

Prevalence & Factors associated with depression among Adolescents in Jimma Town Secondary Schools, Jimma, South West Ethiopia 2018

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Background & objectives: Adolescent depression is a growing worldwide problem. The causes of depression in adolescents need to be understood. The research investigated the prevalence of depressive disorders and their related causes in government and private schools in the town of Jimma, Ethiopia.

Method: a cross sectional school based study was employed. Five hundred sixty one secondary school students were selected using multistage sampling technique from 5 selected secondary schools. Data on depression was collected using Patient Health Questionnaire – 9 modified for adolescents; multiple linear regressions were used to determine factor associated with depression. P-value <0.05 was considered statistically significant.

Results: A total of 546 adolescents participated in the study with response rate 97%. The mean (\pm SD) age of participants was 16.83 \pm 1.26 years. Majority (442 (81%)) were studying in public schools and 104 (19%) in private schools. The results shows that based on phq-9A with cut-off point >10, overall prevalence of depression was 28.0% and based on severity scale 28.75 % mild, 18.5 % moderate, 8.24 % moderately to severe, and 1.28 % had severe depression. The prevalence of suicidal thought was 6.4% and history of suicidal attempt was 7%.

Conclusion and recommendation: Results of the study shows that there was a high prevalence depression and gender, rural residence, social support, grade level, life events (adverse childhood experience score) and body mass index were significant Predictors of depression in this study. We recommend active steps to increase awareness about depression among teachers and parents, with the help of school counselors, to identify and help depressed adolescents in the school. Active, early intervention can help prevent worsening of depression and its impact on life.

Introduction:

Depression:

Depression is considered to be a mood disorder. The feelings of tranquility, loss, or rage can be described as interfering with the daily activities of a person. It's very popular, too. The Trusted Source Centers for Disease Control and Prevention (CDC) estimates that, during a given two-woche period from 2013 to 2016, 8.1 percent of US adults aged 20 and over suffered from depression. Depression in various forms happens to men. It can hinder your daily work, leading to a loss of time and reduced productivity. It may also affect relationships and other chronic conditions of health.

Conditions which can become worse because of depression include:

Arthritis, Asthma, The Heart and movement disorder, Cancer, Diplomacy, Fatness and many.

It is important to remember that it is a growing part of life to feel down at times. Things lead to tragic and disturbing things. But you could struggle with depression if you feel down or hopeless on a regular basis. Depression is known to be a severe illness without adequate care and may get worse.

Childhood Maltreatment:

Child violence is a global epidemic with serious consequences for a lifetime. Despite the recent surveys carried out in a number of low and middle income countries, there is still a shortage of data from many countries.

Child violence is difficult to research and nuanced. Current figures vary considerably according to the country and the analysis tool used. This depends on estimates:

The terms used for child abuse;

The kind of child violence studied;

Registered statistical coverage and quality;

Coverage and accuracy of surveys allowing victims, parents or caregivers to identify themselves.

International statistics indicate, however, that almost 3 out of 4 children from 2-4 years of age are routinely subjected to physical and/or psychological violence by their parents and careers and 1 in 5 women and 1 in 13 men report child sexual exploitation. A record 40 150 killings are committed annually, some due to sexual violence, in children under 18 years of age. That is almost certainly not accurate, as a large share of the deaths resulting from child neglect is mistakenly due to falls, burns, drowning and other causes.

Adolescents Depression:

This mental and emotional condition is not necessarily different from adult depression and is most generally referred to as teenage depression. However, in youth, the numerous social and behavioral difficulties faced by adolescents can be seen in different ways than in adults.

These comprise: Pressure of peers, Athletics, Hormone rates shift, developing organizations

Depression is related to high stress and anxiety and suicide in the worst-case situations. This can influence a young person as well:

Personal life personal

Life at University

Life at work

Existence of society

Living with the kids

Depression prevention:

Even if evidence-based treatment could be provided to all people affected by a depressive disorder, its effect on avert years of life with disability would be limited due to the steady inflow of new patients and the poor efficacy of treatments currently available. A report by the Institute of Medicine defined prevention as any intervention to prevent new cases of mental illness from occurring

in persons who still do not fulfill the criteria for such a disease. Prevention may target all population (universal prevention), high-risk groups (selective prevention) or sub-syndromes (indicated prevention). Prevention can be targeted. More than 30 randomized trials have shown that preventative interventions can reduce the incidence of new episodes of major depressive disorders by about 25 % and 50% in step-by - step interventions.

Conclusion:

Educational, psychotherapeutically, pharmacological, lifestyle and nutritional interventions are methods with demonstrated efficacy. Studies and practice on depression prevention have advanced from a groundbreaking phase, in which validated and affordable treatments are implemented in a wider way and prevention can contribute to reducing the global burden of the disease.