Predicting Factors of Depression in Older People Post-Stroke in Urban Communities *

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Abstract:

Purpose: To determine the factors that predict depression in elder people living in urban communities after a stroke.

Design: A correlational predictive design.

Methods: One hundred and sixty-eight older people living in three districts in metropolitan Thailand were recruited for this cross-sectional study. Random sampling without replacement was used. Data were collected using the Thai Geriatric Depression Scale, the Skin Assessment Tool, the Canadian Neurological Scale, and the Social Support Questionnaire. Results were analyzed using Pearson's correlation and multiple regression.

Main findings: Pressure ulcer and the severity of a stroke were significantly and positively correlated with depression \( (r = .427, p < .05 \) and \( r = .293, p < .05 \) respectively). A significant negative correlation was found between social support and depression \( (r = -.385, p < .05) \). In multiple linear regression, pressure ulcer \( (\beta = .324, p < .001) \), severity of stroke \( (\beta = .212, p < .01) \), and social support \( (\beta = -.276, p < .001) \) could significantly predict the depression. However, gender and age were not statistically significant predictors. All study variables accounted for 30.8% of the variance explained in the depression.

Conclusion and recommendations: Findings help to inform nurses of predictors of depression in elderly people after a stroke. These should also assist in developing nursing interventions or programs that helps to meet the needs of older people, for example by preventing pressure ulcers, reducing the severity of disease, and providing support.

Keywords: depression, older people, pressure ulcers, social support, stroke

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