

Assessment of Depression and its Contributing Factors among Undergraduate Nursing Students

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BACHGROUND

Depression is one of the foremost cause of social exhaustion worldwide. Nursing is a stressful professions. In recent years few studies reported high prevalence of depression among health care students and presence of depressive symptoms over their studying years.

It is essential to scrutinize psychiatric morbidity among nursing students as various psychiatric disorders first onset is typically during study period. Understanding nursing students' mental health also have most important allegations for campus mental health services and mental health policymaking for this susceptible group.

Literature lack references related to prevalence of depression among Saudi undergraduate nursing students, therefore the purpose of this research study is to assess the level of depression among nursing students and to identify contributing factors that might increase the risk of undergraduate nursing students to the development of depressive symptoms.

OBJECTIVES

The specific objectives of this study were to:

1. To assess the level of depression among undergraduate nursing student.
2. To identify factors that contribute to depression among undergraduate nursing students.
3. To evaluate the relationship between selected demographics variables and depression levels among undergraduate Saudi nursing students.

METHODS

RESEARCH DESIGN

A quantitative, descriptive correlation cross section research design was used to conduct the study.

Subjects

A total of 149 undergraduate nursing students at King Saud bin Abdulaziz university for health sciences – Riyadh were selected for the study using a non-probability convenient sampling technique.

TOOLS

1. Sociodemographic data demographic data sheet that includes variables such as: age, marital status, academic level, current GPA, living arrangement, parent education, family history of depression, previous history of depression, any past consultation with specialists, perceived family support and satisfaction with the perceived family support.
2. Beck's Depression Inventory (Beck, Ward, Mendelson, Mock, Erbaugh, 1961)

Ethical Approval

Ethical approval from CON - R research unit and approval of the Institutional Review Board Committee (IRB) at King Abdullah International Medical Research Center (KAIMRC) were obtained prior to data collection.

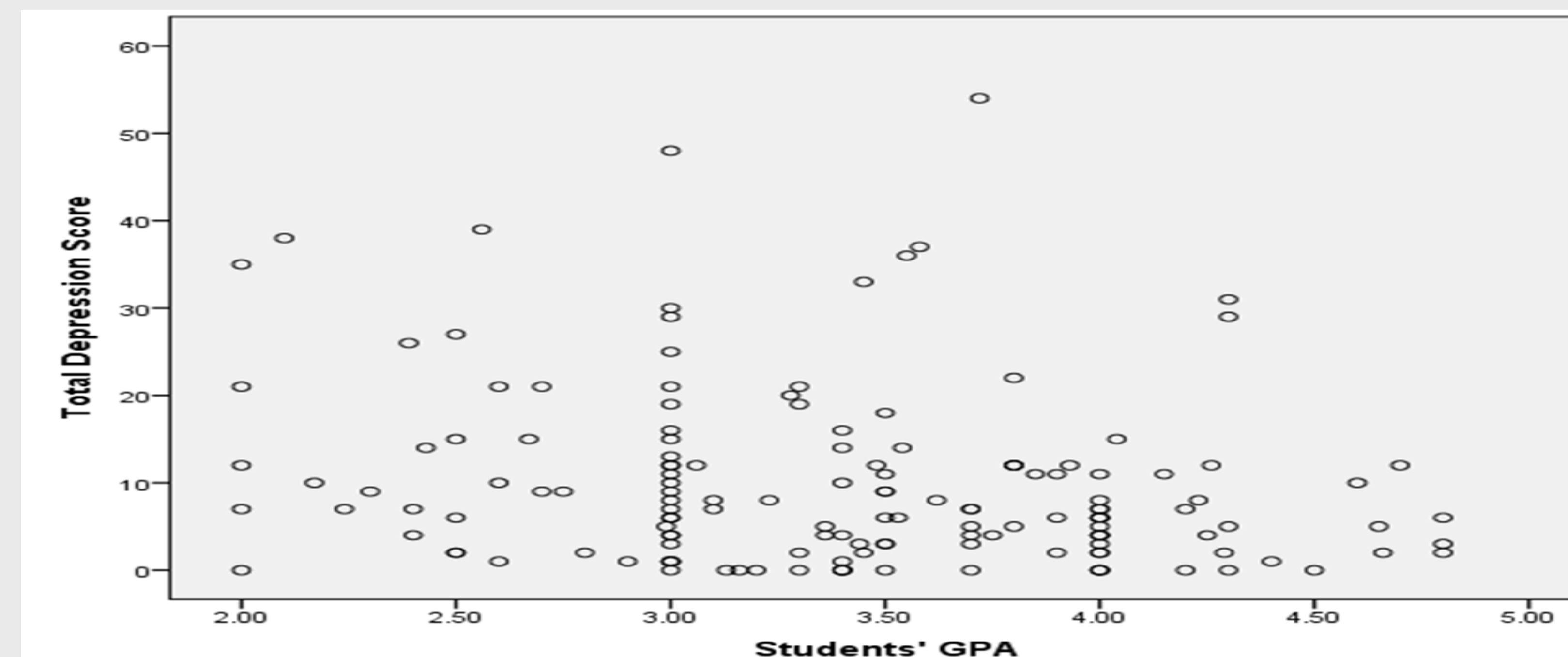
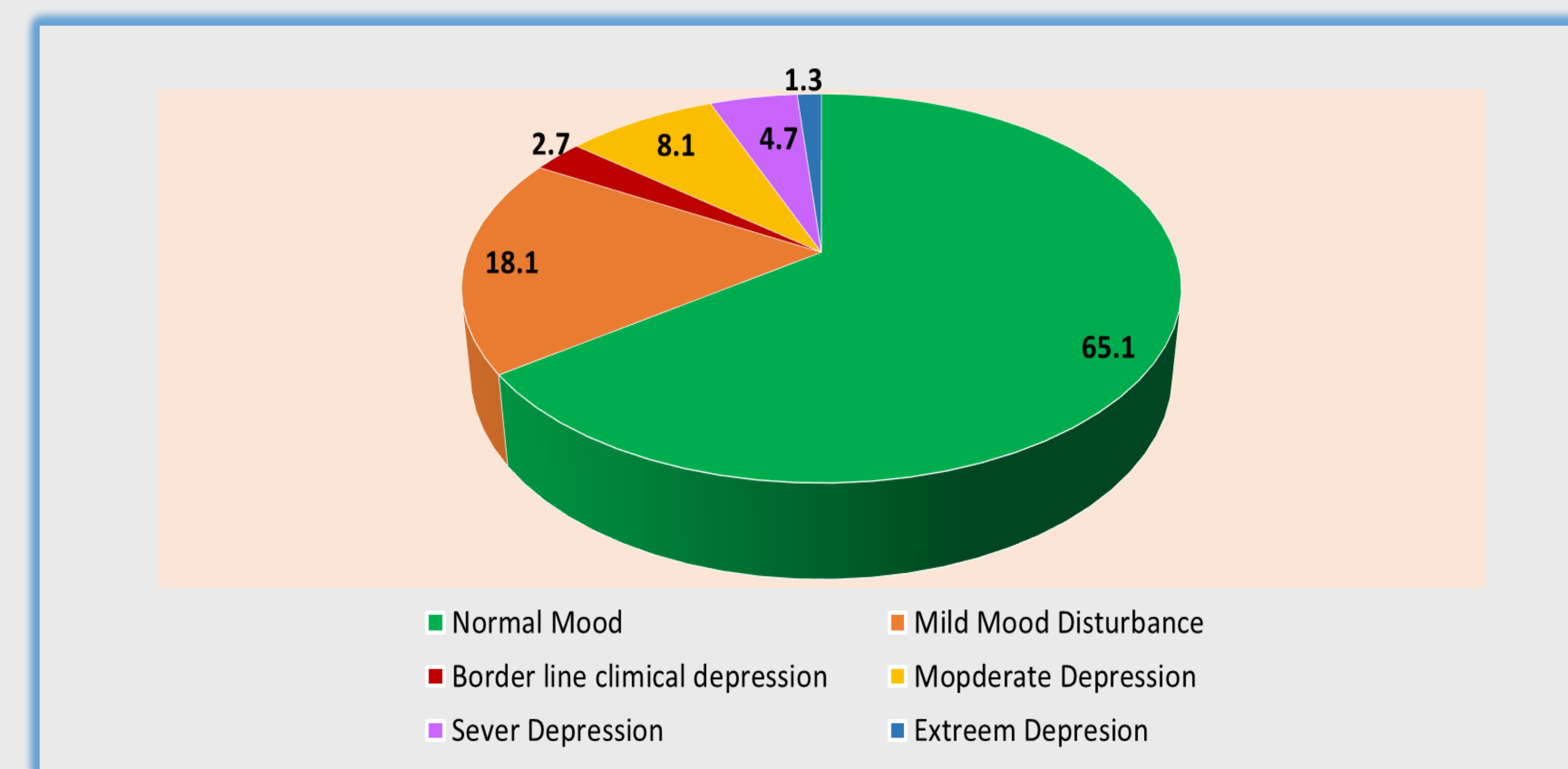
DATA ANALYSIS

Data was analyzed using the Statistics Package for the Social Sciences (SPSS) version (22). Data was presented using tables and graphs, quantitative variables presented using descriptive statistics. Correlations was tested accordingly.

RESULTS

- ✓ Participants' age ranged from 19 to 26 years with a mean age of 21.57 year.
- ✓ 95.3% were single and 11.4% had full time job in addition to being full time student.
- ✓ 18.8% had previous history of depression symptoms, and 11.4% of students had consultations with psychiatrist.
- ✓ 12.1% students experienced family history of depression or any other psychiatric disorder.
- ✓ 83.9% of the students reported that they received enough family support but only 26.8% were extremely satisfied with the support they received from their family.
- ✓ A very highly statistically significant relationship was documented between having a diagnosis of physical illness and the experienced level of depression among the students included in the current study ($\chi^2 = 19.374$, $P = 0.002$).
- ✓ No significant relationship between student's employment status and their depression score ($F = 3.164$, $p = 0.077$).
- ✓ A highly statistically significant negative correlation between satisfaction with social support and depression ($r = -0.520$, $p = 0.000$).

Distribution of the Students by Levels of Depression (n = 149)



Relationship between Beck's Depression Inventory Score and Students' GPA
($r = -0.224$, $p = 0.006^{**}$)

Satisfaction with Perceived Family Support among Study Participants (n = 149)

Variable	Frequency (N)	Percent (%)
From your perspective, do you receive enough family support?		
Yes	125	83.9
No	24	16.1
How much are you satisfied with the support you receive?		
Extremely satisfied	40	26.8
Very much satisfied	39	26.2
Moderately satisfied	32	21.5
Not at all satisfied	38	25.5
From your perspective, do you receive enough family support?		
Yes	125	83.9
No	24	16.1

Relationship between History of Depression and Levels of Depression (n = 149)

Variables		Level of Depression						X ²	P
		1	2	3	4	5	6		
Do you have family history of depression or any other psychiatric disorders?	No	91	20	3	9	6	2	10.868	0.05
	Yes	6	7	1	3	1	0		
Do you have any previous history of depression symptoms?	No	84	19	4	7	5	2	9.866	0.07
	Yes	13	8	0	5	2	0		
Have you had any consultation with a specialized provider about depression?	No	90	24	3	7	6	2	13.604	0.01
	Yes	7	3	1	5	1	0		

CONCLUSION

Depression is highly prevalent among undergraduate nursing students. Bearing in mind the outcomes found it is obvious that along with physical health mental health of nursing students should also be given more importance based on which the students may reflect and find healthy solutions for their distress.

RECOMMENDATIONS

- Early recognition of stress and related problems are vital, and beginning of stress management programs expanding counseling activities for nursing students are necessary.
- Longitudinal studies are obligatory to observe time-series changes in mental health aspects among nursing students.
- Guidance through academic advising and counseling programs should be given more importance in nursing colleges.

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