SOP-07: Prevalence of post-stroke depression, associated factors and its relationship with functional ability among stroke survivors during early rehabilitation in Rheumatology and Rehabilitation Hospital, Ragama

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Introduction: Post-stroke depression (PSD) is the commonest psychiatric morbidity observed among stroke survivors that has a significant negative impact on rehabilitation. This study aimed to identify the prevalence of PSD, associated factors and the relationship between severity of depression and functional impairment of stroke survivors during the first six months of rehabilitation following a stroke, among stroke survivors in Rheumatology and Rehabilitation Hospital, Ragama.

Methods: A cross-sectional descriptive study was done using 70 patients undergoing post-stroke rehabilitation at the Rheumatology and Rehabilitation Hospital, Ragama. Depressive symptoms were identified using the validated Patient Health Questionnaire-9 (PHQ-9), and functional ability using the validated Lawton Instrumental Activities of Daily Living (IADL) Scale. Demographic data and stroke-related variables were gathered to assess the factors associated with PSD. Statistical analysis was done using independent sample t-test, Pearson's Chi-squared test and ANOVA.

Results: The mean age (SD) of the participants was 56.29 (11.311) years. In this study, a high prevalence (74.3%) of PSD was detected. However, most (45.7%) showed mild depressive symptoms, and only 28.6% scored above 10 in PHQ-9, indicating major depression. A statistically significant association ($p<0.05$) was identified between PSD and functionality level with a negative correlation ($p=0.000$; $r=-0.429$), indicating a relationship between decreased functional ability and PSD. There was a significant association ($p<0.05$) with female gender, employment status before the stroke, involvement of the dominant side and previous history of stroke with PSD. Age, ethnicity, marital status and educational status were not associated with PSD significantly.

Conclusions: The high prevalence of PSD impacts on the overall rehabilitation outcome of patients. Therefore, early detection/prevention of PSD is recommended to ensure better prognosis for patients.

Keywords: stroke, post-stroke depression, functioning, rehabilitation

Acknowledgement: Department of Allied Health Sciences, Faculty of Medicine, University of Colombo