

## Life Events and Depression in Diwania.

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### الخلاصة

أجريت هذه الدراسة لتوثق على رضى يعانون من مرض الكآبة من مراجعي مستشفى الديوانية التعليمي شخصدوا باسعمال اسد تبيان بك لتحديد درجة شدة الكآبة ، مع ثم انين شخصل بحالهم نفسيه طبيعيه لفقره بين 2000/6/1 الى 2000/12/31 درست اداث الحياه لكلا المجموعتين ولقد تبين ان المجموعة الاولى التي تعاني من مرض الكآبة قد تعرضت إلى اداث حياتيه سد ليه أكثر من المجموعة الثانية في الأثني عشر شهراً التي سبقت المرض.

### Summary

Sixty patients diagnosed as depression at Al-Diwania teaching hospital by two psychiatrist using Beck-Dep. Inventory Short version, compared with eighty non- psychiatrically disturbed controls, in the period between 1<sup>st</sup> July 2000 to 31 Dec. 2000. Were studied for life events using a semi-structured life events interview.

It was found that depressed group had significantly more life events in the twelve months preceding the onset of their depression than the controls in the same periods.

### Introduction

Depression is not only the commonest but also one of strongest psychic disorder to which hummen being is prey.<sup>(1)</sup>

Depression means dysphoric mood accompanied by a reduction in energy and activity with loss of interest or pleasure in all usual activities and past time.<sup>(2)</sup>

There are many models of depression have been tested in western settings. The social model has been widely studied.<sup>(3)</sup> Several workers who subscribe to this subject tend to have significantly more life events in the months preceding their depression (4 – 5). While others have described depression simply as an understandable reaction to loss.<sup>(6)</sup>

## **Materials and methods**

Sixty patients, 42 females, 18 males diagnosed as case of depression at Al-Qiwania Teaching hospital by two psychiatrist using Beck Depression inventory. Short version <sup>(7)</sup>, compared with 80 none psychiatrically disturbed control, 56 females, 24 males in the period between 1<sup>st</sup> July 2000 to 31 Dec. 2000. All the 60 patients did score with severe depression while all the control group did not score for depression, then semi-structured life event's interview was undertaken and recorded for both the patients & the control group. Only events that were rated as severe are considered in this paper.

## **Results**

**Table 1: The age distribution**

<b>Age year</b>	<b>Patient group</b>	<b>Control group</b>
18-24	2	-
25-34	22	34
35-44	24	28
45-54	4	8
55-64	8	10
<b>Total</b>	<b>60</b>	<b>80</b>

Aged distribution revealed that the major of our sample was between 25-44 years

**Table 2: The sex distribution**

<b>Sex</b>	<b>Patient group</b>	<b>Control group</b>
Female	42	56
Male	18	24
<b>Total</b>	<b>60</b>	<b>80</b>

Sex distribution revealed that the Majority of the sample was female

**Table 3: Number with sever events**

	<b>Patient group</b>	<b>Control group</b>	<b>Total</b>
Number with sever events	40	6	46

$X^2 = 28.06$

$P < 0.001$

**Total 4: Type of sever events in each group**

Type	Patient (n=60)	Control (n=80)	Total (n=140)
1. separation /threat (including death)	22	8	30
2. Life- threatening physical illness to someone else	8	2	10
3. extramarital affair	6	0	6
4. material loss	6	0	6
5. non-loss events to subjects	4	2	6
6. non – loss events to others	2	0	2
Total	48	12	60
All losses (1+2+3+4)	42	10	52
All non losses (5+6)	6	2	8

$X^2$  test = 25.79

P < 0.001

Seventy – seven percent patient and non- patient group were aged between 25-44 years. Females in each group were the majority seventy percent in each group. Sixty – seven percent of the patient group but 7.5 percent of non patient group had experienced at least one sever events. The chi- squared test is highly significant (P < 0.001) for this difference. Separation or threatened separation scored most highly 46% in patient group. Loss events in general were the most common about 87% and the difference between loss and non loss events was highly significant (P < 0.001).

**Discussion**

Females preponderance in the patient group is likely to reflect a true sex pattern in severe depression since these patients were depressed enough to require active treatment. Depression illness was here associated with severe life events in the 12 months preceding the illness. Events, involving loss were predominant and about half of them were related to separation or threatened separation. Most of the separation family members leaving home for prolonged periods of time to look for jobs because of the economic status of the family which was affected by the sanction.

The result of this study lend support to that school of thought that believes that life events have a causal relation to depression as expounded by Brown and Harris (1978 a) .<sup>(8)</sup>

## **References**

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