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Prevalence and predictors of depressive symptoms among attendees of a tertiary care dermatology clinic in Muscat, Oman

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Background Various studies have suggested that depression is more prevalent among patients with skin disorders than in the general population. Most of the studies addressing this subject involve Euro-American populations.

Objectives The present study aimed to estimate the prevalence of depressive symptoms among patients with dermatological disorders and, then, to decipher the clinical-demographic factors associated with depressive symptoms.

Methods A cross-sectional analytical study was conducted among a random sample of patients attending a dermatology clinic in Muscat. The Patient Health Questionnaire-9 (PHQ-9) was used to screen for depressive symptoms. A logistic regression model was used to find the adjusted and unadjusted odds ratios (ORs).

Results A total of 260 patients participated in this study, with a response rate of 81%. The prevalence of depression symptoms was 24%. According to regression analysis, family history of depression, comorbid medical disorders, and treatment with topicals or isotretinoin were significant predictors of depression (OR = 9.41, 95% confidence interval [CI]: 2.27–39.05, $P = 0.002$; OR = 2.0, 95% CI: 1.2–3.21, $P = 0.05$; OR = 2.28, 95% CI: 1.09–4.76, $P = 0.028$; and OR = 2.78; 95% CI: 1.08–7.19, $P = 0.035$, respectively).

Conclusion This study indicates that depressive symptoms are common among patients with dermatological disorders in Oman, particularly in those with a family history of depression and medical comorbidities, and those who use a specific dermatological medication. Screening for depression in patients attending dermatology clinics is essential in order to detect and promptly treat patients suffering from depression.

Biography

Al-Moatasem Al-Mamari graduated from the medical college at Sultan Qaboos University (SQU), in Oman, in 2014. Then joined the psychiatry residency program in Oman Medical Specialties Board (OMSB) in Oman. Currently, he is in his final year of residency program.

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