

A Study to Assess the Level of Depression Among the Cancer Patient in Oncology ward and OPD in Selected Hospital

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Abstract

Background: The experience of the cancer is changing for our client and familiar today a person confronted with new diagnosis often knows someone who has serviced cancer yet cancer remain a frightening unknown for many cell is the basic unit of structure and function in biological system to the basis of composition and organization.

Aims and Objectives: The present descriptive research design with Cross Sectional survey approach was used to assess the level of depression among the cancer patient in oncology ward and OPD in selected Hospital among 60 cancer patients at Dr. Vikhe Patil Memorial Hospital, Ahmednagar. The data were collected by using the Beck's Depression inventory scale and structured Interview Schedule. The results were analyzed and interpreted using descriptive and inferential statistics.

Results: The overall results revealed that the Majority of 38.33 % cancer patients following in the categories in ups and down are considered as a normal depression (1-10), 28.33 % of cancer patients had mild mood disturbance, 18.33 % of cancer patients has moderate level of depression, 11.66 % & 3.33 % of cancer patients had borderline and severe depression respectively and none of cancer patients had extreme level of depression. There was Significant association was found between the Level of depression with sex ($P \leq 0.05$ level). There was significant positive relationship found between the depression scale and with their selected demographic variables.

Conclusion: It is essential to raise awareness on cancer treatment and its impact on health; and develop health seeking behaviors among the patients and caregivers to provide better cancer care and improve the quality of life.

Keywords: Level of Depression; Cancer patients.

Introduction

Cancer is a grave illness which has an effect on physical and emotional wellbeing of patients. The recognition of cancer is a tough event causing significant psychological anguish. Depression

is a difficult task to study in cancer patients as manifestations occur over a range of spectrum being unique in different patients.¹

Patients with cancer have a high rate of psychiatric co-morbidity; approximately one half exhibit emotional difficulties. The psychological complications generally take the form of adjustment disorder, depressed mood, anxiety, impoverished life satisfaction, or loss of self esteem. Depression is the most common psychological disorder in cancer patients. Cancer related depression is a pathological affective response to loss of normality and one's personal world as a result of cancer diagnosis, treatment, or impending complications. A long course of treatment, repeated hospitalizations, and the side effects of chemotherapy along with the stigma of being diagnosed with cancer has a significant effect on the psyche of the cancer

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patients.²

The experience of the cancer is changing for our client and familiar today a person confronted with new diagnosis often knows some one who has serviced cancer yet cancer remain a frightening unknown for many cell is the basic unit of structure and function in biological system to the basis of composition and organization.³

The world cancer often abbreviated ca is a that frightens most people cancer is synonymous with the term malignant neoplasm other term suggest malignant neoplasm include tumor malignancy carcinoma and abreact cell growth strictly speaking these words are not interchangeable.⁴

Depression is a comorbid disabling syndrome that affects approximately 15% to 25% of cancer patients. Depression is believed to affect men and women with cancer equally, and gender-related differences in prevalence and severity have not been adequately evaluated. Individuals and families who face a diagnosis of cancer will experience varying levels of stress and emotional upset. Depression in patients with cancer not only affects the patients themselves but also has a major negative impact on their families.⁵

The prevalence of depression in cancer patients and the types of depressive syndromes which are commonly seen are now well known. At least 25% of hospitalized cancer patients are likely to meet criteria for major depression or adjustment disorder with depressed mood. Patients at highest risk for depression are those with a history of affective disorder or alcoholism, advanced stages of cancer, poorly controlled pain, and treatment with medications or concurrent illnesses that produce depressive symptoms.⁶

Although many research groups have assessed depression in cancer patients since the 1960s, the reported prevalence (major depression, 0%-38%; depression spectrum syndromes, 0%-58%) varies significantly because of varying conceptualizations of depression, different criteria used to define depression, differences in methodological approaches to the measurement of depression, and different populations studied. Depression is highly associated with oropharyngeal (22%-57%), pancreatic (33%-50%), breast (1.5%-46%), and lung (11%-44%) cancers. A less high prevalence of depression is reported in patients with other cancers, such as colon (13%-25%), gynecological (12%-23%), and lymphoma (8%-19%). This report

reviews the prevalence of depression in cancer patients throughout the course of cancer.⁷

A study for anxiety and depression in adult cancer patients achievement and challenges, psycho social care increasingly recognize as an essential component of the comprehensives care of individual with cancer, improving patients assess the psychosocial care is important however, ensuring that the care made available has been shown to be effective is just as important.⁸

Material and Methods

A descriptive research design with Cross Sectional survey approach study was conducted among 60 cancer patients admitted in cancer ward and visiting in the cancer OPD at Dr. Vikhe Patil memorial Hospital, Ahmednagar. Before commencement of the study, ethical approval was obtained from the Institutional Ethical Committee, and official permission was received from the authority. Patients who were above 18 years of age, receiving radiation therapy treatment, able to read Marathi and willing to participate in the study were included in the study by using the non probability; purposive sampling method. The patients who are below 18 years of age and not willing to participate in the study were excluded from the study. The purpose of the study was informed and explained to the participants and those who voluntarily agreed to participate in the study and gave an informed consent for the same were asked to fill the rating scale according to the response format provided in the questionnaire. Material used is self prepared; and content validated Beck's Depression inventory scale as questionnaire to collect the data. Individual scores were summed up to yield a total score. The collected data was tabulated and analyzed using appropriate statistical methods like descriptive statistics and inferential statistics.

Results

Finding related to socio demographic variables: Majority 30% of cancer patient where in the age group of 48-58, 68.33% of patients were female, 33.33% of patients were illiterate, 51.66% had housewife, 38.33% had per capita income of Rs. 2000-5000, 55% of patients were reproductive system, 71.66%

Table 1: Socio demographic Variables.

Variables	Items	Frequency	%
Age	18-28	1	1.66
	28-38	7	11.66
	38-48	17	28.33
	48-58	18	30
	58-68	17	28.33
Gender	Male	19	31.67
	Female	41	68.33
Occupation	House wife	31	51.66
	Labors	05	8.33
	Service	08	13.33
	Farmer	15	25
	Other	01	1.67
Education	Illiterate	20	33.33
	Primary	17	28.33
	Secondary	14	23.33
	Higher education	9	15
Religion	Hindu	43	71.66
	Christian	05	8.33
	Muslim	06	10
	Other	06	10
Per Capital Monthly Income	2000%	08	13.33
	2000-5000	23	38.33
	5000-7500	20	33.33
	7500	09	15
Type of Cancer	Respiratory system	03	5
	Digestive system	05	8.33
	Nerves system	15	25
	Reproductive system	23	55
	Circulatory system	02	3.33
	Skeleton system	02	3.33

Finding related to assessment of level of depression:-

Table 2: Assessment of Level of Depression

Total Score	Levels of Depression	Percentage %
1-10	Ups & downs are considered as normal depression	38.33%
11-16	Mild mood disturbance	28.33%
17-20	Borderline clinical depression	11.66%
21-30	Moderate depression	18.33%
31-40	Severe depression	3.33%
Over 40	Extreme depression	—

were Hindu.

Majority of cancer patients 38.33% following in the categories in ups and down are considered as normal depression (1-10), 28.33% of cancer patients had mild mood disturbance, 18.33% of cancer patients has moderate level of depression, 11.66% & 3.33% of cancer patients had borderline and severe depression respectively and none of cancer patients had extreme level of depression.

Association between the Level of Depression with their selected demographic data

There was significant association was found between the level of depression with sex ($P \leq 0.05$ level). There was significant positive relationship found between the level of depression scale and with their selected demographic variables.

Discussion

There was significant association was found between the level of depression with sex and ($P \leq 0.05$ level). However, depressive disorder in those patients is frequently undiagnosed. It is associated with several factors including pain, a number of cancer treatments, education duration, age and sex.⁹

Conclusion

All people with cancer are depressed. Depression in a person with cancer is normal. Everyone with cancer faces suffering and a painful death. Sadness and grief are normal reactions to the crisis faced during cancer. The important thing to know is that depression can be treated. Without treatment the symptoms of depression may go on for a very long

time, sometimes months or years. So if you suspect you could be depressed, it is best to speak to your doctor so that you can have treatment quickly.

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