

Level of Depression in Physically Disabled

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ABSTRACT:

Background: Depression is recognized as a serious public health concern in developing countries. A person having depression feels very low which hinders his activities of daily living. Present study has found that physical disability is a risk factor for the development of depression.

Objectives: The purposes of this study were to describe confidence in people with physical disability and to suggest them occupational therapy, physical therapy with psychotherapy, so they can do activities of daily living independently.

Methodology: A cross sectional survey with sample of 35 physically disabled people was conducted. The standard tool Beck Depression Inventory has been used and all required thorough research to ensure the inclusion of as many available assessments as possible, related to depression in physically disabled.

Results: Present study indicates that there are symptoms of depression in people with physical disability according the disability symptoms may be mild, moderate or severe. Disabled persons were at substantially elevated risk for depressive symptoms and major depressive disorder. Figure 4.22 shows that out of 35 individuals 2.86% were of mild mood disturbance, 42.08% were moderately depressed, 37.14% severely depressed and 14.29% were in extreme depression. Results clearly demonstrate that physical disability can lead to depression.

Conclusion: It was concluded that physical disability leads to depression and a standardized self-report scale BDI may well be used effectively to screen those patients with physical disabilities, who may need psychological help.

Keywords: Depression, Physical Disability, Beck Depression Inventory

INTRODUCTION:

“Depression is a state of low mood and aversion to activity that can affect a person's thought, behavior, feelings and physical well-being”.(1) Biological, psychological, and social factors all play a role in causing depression which leads to stressful life events. Depressed people may have some cognitive symptoms like poor concentration, forgetfulness and slowing of movements. Depression commonly exists with physical disorders like stroke and Parkinson's disease.(2) A person having depression feels very low which hinders his activities of daily living. They may be pre-occupied with false thoughts, inappropriate guilt, hopelessness, hallucinations, delusions,

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with drawl from social situations and thoughts of death or suicide. (3) “Disability is defined as a limitation in performing certain roles and tasks that society expects an individual to perform. Disability is the expression of the gap between a person’s capabilities and the demands of environment the interaction of a person’s limitations with social and environmentalactors”.(4)

Many cross-sectional studies conducted which shows that a physically handicapped person must have depressive symptoms. (5) People with physical disabilities are mostly uncouned, unheard and unseen in the society. They face barriers in education, job placements and daily life which include stigmatization and the misunderstanding of the abilities affecting their freedom of movement in society. Moreover, job opportunities for person with physical disabilities are very limited so they face financial problems also which leads to depression. Dr. Aaron T. Beck created a tool Beck Depression Inventory to measure the severity of depression in physically disabled. It is a questionnaire with 21 items which are related to symptoms of depression and can applied on individual with aged 13 and above.(6) Ron, Harold and Denise in 1984 studied that physical disability disturbs a person’s life style and effects mood and activity. They arranged a counseling program for physically disabled with depression, which shows positive results and all those participants were less anxious more social.(7)

Ronald and Samuel in 1988 studied on a large number of physically disabled persons in the community to evaluate the severity of depression .After a longitudinal analyses they demonstrate that physically disabled were suffering from high level of depression and it was in both men and women of all ages.(8) Turner and Mclean in 1989 studied on 731 physically disabled adults to see the association between physical disability and depression. According to their study physically handicapped were at high risk of depression.(9) This study will help to understand the formal assessment of depression among physically disabled and how it disturbs social life and all other activities. Moreover, it will help therapists to introduce better intervention plans to reduce the depressive symptoms.

MATERIAL AND METHODS:

Before conducting the study, a thorough plan was made how to collect the data. Sample size was 35.According to inclusion criteria all patients had a physical disability. The age range was between 18_25 years and all those who gave their consent and were ready to participate. Patients who were not fulfilling the above mentioned criteria were excluded .The data was collected from Pakistan Society for Rehabilitation of Disabled and the Rising Sun Institute observed within 3 months. Tool was a history taking questionnaire Beck Depression Inventory (BDI).The data was analyzed by SPSS (Statistical Package for the Social Sciences).The standard tool beck depression inventory has been used and all required thorough research to ensure the inclusion of as many available assessments as possible, related to depression in physically disabled.

RESULTS:

Total 35 subjects with a permanent physical disability were evaluated for symptoms of depression. Beck Depression Inventory was used to score level of depression, after completing the questionnaire, the scores for each of the twenty _ one questions were added up, by counting the number to the right of each question marked. Out of 35 individuals 2.86% had mild mood disturbance, 2.86% had borderline clinical depression, 42.86% were moderately depressed, and 37.14% severely depressed and 14.29% were in extreme depression. Results clearly demonstrate that physical disability can lead to depression.

	Frequency	Percent
11_16	1	2.9
17_20	1	2.9
21_30	15	42.9
31_40	13	37.1
<40	5	14.3
Total	35	100.0

11_16 = mild mood disturbance

17_20 = borderline clinical depression

21_30 = moderately depressed

31_40 = severely depressed

<40= extreme depression

Table: Total Score of Level of Depression

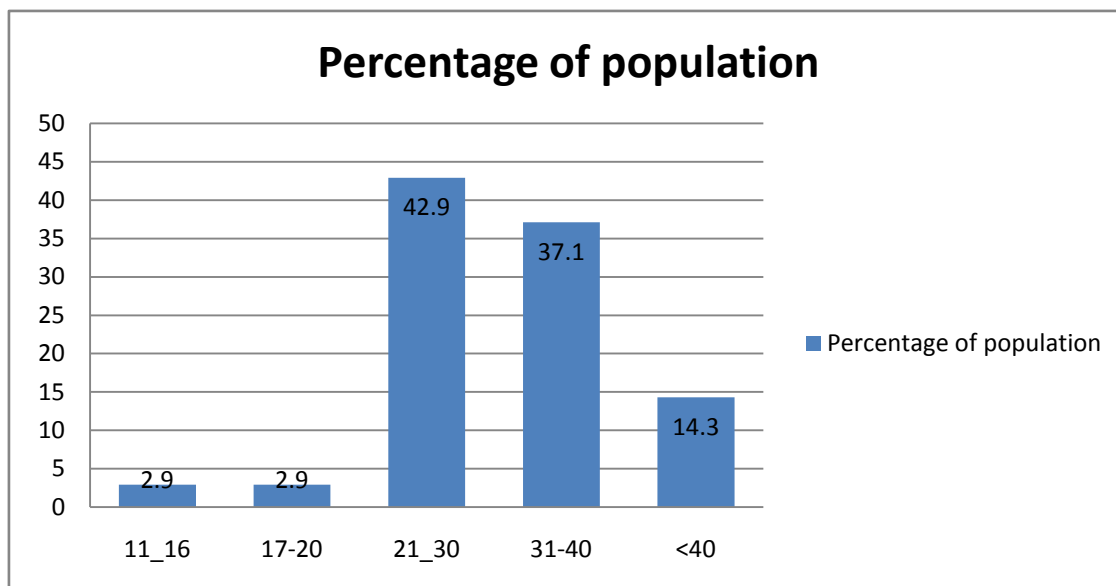
2.9% = mild mood disturbance

2.9% = borderline clinical depression

42.9% = moderately depressed

37.14% = severely depressed

14.29% = extreme depression



Graph: level of depression in physically disabled

DISCUSSION:

This study indicates the level of depression in people with physical disability. The finding suggested that physical limitations act as strong precipitating factor to develop depressive symptoms.

In china a door to door survey was conducted to evaluate the depressive disorders among the patients of stroke. Their study supported the fact that a failure in performing daily activities leads to depression in stroke survivors and similar results found in this study.(10)

In 2010 Arupendra and Subrata conducted a study on male adults with lower limb amputation they found that depression is associated with low socio-economic conditions, attitude of society towards disability and other health conditions. They used BDI to compare the severity of depression with physical disability and socio-economic status. According to their research physical disability is not the cause of depression but poor financial status and dependency on others leads to major depressive symptoms. However in our study physical disability itself is the cause of depression. (11)

In china a cohort study was conducted to examine the effects of depression on physical disability in adults. They found that adults with physical disabilities, which hinder their basic and instrumental activities of daily living were highly, depressed which resulted in more functional limitations. It is very important to prevent and eliminate depressive symptoms so they can improve their quality of life.(12)

B.M. Draper conducted a controlled study to find the effectiveness of drug therapy, psychological and physical rehabilitation in physically ill persons who were suffering from depression. According to his research, drug therapy through antidepressants, psychotherapy, social support and community mobility were found very effective for psychologically and physically disabled persons. (13)

In our society physical and behavioral disorders are highly stigmatized. It has multiple effects on the life of an individual. It needs to be studied more to improve the management of depression in physically handicapped, otherwise it can seriously effects the quality of life of an individual.

CONCLUSION AND RECOMMENDATIONS:

It was concluded that physical disability leads to depression and a standardized self-report scales such as the BDI may well be used effectively to screen those patients with physical disabilities, who may need psychological help. The purpose was to describe confidence in people with physical disability and to suggest them the occupational therapy, physical therapy with psychotherapy so they can be an active members of the society. While limited by the sample size, the results of this study support the need to further explore depression, risk, and other psychological symptoms in patients with permanent physical disability, so better interventional programs can be made to make them independent, and to exclude negative feelings from their

personality. There must be a set up for physically handicapped to prevent the disability and comorbid conditions. Plans should be made to develop an early detection of disability, multi-professional assessment tools, diagnostic system to provide them medical and psychological rehabilitation services.

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