and above and residents of Gulshan-e-Iqbal town. Karachi, Pakistan. It was carried out during Feb-May, 2015 AKUADS tool were used to measure anxiety & depressive symptoms. Systematic random sampling were used. Approval obtained from the Institutional Review Board (IRB) of Dow University Health Sciences.

STATISTICAL ANALYSIS

Descriptive Statistics :prevalence and frequency

Inferential Statistics :Univariate and Multivariate logistic regression (Odds Ratio, 95% Confidence Intervals)

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RESULTS & DISCUSSION

Study Findings

- Prevalence of anxiety and depressive symptoms was found to be 27.4%
- Burden of anxiety and depressive symptoms were two fold higher among females
- Prevalence of multimorbidity were reported to be 50.2%
- Association of Multimorbidity and anxiety and depression found in female population
- Among male participants, having more children was identified as a protective factor

Past Studies

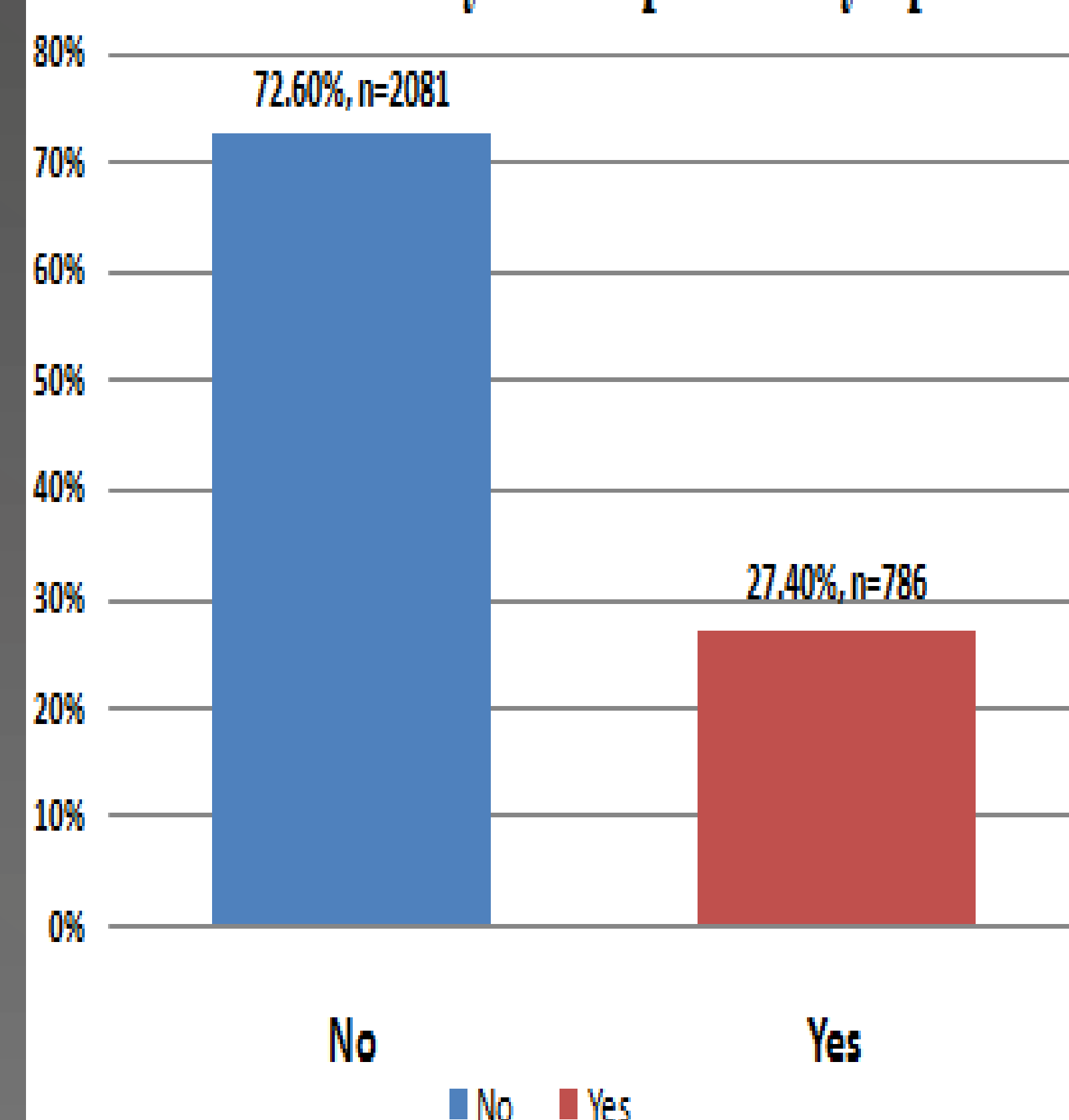
- In Pakistan reported 30- 50% (Ali et al., 2016)
- 28% in Bangladesh (Islam et al., 2003)
- In Pakistan Females reported prevalence 54.2% : Male 28.7% by Luni et al., 2009
- Similar finding reported by O'Connor, 2015 and Pateen et al, 2006 studies
- In Bangladesh burden of multimorbidity found 53.8% by Khanam, et al., 2011
- In Germany 67% reported by Nagel et al., 2008
- This finding is consistent with past studies: Garin et al, 2014, Roberts,etal., , 2015;
- In contrast , past studies found that having more children is a risk factor for anxiety and depression: Husain N, Creed F, Tomenson B,2000 Rahman A, Creed F, 2007

CONCLUSION

Study revealed that one quarter of general population aged 30 and above had anxiety and depressive symptoms. Half of our study population with multimorbidity is experiencing symptoms of anxiety and depressive symptoms. Anxiety and depressive symptoms are alarming among female with multimorbidity.

Results

Burden of Anxiety and Depressive Symptoms



Results

Burden of Multimorbidity

