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**Prevalence of Depression among Patients with Chronic Kidney Disease
Admitted to National Hospital of Sri Lanka**

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Background: Chronic Kidney Disease (CKD) has become a major health burden in all over the world, especially in Sri Lanka. It affects the psychological health of the person. Depression is a common consequence for the patients who are suffering with Chronic Kidney Disease which affects the quality of life.

Objectives: To assess prevalence of depression among patients with CKD stage 3 and above, who admitted to Medical wards of National Hospital of Sri Lanka (NHSL).

Methodology: A descriptive cross-sectional study was conducted with the participation of 220 patients with CKD stage three and above, who are admitted to Medical wards of National Hospital of Sri Lanka, by using an interviewer administered validated Patient Health Questionnaire 9 (PHQ 9) for depression and self-developed, pre tested questionnaire regarding socio demographic, personal factors. Simple random sampling method was used. Ethical approval for the study was obtained from Ethics Review Committee, KAATSU International University and NHSL.

Results: Of the participants, majority (76.8%, n=169) was males. There were 40% (n=88) in the age range of 18-50 years. Regarding their educational level, 43.6% (n=96) of the participants had only primary education or less. Under their living status, 58.2% (n=128) participants lived with children and spouse while 5.5% (n=12) lived alone. Majority of the participants (92.7%, n=204) were using regular medications for CKD. Majority (75.5%, n=166) was having comorbidities. According to self-rated health status, 48.6% (n=107) rated their health status as moderate. According to PHQ 9 categorization, prevalence of severe depression, moderately severe depression, moderate depression and mild depression was 9.5% (n=21), 24.1% (n=53), 44.1% (n=97) and 19.5% (n=43), respectively. Only 2.7% (n=6) had no depression.

Conclusions: Around three fourths of the participants had moderate depression or above. This study emphasizes the high prevalence of depression among patients with CKD stage 3 and above which may need a psychological intervention.

Keywords: *Chronic Kidney Disease, Prevalence, Depression*