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TO IDENTIFY DEPRESSION AMONG CANCER PATIENTS IN SELECTED CANCER HOSPITAL, WITH A VIEW TO DEVELOP INFORMATIONAL BOOKLET

Nursing

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ABSTRACT

Background- Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behavior, motivation, feelings, and sense of well-being[5]. Living with cancer involves much more than coping with the physical wear and tear of a prolonged illness[6].
Aim: A study was under taken to assess depression among cancer patients in selected hospital at Kolhapur, Maharashtra.
Methodology: The descriptive research design was selected in study. The study measure was rating scale to identify the based on Beck Depression Scale. The populations were Cancer patients (n=100) the tool was checked for ambiguity, It consisted of selected socio-demographic data & 30 questions of Modified Beck's rating scale regarding depression among cancer patients, purposive sampling technique use to select samples. Calculated mean median, mode, standard deviation and range of Modified Beck's rating scale. P-value of <0.05 was not significant
Results: In the finding shows that out of 100 cancer patients were selected out of which 82% were suffering from moderate depression.
Conclusion: the study concluded that there is depression among cancer patients and it is essential to give positive psychological support to alter depression.

KEYWORDS

Identify, Depression, Cancer, Patients, Informational Booklet

INTRODUCTION

The population-based study from India to report on depression shows that the prevalence of depression was 15.1%. India has estimated 57 million people that is 18% of the global has affected by depression (1)Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. (2) Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. The World Mental Health Survey conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression in the previous year (3). The number of cancer cases in India is estimated to be 13.9 lakh this year and may increase to 15.7 lakh by 2025, with its prevalence being marginally higher among women. (4) During the measured time period, Kerala had the highest crude incidence rate of cancer at 135.3 incidences for every 100,000 inhabitants. (5). A cancer diagnosis can affect the emotional health of patients, families, and caregivers. Common feelings during this life-changing experience include anxiety, distress, and depression. (6) It's important to recognize these changes and get help when needed. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.(7) around 9% of men in the United States have feelings of depression or anxiety, according to the American Psychological Association. Depression is nearly twice as common among women as men, according to the Centers for Disease Control and Prevention. (7) Depression in cancer patients can interfere with treatment and recovery and may subsequently increase their morbidity and mortality. (8) Psychological distress is frequently observed in cancer patients during the clinical course of this disease. The prevalence of psychiatric disorders following a primary diagnosis of cancer was reported to range from 14 to 38%.(9) Factors contributing to the variability in the prevalence of depression are many and include age and gender of the patient, hospitalization status, cancer diagnosis, and stage of cancer i.e. diagnosis through end of life. These issues also contribute to the difficulty in assessing depression in cancer patients (10).

METHODOLOGY:

Development and validation of the tool:

The study descriptive survey approach and discussion with peers on the topic, the tool was validated with expertise and 30 Modified Beck's rating scale questionnaire item on Depression.

Study design, data collection:

descriptive survey research design was selected, In view to develop informational booklet accomplishes the objective of the descriptive study approach was found to appropriate to identify depression among cancer patients from Kolhapur Cancer Center & Apple Saraswati Cancer hospital. Tool consist of a 30Modified Beck's rating scale questionnaire items the researcher himself collected data from the subjects on 18/02/2019 - 21/02/2019 this took 35 min from each patients. The data collected were recorded systematically on each subject and were organized in a way that facilitates computer entry and data analysis the collected data to analyzed using Modified Beck's rating scale.

Statistical analysis:

Descriptive data analysis was performed on MS-Excel of the office 365 package. Significant difference between pre test scores was calculated by rating scale.

RESULTS:

Depression and anxiety had negative effects on the quality of life of cancer patients, thus depression scale is a useful instrument for screening these problems. Analysis is the process of organizing and synthesizing data so as to answer research question and test hypothesis. The data collection was done among 100 cancer patients who were came to Kolhapur cancer center, and apple saraswati hospital Kolhapur and the finding were tabulated in the master sheet and analyzed by using descriptive statistics based on the objectives of the study.

The data obtained were entered into a master data sheet for tabulation and statistical analysis of data was organized and presented under the following headings.

Section I: Findings related to selected socio demographic variables of Cancer patients.

Table 1: Frequency and distribution of cancer patient according to their selected demographic variables

n=100

SL .No	Socio Demographic Variables	Frequency (F)	Percentage (%)
1	**Age in Years**		
	21-30	07	07%
	31-40	15	15%
	41-50	34	34%
	51-60	22	22%
	61-70	22	22%
2	**Gender**		
	Male	40	40%
	Female	60	60%
3	**Religion**		
	Hindu	79	79%
	Christian	07	07%
	Muslim	12	12%
	Others	02	02%

4	**Education**		
	Primary	35	35%
	Secondary	50	50%
	Graduate	11	11%
	Post Graduate	04	04%
5	**Types of family**		
	Nuclear	31	31%
	Joint	66	66%
	Extended	03	03%
6	**Area of the Residence**		
	Urban	39	39%
	Rural	61	61%

Section II: Findings on the rating scale scores of Cancer patients regarding depression.

Category	Scores
Normal	1-10
Mild	11-16
Borderline	17-20
Moderate	21-30
Severe	31-40
Extreme	over 40

DISCUSSION

The maximum number of cancer patients had moderate depression about 82(82%) and minimum number of cancer patients had extreme depression 02 (02%). The study resembles to which conducted in Scotland UK on Depression screening was done in two stages Hospital Anxiety and Depression Scale; then, major depression section of the Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders. The analysed data for 21 151 patients, The prevalence of major depression was highest in patients with lung cancer 95% followed by gynaecological cancer 10•9%, breast cancer 9•3%, colorectal cancer 7•0%, and genitourinary cancer 5•6%. Within these cancer groupings.(11) Reported prevalence of emotional distress in cancer patients varies widely across studies. During the years 2004-2009, 10,153 consecutive patients were routinely screened with the Psychosocial Screen for Cancer questionnaire Patients' mean age was 59 years and 45% were men. Across cancer types, 19.0% of patients showed clinical levels of anxiety and another 22.6% had subclinical symptoms. Further, 12.9% of patients reported clinical symptoms of depression and an additional 16.5% described subclinical symptoms. Findings describe levels of emotional distress after diagnosis but cannot inform about trajectories of anxiety and depression over time (12)

CONCLUSION:

The quality-adjusted life year, which is usually calculated from the health utility value, is now a standard measurement used in political decision-making in health. Although depression is the leading cause of decrement in health utility in general population, impact of comorbid depression among cancer patients has not been studied sufficiently. Therefore, this study aimed to measure the impact of depression on cancer patients' health utility score, according to the severity of depression. (13) The findings reveled that maximum number of cancer patients had moderate depression about 82(82%) and minimum number of cancer patients had extreme depression 02 (02%).

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