

**Community Mental Health Program**

**College of Public Health**

**Deanship of Graduate Studies**

**Depression among End stage renal disease patients compared with chronic medical patients hospitalized in Shifa hospital**

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## **Abstract**

The present work is a case-control study in El-Shifa hospital Gaza Strip Palestine in The year 2003.

### **Aim**

To investigate the nature of depression among end stage renal disease patients, in comparison with a group of chronic patients at Shifa Hospital, and to make a focus on depression as a serious reaction to End stage renal disease.

### **Subjects and methods**

In this study the level of depression will be assessed in a sample of 80 adult end stage renal disease cases, and 80 control group of end stage renal disease free chronic medically ill adult patients aged from 18-75 years. Data collection last two months from 9-3-2003 to 9-5-2003, the form of Beck Depression Inventory as a self-administered questionnaire were used, non probability purposive sampling design was used for a selected sample of end stage renal disease cases hospitalized in the haemodialysis unit, then one control was selected for each case from the chronic patients hospitalized in the medical department, this study conducted in El-Shifa hospital in Gaza-Palestine.

## **Results**

Findings revealed high levels of depression in hospitalized chronically ill patients especially ESRD patient treated with haemodialysis where as 52% are suffer from severe depression. Higher levels of depression have been found in patients with ESRD compared with other chronically ill populations as revealed by BDI scale. (52.5% Versus 45%).

## **Conclusion**

Depression is a common psychosocial problem among the Palestinian end stage renal disease population. The coexistence of psychiatric illness in-patients with ESRD who require specialized medical regimens represents a challenge to nephrologists in diagnosis and treatment. Disparities between levels of depression among ESRD patients compared with other chronically ill populations warrant further research.

## الملخص

"الاكتئاب بين مرضى الفشل الكلوي مقارنة بالاكتئاب بين مرضى مصابين بأمراض باطنية أخرى يعالجون بمستشفى الشفاء بغزة".

تم إجراء هذه الدراسة المتعلقة بالاكتئاب بين مرضى الفشل الكلوي مقارنة بذوي الأمراض الباطنية المزمنة المقيمين في مستشفى الشفاء بغزة- فلسطين في العام 2003 م وذلك لتسليط الضوء على المشاكل النفسية المرتبطة بمرض الفشل الكلوي بصفة خاصة والأمراض الباطنية المزمنة بصفة عامة وتحديدًا الاكتئاب.

### الأدوات :

ولقد تم في هذه الدراسة تقييم مستوى الاكتئاب عند عينه من الحالات المصابة بمرض الفشل الكلوي المزمن مكونه من 80 حالة وعينه ضابطة أخرى من الحالات الخالية من مرض الفشل الكلوي المزمن والمصابة بأمراض باطنية مزمنة أخرى مكونة من 80 حالة وجميعهم حالات بالغين متوسط أعمارهم من 18-75 سنة ، وقد استغرقت عملية جمع المعلومات شهرين باستخدام مقياس "بك" للاكتئاب وذلك على شكل استبيان تم تعبئته ذاتياً، وقد تم اختيار عينة الدراسة بطريقة غرضيه غير نسبية من بين حالات مرضى الفشل الكلوي المزمن المقيمين بوحدة الغسيل الدموي ثم تم اختيار حالة ضابطة واحدة لكل حالة مرضية في عينة الدراسة من بين ذوي

الأمراض الباطنية المزمنة الأخرى المقيمين بقسم الباطنة، وتم إجراء هذه الدراسة في مستشفى الشفاء بغزة.

### النتائج:

أظهرت نتائج البيانات التي جمعت في هذه الدراسة ارتفاع نسبة الاكتئاب وبين مرضى الفشل الكلوي المزمن مقارنة بنسبة الاكتئاب بذوي الأمراض الباطنية المزمنة الأخرى حسب تحليل البيانات المستخرجة من استبانته "بك" للاكتئاب، حيث أن 52.5% من أفراد العينة يعانون من اكتئاب شديد.

### الاستنتاجات:

الاكتئاب مرض نفسي شائع وبنسبة مرتفعة وبصورة مميزة بين مرضى الفشل الكلوي المزمن، ووجود الاكتئاب بصورة مصاحبة لمرضى الفشل الكلوي المزمن والذين عادةً يحتاجون إلى حمية ورعاية طبية خاصة تمثل تحدي لأخصائي أمراض الكلى في التشخيص والعلاج.

وإن التباين في نسب الاكتئاب بين مرضى الفشل الكلوي المزمن مقارنة بالاكتئاب بذوي الأمراض الباطنية المزمنة الأخرى يسترعي المزيد من البحث.

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# Chapter 1

## Introduction

### 1.1 Study background

Depression is a comorbid-disabling syndrome that commonly occurs in the patients with chronic medical illness particularly end stage renal disease patients.

Individuals and families diagnosed or having end stage renal disease are experiencing varying levels of stress, emotional upset, fear of death, disruptions of life plans, changes in body image and self-esteem, changes in social role and life style, and financial concerns are significant issues in the life of any person with end stage renal disease. However, serious depression is not experienced by every one diagnosed with end stage renal disease.

Sadness and grief are normal reactions when knowing the diagnosis of end stage renal disease. It is important to distinguish between normal degrees of sadness and depressive disorders. A critical part of end stage renal disease care is the recognition of the pathologic levels of depression for which treatment should be initiated.

Based on Palestinian Annual report 2002 data, 43 patients died from chronic renal failure. Out of them 5 were males and 10 were females died due to ESRD, and the others died due to other complications.

Number of deaths due to ESRD constitutes 4.1 per 1000 of the total deaths in the same year among adults. Number of deaths among females were greater than number of deaths among males by two folds (MoH, 2002).

The data shows that 50-60 cases per million per year of total population develop ESRD during their lifetime. Data also showed that ratio among males and females was equal; 1:1 (MoH, 2002).

## **1.2 Research problem**

End stage renal disease may cause stress, which might result in depression, although, end stage renal disease is difficult enough to struggle against without being handicapped with depression, the combination can be fatal as well. The consequences of untreated depression in end stage renal disease patients can be severe, non compliance to the medical care, prolonged hospital stays, suppressed immunity, greater suffering and mortality, and more likely for suicidal attempts. Many physicians don't look for depression merit treatment. It is difficult for health professionals in Gaza Strip, mainly nephrologists and nephrology nurses, to recognize depression in end stage renal disease patients.

### **1.3 Justification of the study**

Nephrologists in Gaza under – emphasize on the psychological aspects of end stage renal disease; they mainly focus on the patients physical condition. There are no mental professionals working with end stage renal disease Patients in Shifa Hospital, the nephrology health professionals have no previous mental health training or experience, Referrals of end stage renal disease patients to other mental health professional are limited.

Studying the mental health of end stage renal disease patients is a new area of research in Gaza Strip. This study may bring into focus the magnitude of psychological suffering of end stage renal disease patients, and stimulate the policy makers to consider the need for provision of mental health services to these patients.

### **1.4 Aim of study**

To investigate the nature of depression among end stage renal disease patients, in comparison with a group of chronic medical patients at Shifa Hoospital.

## **1.5 Specific objectives of the study**

1. To assess the level of depression among the hospitalized end stage renal disease patients in the nephrology department at Shifa Hospital.
2. To assess the level of depression among the chronic patients hospitalized in the medical departments of Shifa Hospital.
3. To compare the level of depression between the two groups of patients.
4. To explore the variations in the level of depression among the hospitalized end stage renal disease patients on the basis of some variables as: age, sex, level of education, and employment.

## **1.6 Research questions**

This study addresses the following questions:

1. Is depression common psychological problem among Palestinian ESRD patients?
2. Is there a relationship between exposure to ESRD and development of depression?
3. Are there differences in degrees of depression between the ESRD patient, and chronic medical patients?

# Chapter 7

## Conclusions and Recommendations

### Conclusion

We can conclude from our study that depression is common among Palestinian ESRD population 52% of ESRD patients have severe depression. The coexistence of depression in patients with ESRD who require specialized medical regimens represents a challenge to nephrologists in diagnosis and treatment.

The study examines the relationship between exposure of Palestinian patients to ESRD and developing levels of depression according to the age, gender, duration of dialysis, monthly income, level of education, obstacles and kidney rejection, marital status and severity of pain.

It investigate disparities of levels of depression among ESRD patients compared with other chronically ill populations, and reveal that ESRD patients a fatal with depression more than other chronically ill patients.

Depression remain a serious and relatively prevalent problem for chronically ill patients especially ESRD.

We found severel variables that were predictive of depression problem and these problem were related to functional limitations, disability, and perceived health.

The prevalence of depression reported by participant in the present study was higher than that found in other studies perhaps because the participants in the present study were community living and not recruited from a hospitalized population. Longer time since onset was related to depression.

## **Recommendation**

Not unexpectedly, depressions were seen as the major responses to the stress of a life on maintenance haemodialysis, and were unable to compensate for the stresses of dialysis so these patients required intensive psychotherapy.

- We recommended increasing the medical investigation and an active participation of primary health providers.
- Necessitating to establish independent, comprehensive, education, psychosocial adjustment, treatment and rehabilitation center in Palestine for ESRD patients mental disorders in accordance with international and Palestinian culture.
- To concentrate subjectively in the treatment programs on psychotherapy and other psychiatric services therapeutic such as: behavioral, occupational, family, and recreational therapy.
- Supporting the Palestinian ESRD patients and their families on both psychological and social levels to enable them to support effectively, and encouraging out reach programs to reach them at home and give them services in their community.

- Supportive and preventing through raising religious awareness, since religious has a great in eliminating anxiety, depression, frustration, strengthen the will, and accepting the relatively of the events, and protection against future relapses.
- To prepare teams of social workers, psychologists, clinical psychiatrists, vocational therapists, physiotherapists, and employees in educational rehabilitation to qualifying them how to adapt them in facing the daily life requirement.
- Conducting studies about all applied treatment methods for mental health disorders in Palestinian ESRD patients, and review these methods and adopting them to treatment methods ratified by world health organization.
- Benefiting from universities, research center, and Ministry of Health in Palestine to implement mental health research and classification statistics for the purpose of providing data bases and information banks.
- The need for training programs for the nurses and other health professionals to enable them to assess and manage depressed ESRD patients effectively.
- The need for psychological programs to support the ESRD patients and their families.
- Liaison with psychiatry services and ongoing training in mental health issues are, important for primary health care and hospital