Socioeconomic factors of depression among females visiting outpatient clinic: A pilot study

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Objective: This pilot study was conducted to find out the socioeconomic factors leading to depression in married females of district Ghizar, Gilgit Baltistan.

Method: The study followed a case-control design and was conducted at District Headquarter Hospital Gahkuch, Ghizar. Depression was diagnosed using the DSM-IV criterion and socioeconomic status was assessed by a self-designed questionnaire.

Results: The interim analysis for this study included 73 females. About 53/73 (72.6%) were depressed according to DSM-IV. Majority of women were uneducated 23/73 (31.5%). Most females were married 50/73 (68.5%) followed by divorced females 8/73 (11%). A total of 61/73 (83%) had arranged marriage. A greater share of women 43/73 (58.9%) were housewives. Most females 37/73 (50.7%) had non-cordial relations with in-laws. Domestic violence was reported by 41/73 (56.2%) women. More than 2/3rd of women had land ownership of some kind, 61/73 (83.5%). A binary regression model was applied to analyze the data. An analysis shows marriage outside the family are less likely to suffer from depression (odds of 0.43 to 1, p=0.010). If the husband is depressed wife has lesser odds of being depressed (0.25 to 1, p=0.045). Non-cordial relation with in-laws was a strong predictor of depression (odds of 24 to 1, p=0.002). An analysis was performed with SPSS version 23.

Conclusion: Majority of the females had no cordial relations with in-laws, more than half had the history of domestic abuse. Marriages outside the family have an inverse relation with depression. Domestic violence and a bad relationship with in-laws are strong predictors of depression.

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