Factors Associated with Depression in Elderly Peritoneal Dialysis Patients

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Abstract

**Purpose:** Depression is a common emotional problem of elderly patients whose their physical and psychosocial limitations would obstacle the peritoneal dialysis (PD) performance. This study was aimed to investigate the prevalence of depression and the relationships between depression and socio-demographic factors, dialysis time, hospitalization, comorbidity, and level of activity in daily living of elderly PD patients.

**Design:** A cross-sectional descriptive study.

**Methods:** A convenient sample of 100 participants was recruited from 20 Dialysis units located in Central and Northern east region during June-December 2010. The patient’s demographic data assessment, the Charlson's Comorbid Index, the Katz Index, and 9-Item Thai Patient Health Questionnaire were used in the study. Data were analyzed by using the Chi-square and Pearson's correlation statistics.

**Main findings:** The results found that the prevalence of depression in elderly PD patients was 31%. There were significant relationships between depression and occupation factor and having a PD caregiver factor ($X^2 = 12.011, p = .001, X^2 = 6.840, p = .009$ respectively). Moreover, age, comorbidity and level of activity in daily living were moderately associated with depression in elderly PD patients ($r = .386, p < .001, r = .339, p < .001, r = -.467, p < .001$ respectively).

**Conclusion and recommendations:** These results provide information used to reduce and prevent depressive symptoms in order to effectively deliver the PD service to the patients.

**Keywords:** depression, elderly patients, peritoneal dialysis