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Comparative study of depression and health seeking behaviour in geriatric population in pokhara - A community based study

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Objective: To compare the degree of depression and health seeking behaviour among elderly residing in the old age home and the community in Pokhara.

Design: Community based Cross-sectional study (Qualitative and Quantitative)

Study Area: Pokhara, Nepal

Methodology: Face to face interview was conducted with the elderly aging 60 years and above in Institutional care and in the surrounding community. They were recruited in the study by purposive sampling technique. The instrument used to measure the depression score was internationally approved 30 question items Geriatric Depression Scale (GDS) and self-structured questionnaire.

Results: The study showed that the depression among the elderly living in Old age home was 93.8% and those living with their respective family in the community was 57.5%. Among the total population mild depression was seen in 43.6% and severe was 30.7%. Due to the lack of the caregivers 33.1 % were residing in the old age home and 70% seek health through the faith healers. There was association of depression with the duration of stay in old age homes, physical illnesses, loneliness, lack of family and social support.

Conclusion: Depression was seen mostly among elderly population residing in the old age homes. Majority of respondents were found to be living with varying level of depression. Poverty, presence of physical illness and lack of social and family support contributes to depression.

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