DEPRESSION AND ITS ASSOCIATED FACTORS AMONG PERSONS WITH CHRONIC MEDICAL ILLNESS IN BHUTAN

YEZER TSHOMO

BURAPHA UNIVERSITY
2018

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วิทยานิพนธ์นี้เป็นส่วนหนึ่งของการศึกษาตามหลักสูตรพยาบาลศาสตรมหาบัณฑิต
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DEPRESSION AND ITS ASSOCIATED FACTORS AMONG PERSONS WITH
CHRONIC MEDICAL ILLNESS IN BHUTAN

YEZER TSHOMO

A THESIS SUBMITTED IN PARTIAL FULFILLMENT OF

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The Thesis of Yezer Tshomo has been approved by the examining committee to be partial fulfillment of the requirements for the Master of Nursing Science in - of Burapha University

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YEZER TSHOMO: DEPRESSION AND ITS ASSOCIATED FACTORS AMONG PERSONS WITH CHRONIC MEDICAL ILLNESS IN BHUTAN. ADVISORY COMMITTEE: NUJJAREE CHAIMONGKOL, PORNPAT HENGUDOMSUB, 2018

Depression is significant contributor of global burden of disease and affects people in all communities across the world. There is increased prevalence of depression in individuals with chronic medical illnesses. This study examined the prevalence of depression and the factors associated with depression including age, gender, income, duration of illness, number of medical illness, physical activity, and social support among persons with chronic medical illness in Bhutan. A simple random sampling technique was conducted to recruit 120 participants with chronic medical illness from medical outpatient chamber at Jigme Dorji Wangchuck National Referral Hospital, Thimphu, Bhutan. Data were obtained using self-report questionnaires. The questionnaires consisted of the demographic data questionnaire, the patient health questionnaire [PHQ-9], global physical activity questionnaire, and the medical outcomes study–social support survey. The researcher used the original instruments in English version. Percentage, mean, standard deviation and standard and stepwise multiple regression were employed to analyze the data.

The results revealed that 40.8 % of the participants with depression or depressive symptoms with a PHQ-9 score ranging from 5-14 indicating mild to moderate depression. Prediction analysis revealed 35.3 % variance in the prediction of depression. The best predictor was female ($\beta = -.242$), accounted for 13.4 %, followed by age ($\beta = -.218$) with 9.6 % increasing prediction, physical activity ($\beta = .229$) with 6.0 % increasing prediction, social support ($\beta = -.202$) with 3.7 % increasing prediction, and duration of chronic medical illness ($\beta = -.168$,) with 2.6 % increasing in the prediction.

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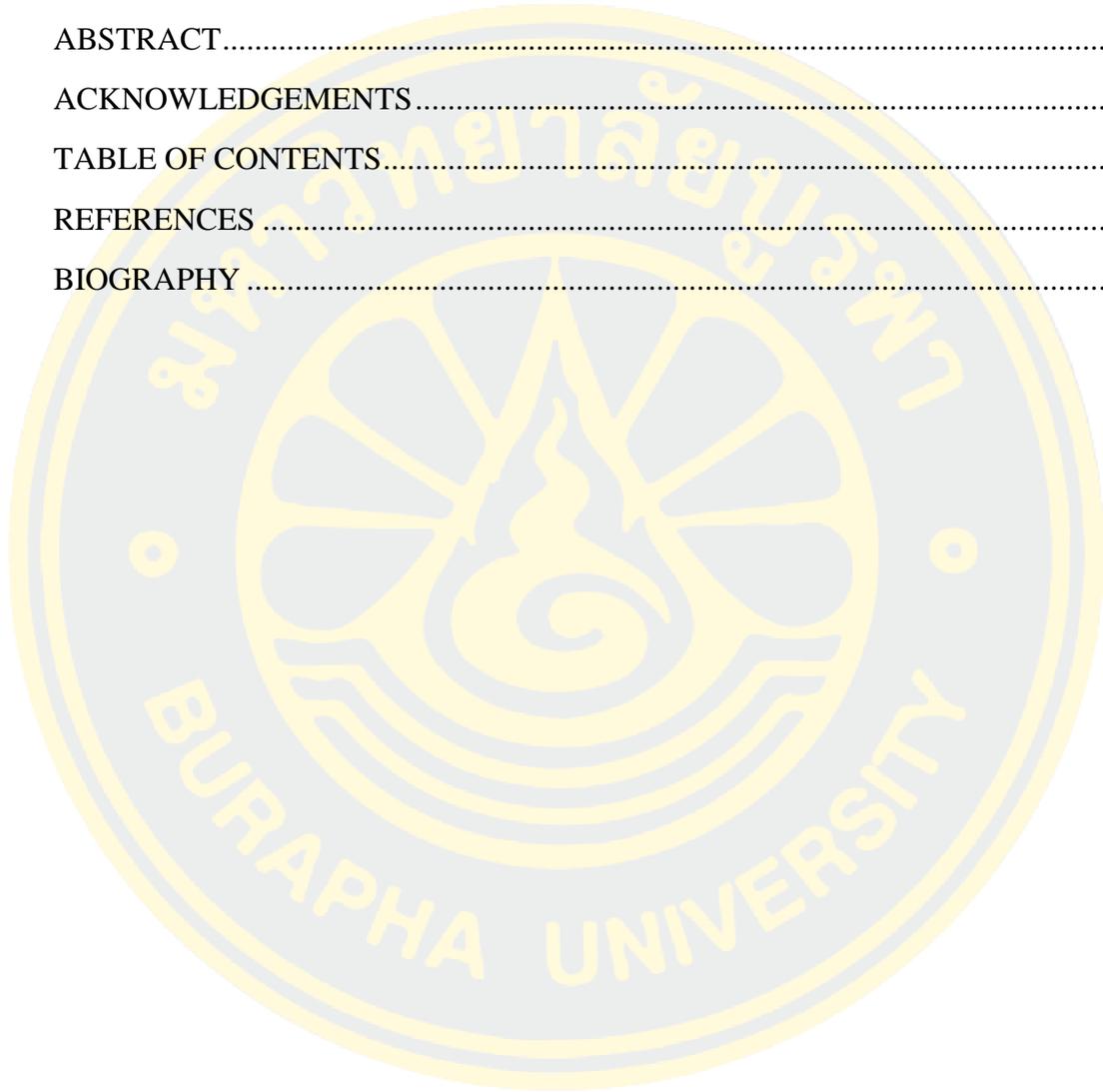
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