

Impact of Life Events upon Onset of Depression Disorder In AL-Diwanyia Governorate : A Case-Control Study

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المستخلص

الهدف: تهدف الدراسة للتعرف على اثر الأحداث الحياتية في بداية مرض الاكتئاب لدى مرضى الاكتئاب في محافظة الديوانية، لوصف انتشار الأحداث الحياتية لدى مرضى الاكتئاب .

المنهجية: أجريت دراسة وصفية استرجاعية دراسة الشاهد والحالة في مستشفى الديوانية التعليمي قسم الأمراض النفسية على عينة غير احتمالية "غرضية" من (٦٠) شخص مصاب بمرض الاكتئاب ممن كانوا يراجعون قسم الأمراض النفسية في مستشفى الديوانية و (٦٠) من الأشخاص الأصحاء ممن كانوا متطابقين معهم من عامة المجتمع. جمعت المعلومات بطريقة المقابلة شبه المنهجية من خلال استخدام استبانة مكونة من جزئين، جزء شمل الغطاء الأممي و الصفات الديموغرافية وتشمل (٩) فقرات و جزء شمل الأحداث الحياتية و تشمل (٥١) فقرة موزعة على ستة أبعاد وهي البعد العائلي والاجتماعي، البعد المادي، البعد القانوني والإجرامي، البعد الصحي، البعد العمل و المدرسة و بعد تغير محل السكن.

النتائج: أظهرت نتائج الدراسة بأن مرضى الاكتئاب قد تعرضوا لأحداث حياتية أكثر من المجموعة الضابطة قبل سنة واحدة من بداية الاكتئاب وأيضاً أظهرت النتائج بان البعد العائلي والاجتماعي، البعد المادي، البعد القانوني والإجرامي أكثر تأثيراً على بداية الاكتئاب.

التوصيات: أوصت الدراسة بضرورة زيادة وعي الأفراد و المجتمعات حول كيفية التعامل مع الضغوط النفسية والتقليل من تأثيرها على الصحة النفسية.

Abstract

Objective: The aim of this study is to find out the impact of life events upon onset of depression, to describe the prevalence of life events among depressed patients.

Methodology: Retrospective a case-control study conducted in AL-Diwanyia Teaching Hospital, Psychiatric Department on A non-probability (purposive sample) of (60) depressed patients and (60) of healthy person were matched with them from general population. The data were collected through the use of semi-structured interview by questionnaire, which consists of two parts (1) divide, section A. cover letter and B. Sociodemographic data which consists of 9-items, (2) Life events questionnaire consists of 51-items distributed to six dimensions include, family and social dimension, financial dimension, work and school dimension, legal and criminal dimension, health dimension and change of residency dimension.

Results: The findings of the present study indicate that the depressed patients have more exposed to life events than control group before one year of onset of depression, family and social dimension, financial dimension, legal and criminal dimension more effect on depression onset.

Recommendations: The study recommends that increase the individual, family and community awareness about stress management to decrease the impact of life events upon their health.

Keywords: life events, depression

Introduction:

The stress has played an important role in our life that produces a negative outcome and that makes most common causing of physiological and psychopathological disorder that depends on some factors related to the stress and to the person ⁽¹⁾.

The stress is very significant in the health; therefore it has been the subject of considerable research in the last few years. Any environmental stimulus is considered as stressors which is recognized construct and a highly regarded status in the framework of psychological disorders ⁽²⁾.

Psychological models of stress argue that events influence only those persons who appraise them as stressful. It is important to emphasize that stress appraisals are determined not only by the stimulus condition or the response variables, but rather by persons' interpretation of their relationships to their environments ⁽³⁾.

The term stress has been used to describe a variety of negative feelings and reactions that accompany threatening or challenging situations, however, not all stress reactions are negative. A certain type of stress is necessary for survival, for example, pregnancy is one of the most stressful experiences of life ⁽⁴⁾.

The individuals can feel stressed when they exposed to major life events such as the death of a parent, illness or change in residence, the stress occurs when we perceive an event as overly challenging and beyond our ability to cope, the occurrence of stress is one of the major contributors to mental health difficulties, specially with Iraq environmental. These arise since March

2003, after the U.S.A. invasion Iraq such as bombing accident, kidnapping etc. ⁽⁵⁾.

Methodology: A retrospective (case-control study) as an analytical design, starting from 30 January 2011 to 3 of August 2011. The study was conducted at the AL-Diwanyia Teaching Hospital, psychiatric department, which provides daily management for different psychiatric patients. Who were attending to receive their medications and the setting of control group was selected from general population, who were matched with the cases. A non-probability (purposive) sample of 60 cases who were diagnosed with depression. The control group consisted of 60 subjects who were healthy persons and free from depression in the past and present and accepted to participate in the study and matched with regard: age, gender, residential area and family income. So as they were purposively selected, the most of them were who selected attend the hospital and from the psychiatric patients' relatives 30 person who were matched with cases and 10 from nursing staff so that 10 from investigator's relatives and 10 from investigator's friends. The data collected by semi-structured interviews were constructed with depression patients who were attended AL-Diwanyia Teaching Hospital, psychiatric department to complete the life events questionnaire, after a permission was arranged from AL-Diwanyia Teaching Hospital, psychiatric department and an agreement of participation was obtained from the depressive patient prior to the interview starting. As a result of conducting a pilot study, reliability was determined through the implicated test and retest technique on thirty persons from cases and control group.

Results:

Table 1. The Impact of Life Events upon Depressed Patients (multiple regression analysis)

Dimensions	R	R ²	D. F.1	D.F.2	F. value	P ≤ 0.05
Family and social dimension	0.362	0.13104	1	58	8.757	0.004 S.
Family and social dimension+ financial dimension	0.524	0.27457	2	57	7.214	0.011 S.

Table 1. (Continues)

Family and social dimension+ financial dimension+ legal and criminal dimension	0.692	0.47886	3	56	6.123	0.046 S.
Family and social dimension+ financial dimension+ legal and criminal dimension+ work and school dimension	0.711	0.50552	4	55	1.777	0.124 N.S
Family and social dimension+ financial dimension+ legal and criminal dimension+ work and school dimension+ health dimension	0.732	0.53582	5	54	0.063	0.261 N.S
Family and social dimension+ financial dimension+ legal and criminal dimension+ health dimension+ work and school dimension+ change of residence dimension	0.746	0.55651	6	53	0.049	0.284 N.S

S=Significant, NS=Non-significant, P=Probability

The findings indicated that the family and social stressors, financial stressors and legal and criminal stressors have a significant Impact upon depressed patients before one year of the onset of depression, whereas the impact of health, work and school stressors and the change of residency stressors were not significant upon depressed patients at $p \leq 0.05$.

Table 2. Prevalence of Family and Social Life Events among Cases

Number of items	Family and social dimension	Frequency	Percentage
1	Death of spouse	4	6.7
2	Death of one family member	13	21.7
3	Death of one relative	3	5
4	Death of close friend	3	5
5	Divorce	3	5
6	Divorce son or daughter	0	--
7	Divorce brother or sister	1	1.7
8	Marital separation	3	5
9	Kidnapping of one family member	1	1.7
10	Kidnapping of one relative	1	1.7
11	Kidnapping of close friend	2	3.3
12	Arrest of one family member	1	1.7
13	Arrest of one relative	2	3.3
14	Arrest of close friend	2	3.3
15	Marriage	2	3.3
16	Pregnancy	1	1.7
17	Injury of one family member	1	1.7
18	Marital reconciliation	5	8.3
19	Continues family arguments	4	6.7
20	Son or daughter leaving home	3	5
21	Gain new family member	0	--
22	Trouble with relative of spouse	2	3.3
23	Change in social activities	0	--
24	Christmas	0	--
	Total	57	95.1

The results indicated that the event "Death of one family member" was more prevalent life event among cases (21.7%) whereas only 1.7% of cases having divorce of brother or sister event, kidnapping of one family member, kidnapping one relative, arrest of one family member, pregnancy and injury of one family member event and no body having divorce son or daughter, gain new family member and change in social activities, christmas life events.

Table 3. Prevalence of Work and School Life Events among Cases

Number of items	Work and School dimension	Frequency	Percentage
25	Leaving school	2	3.3
26	Change in place of school	2	3.3
27	Trouble with boss	7	11.7
28	Trouble with co-work	2	3.3
29	Beginning work	1	1.7
30	Spouse stopping work	0	--
31	Retirement	2	3.3
32	Change in type of work	2	3.3
33	Change to different line of work	1	1.7
34	Loss of work	0	--
35	Examination	1	1.7
	Total	20	33.4

The results revealed that the event "trouble with boss" was more prevalent life event among cases (11.7%) whereas only 1.7% of cases having beginning work event, change to different line of work event and examination event and no body having spouse stopping work event and loss of work event.

Table 4. Prevalence of Legal and Criminal Life Events among Cases

Number of items	Legal and Criminal dimension	Frequency	Percentage
36	Armed clashes	2	3.3
37	Bombing accident	2	3.3
38	thief accident	0	--
39	Minor violation of the law	0	--
40	Kidnapping	7	11.7
41	Arrest	5	8.3
42	After admission the prison	0	--
43	Before leaving the prison	0	--
	Total	16	26.6

The findings indicated that the "kidnapping" more prevalent life event among cases (11.7%) whereas 3.3% of cases having Armed clashes and bombing event. All these events are prevalent in our environment but different according security situation.

Table 5. Prevalence of Financial Life Events among Cases

Number of items	Financial dimension	Frequency	Percentage
44	Change in financial status	2	3.3
45	Taking out loan for major purchase	6	10
46	Unemployment	9	15
47	loss of some things	7	11.7
	Total	24	40

The findings indicated that the "unemployment" more prevalent life event among cases (15%) whereas only 3.3% of cases having change in financial status event.

Table 6. Prevalence of Health Life Events among Cases

Number of items	Health dimension	Frequency	Percentage
48	Personal injury or illness	4	6.7
49	Sexual difficulties	3	5
	Total	7	11.7

The results revealed that the "personal injury or illness" more prevalent life event among cases (6.7%) whereas 5% among cases having sexual difficulties.

Table 7. Prevalence of Immigration life events among Cases

Number of items	Change residency dimension	Frequency	Percentage
50	21- Immigration	4	6.7
51	28- Migration	2	3.3
	Total	6	10

The results revealed that the "Immigration" more prevalent in the life of cases (6.7%) whereas only 3.3% of cases having Migration.

Discussion:

The significant effect of the family and social dimension upon depressed patients, this study indicated that the family and social dimension have significant impact upon depressed patients, this result is supported by the study results of Bakish (2010) ⁽⁶⁾ which revealed that there were significance relationships between the family and social dimension and the depression of mothers who have mentally related children. The author believed that there is reasonable evidence that any environmental factors can precipitate the depression, such events tend to cluster through passage of time before the onset of depression.

Concerning with the impact of the financial dimension on the depressed patients, the results of study show that there is significant impact of financial dimension upon the depressed patients, this result comes along with the study of Dalgard et al., (2006) ⁽⁷⁾ who studied the negative impact of life events, social support and gender differences on depression, their findings indicated that the financial crisis is significantly associated with depression. Also Avison and Turner (1988) ⁽⁸⁾ their

In regarding the effect of work and school dimension on depressed patients, the result of present study also indicated that the work and school dimension have no impact on depressed patients, that because the most of stressful life events relation to work dimension such as problem with co-work or with boss were not arrive to the loss of job and could be reduced they effect on

study show that the significant correlation between the financial problems and the symptom of depression. From the investigator's point of view the financial supply is considered as essential for individual's needs.

In regard to the impact of legal and criminal dimension, the result of study reveal that there is a significant impact of legal and criminal dimension on the depressed patients, this result is consistent with the study of Rashid and Haider (2008) ⁽⁹⁾ their result of study indicated that the legal issues affected on the males and females before one year of the onset of depression. Also consistent with our security situation has many stressful events.

Concerning the effect of health dimension on depressed patients, the finding of study indicated that the health dimension has no significant impact on depressed patients before one year of occurrence, from the investigator's point of view this result is consistent with our medical service is available and very cheap which means that the health problems have lower effect on the mental health of individuals'.

individuals by some ways like move to another department of work or taking holiday for some time.

In regarding the impact of change residency dimension on depressed patients, the results of study show that the impact of change residency dimension on depressed patients is not significant impact, because the most of immigrants in AL-

Diwanyia Governorate have relatives which means they reduce the impact of immigration on their mental health, as well as the impact of immigration increased when individuals found difficulty to adaptation.

In regard to family and social dimension, the result indicated that the event "Death of one family member" was more prevalent life event among cases (21.7%), (table 2), the study of Han et al., (2006)⁽¹⁰⁾ is agree with the present study results they found that death of one family member is who found the death of one family member is (65.2%) in contrast with other stressful life events.

The result reveal that the event "trouble with boss" was more prevalent life event among cases (11.7%), (table 3), than other stressful life events related to work and school dimension, Rashid and Haider (2008) found the life event was job problems which include transfer, political pressures, superior officer's pressures, relationship problems is high frequent (54%) which is consistent with the present study findings.

The finding indicated that the "kidnapping" more prevalent life event among cases (11.7%), (table 4), than other life event, this result agrees with the current security situation according to the investigator's point of view.

The finding indicated that the "unemployment" more prevalent life event among cases (15%), (table 5), than other financial stressors in life of cases this result is supported by the study of Kumar et al., (1998), they found unemployed (10.3%) which consistent with present study finding.

The result reveal that the "personal injury or illness" more prevalent life event among cases (6.7%), (table 6), than other health problems, this result is supported by the study of Avison and Turner (1988), they found that serious physical illness was more common life event in depressed patient (2.06%), which is consistent with the present study findings.

The result reveal that the event "immigration" was more prevalent in the life of cases (6.7%), (table 7), this result is supported by Herrick, (2000)⁽¹¹⁾ who found that 38% of the sample were moved to new address before onset of depression which is agree with the current results.

Recommendations:

1. Increase the individual, family and community awareness about stress management and coping strategies by mass media approach to decrease the impact of stressful life events upon their health.
2. Establishing of community mental health nursing center to identify the family problems and reduce its effect on mental health,

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