SOP-01: Prevalence and associated factors of psychological distress of patients with stroke attending neurology clinics of the National Hospital of Sri Lanka, Colombo

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Introduction: There are many reasons for psychological discomfort in stroke patients, which has a negative impact on their prognosis. Hence, this study was carried out to assess the prevalence of psychological distress and associated factors among stroke patients attending neurology clinics of the National Hospital of Sri Lanka (NHSL), Colombo.

Methods: A descriptive cross-sectional study was conducted among 177 stroke patients attending neurology clinics of the NHSL, Colombo who were sampled by multi-stage random sampling. The level of psychological distress, dependency on activities of daily living (ADL), and disability status were evaluated using the 10-item Kessler psychological distress measure, the Barthel Index, and the modified Rankin Scale, respectively. A pre-tested interviewer-administered questionnaire was used to gather data. Bivariate analysis was conducted using Chi-squared tests and simple logistic regression, and multivariate analysis was conducted using binary logistic regression. Odds ratios with 95% confidence interval (95% CI) were used to express the results of the final regression model, and all types of analyses considered associations with p value less than 0.05 to be significant.

Results : The mean age of the participants was 59.6 (SD=12.29) years. The prevalence of psychological distress among participants was found to be 23.3% (95% CI=16.1, 31.9) using the validated K10 score of ≥22. The final results of regression identified five independent predictors: age (b=-0.13; $p<0.05$), gender (b=4.26; p=0.05), patient being the sole source of income (b=3.21; $p<0.05$), level of disability (b=2.57; $p<0.001$) and past personal history of psychiatric disorders (b=5.15; $p<0.05$) with r2 of 0.77.

Conclusions: There is a considerably high prevalence of psychological distress among stroke patients at neurology clinics at the NHSL in Colombo, and it is linked to both health-related and non-health-related factors. Measures should be taken to reduce psychological distress taking into account the related factors.

Keywords: stroke, psychological distress, neurology clinics

Acknowledgment: Community Stream, Faculty of Medicine, University of Colombo