

# Assessment of the Level of Coping Strategies in Patients with Depression Attending Psychiatric Outpatient Department at Selected Tertiary Care Hospitals Coimbatore

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## Abstract

Depression is one of the four major diseases in the world. Patients with depression uses different coping styles to cope up with their problems. The objective was to assess the coping strategies adopted by the patients with depression and to find out the association between coping strategies and selected demographic variables. The descriptive study was undertaken among patients with depression and non-probability purposive sampling technique was used. The data was collected using structured questionnaire. In overall 60% of patients have moderate level of coping strategies, 30% of patients have inadequate level of coping strategies and 10% of patients have adequate level coping strategies. There was significant association between the level of coping strategies and the demographic variable like domicile. This study concluded that selected patients with depression had moderate level of coping strategies.

**Key Words:** Coping strategies, Depression, Demographic Variables.

## Introduction

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity<sup>1</sup>. Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community<sup>2</sup>. Depression is a common mental disorder that presents with depressed mood, loss of interest of pleasure, feeling of guilt or low self-esteem, disturbed sleep pattern or loss of appetite, low energy and poor concentration.<sup>3</sup> Physical health is closely related to emotional and mental health, particularly among middle-aged and older adults, a fact documented by a multitude of studies. The person who has depression can be affected with mental illness and their physical health also affected. Those people cannot cope up with their life style hence coping plays a major role in persons with depression. Depression is a widespread mental health problem affecting many people. The lifetime risk of depression in males is 8-12% and in females it is 20-26%. Depression occurs

twice as frequently in women as in men. The highest incidence of depressive symptoms has been indicated in individuals without close interpersonal relationships and in persons who are divorced or separated. Depression often is associated with a variety of medical conditions<sup>4</sup>. In 2017, WHO estimates more than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015 and it estimates that 9.23% of people suffering from Schizophrenia, 10.4% of people suffering from Drug use disorders, 14.53% of people suffering from Anxiety disorder, 32.0% of people suffering from Depressive disorders and 33.84% of people suffering from other disorders.<sup>5</sup>

Globally, 3.1 million young people between the ages of 12 and 17 have experienced major depressive disorders, 70% of adolescents experienced depressions among these 19.4% were adolescent girls and 6.4% were adolescent boys, 2 to 3 percent of children ages 6 to 12 may have serious depression. Nearly 50% of all people diagnosed with depression are also diagnosed with an anxiety disorder.<sup>6</sup>

It is understood from various studies that typical coping strategies include; denial, selective ignoring, information seeking, taking refuge in activity, avoidance, learning specific illness-related procedures, engaging in wish-fulfilling fantasy, blaming others and seeking help from others. These thoughts and experiences motivated the investigators to conduct a research study to assess the coping strategies in patients with depression.

### Methodology and Materials

A Quantitative research approach and Non-experimental Descriptive research design was chosen for this study. The study was conducted in PSG Hospitals. Non probability Purposive sampling technique was adopted for this study. 30 subjects who fulfill the inclusion criteria were selected as study subjects. The tool used for data collection are Socio demographic variables proforma. A semi structured questionnaire on socio demographic data consists of 8 items to know the sample characteristics and Brief Cope Scale consists of 28 items 1-28 and are scored as 1,2,3,4 which indicates I haven't been doing this at all, I've been doing this a little bit, I've been doing this a medium amount, I've been doing this a lot. The maximum score is between 85-112 it indicates adequate coping and minimum score is between 28-56 it indicates inadequate coping.

### Discussion and Results

In the present study, a significant percentage 37% of the sample were in the age group of 31- 40 years, majority of them were females 60%, regarding the education many of them are graduated 40%, concerning the occupational status most of them were unemployed 37%, considering the economic status 40% of them are having income less than Rs.5000 and majority of them were married 83%, many are Hindu 86% and they lives in city 53%.

The similar study was conducted to assess the depression and ways of coping with stress in the department of adult psychiatry, among them the female were more than men, regarding the education 40% of them were graduated, and regarding their occupational status 40% of them were unemployed. The result revealed that patients with depression in stressful situation more often use strategies based on avoidance and denial and have more difficulties in finding positive

aspects of stressful events<sup>7</sup>

A standardized tool brief cope scale was given to the patients with depression. Out of 30 sample, 18 sample (60%) have moderate level of coping strategies, 9 sample (30%) have inadequate level of coping strategies and 3 sample (10%) have adequate level coping strategies.

A similar study was conducted to assess the coping, anxiety, depression in Turkish patients. The result showed that anxiety was determined in 61.5% and depression in 81.3% of patients<sup>8</sup>

There was significant association with level of coping and the demographic variable like domicile  $\chi^2 = 3.981$ . There was no significant association with level of coping and demographic variables age, gender, occupation, education, socio economic status, marital status and religion. It was inferred that education and domicile had association with the level of coping strategies among patients with depression.

A similar study was conducted to assess the depression and way of coping with stress in the department of adult psychiatry. The result revealed that patients with depression in stressful situation more often use strategies based on avoidance and denial and there is a significant association with the level of coping and demographic variable like education  $\chi^2 = 4.15^9$ .

### Conclusion

The study was conducted to assess the level of coping strategies in patients with depression. A brief cope scale was used to analyze the level of coping strategies. In overall patients with depression, 9 patients with depression (30%) has inadequate coping strategies, 18 patients with depression (60%) has moderate coping strategies and 3 patients with depression (10%) has adequate coping strategies

**Ethical Clearance:** Obtained from Institutional Human Ethics Committee of PSG Institute of Medical Science and Research.

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