

VOLUME 42, NUMBER 4
April 2025

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



www.wajmed.org



TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE:	
Toward Holistic Chronic Disease Care: Addressing the Intersecting Burdens on Patients and Caregivers in Low-Resource Health Systems – <i>G. E. Erhabor</i>	251
ORIGINAL ARTICLES	
The Burden on Caregivers and Life Satisfaction Among Caregivers of Patients with Chronic Diseases Admitted to the Emergency Department of a Tertiary Health Institution in Southwest Nigeria	253
O. E. Anjorin, S. T. Oladejo, M. O. Salami, G. O. Adebajo, S. O. Abati, E. A. Adebunmi, A. Okunade, A. Adenle, O. Ogbogu, A. Faleye, M. O. Afolabi, A. Komolafe, O. I. Olasoji, J. O. Bamgbose, O. O. Salau, M. A. Daramola	
Frequency of Depression and its Associated Factors Among Stroke Survivors in a Tertiary Hospital in Nigeria	266
G. O. Osaigbovo, G. A. Amusa, N. H. Alkali, A. I. Zoakah	
Contemporary Baseline Clinical Profile of Chronic Hypertensive Heart Failure in Ibadan, Nigeria	276
O. S. Ogah, O. A. Orimolade, A. A. Adebiyi, O. M. Adebayo, A. Aje, A. M. Adeoye, A. O. Babatunde, M. F. Okeke, O. P. Attah, F. O. Obiekwe, C. S. Onuigbo, C. M. Ogah, T. K. Afolabi, E. F. Ayodele, M. N. Odenigbo, O. O. Oladapo	
Comparative Ultrasound Evaluation of Carotid Intima-Media Thickness in Preeclamptic and Healthy Normotensive Pregnant Women at a Nigerian Tertiary Hospital	284
O. E. Ojeyemi, K. Ojeyemi, O. Ogunsuji, J. Akinmoladun, G. Obajimi, G. Ogbole	
Incidence and Short-Term Outcome of Acute Kidney Injury in Critically Ill Patients in Southern Nigeria: A Multi-Centre Retrospective Study	290
O. G. Egbi, O. A. Adejumo, O. C. Okoye, S. D. Ahmed, S. S. Owolade, O. G. Edema, V. O. Ndu, C. Erohubie	
Evaluating Serum Cystatin C as A Marker of Reduced Glomerular Filtration Rate in Pregnant Women: A Better Alternative to Creatinine?	298
O. O. Adebisi, A. K. Bakare, O. I. Adebisi, M. A. Adeniyi, A. E. Faponle, B. H. Soile, O. O. Okunola	
A Two-Year Prospective Study of the Mechanisms and Patterns of Limb Injury in Multiply Injured Patients at UNIOSUN Teaching Hospital, Osogbo, Nigeria	303
A. Adedire, S. Olarewaju, A. J. Faniyi, G. A. Oyeniyi, O. O. Ojewuyi, A. O. Ogungbemi, O. Olayemi, O. Olanipekun, O. A. Ala, A. T. Otiti	
REVIEW ARTICLE	
Barriers and Facilitators to Utilization of Cervical Cancer Screening Services in Eswatini: A Scoping Review	311
T. N. Maseko, J. M. Tsoka-Gwegweni, X. Dlamini, Rejoice Nkambule, Velephi Okello	
Health-Related Social Media Misinformation: Implications for the Burden of Noncommunicable Diseases in Sub-Saharan Africa	321
N. C. Menakaya, E. I. Unuigbo	
CASE REPORT	
Transcatheter Aortic Valve Implantation in West Africa: A Severe Aortic Stenosis Case Report	330
T. Majekodunmi, O. K. Oguntuga	
INDEX TO VOLUME 42, NO. 4, 2025	
Author Index	335
Subject Index	336



Frequency of Depression and Its Associated Factors Among Stroke Survivors in a Tertiary Hospital in Nigeria

Fréquence de la Dépression et ses Facteurs Associés Chez les Survivants d'Accident Vasculaire Cérébral dans un Hôpital Tertiaire au Nigeria

¹*G. O. Osaigbovo, ¹G. A. Amusa, ²N. H. Alkali, ³A. I. Zoakah

ABSTRACT

BACKGROUND: Stroke is a leading cause of disability and mortality worldwide, and post-stroke depression is a common neuropsychiatric complication. Post-stroke depression is associated with increased disability, diminished quality of life, and elevated mortality rates among stroke survivors. Recognizing how common depression is among stroke survivors and the factors associated with it are crucial for timely intervention and improved rehabilitation outcomes.

METHODS: A hospital-based cross-sectional study conducted at Jos University Teaching Hospital, with 396 adult stroke survivors. Participants were screened for depression using the Patient Health Questionnaire-9 (PHQ-9) and the Beck Depression Inventory (BDI). Confirmatory diagnoses were established using the Structured Clinical Interview for DSM-4 (SCID-IV). Data were analysed using SPSS version 25.

RESULTS: Among the 396 stroke survivors, 81.8% screened positive for depression on the PHQ-9, while 87.9% were classified as depressed using the BDI. The SCID-IV confirmed depression in 42.4% of participants. Factors associated with post-stroke depression included elevated waist-hip ratio (AOR = 8.226; 95% CI: 2.628–25.760; $p < 0.001$), repeat stroke (AOR = 5.034; 95% CI: 2.767–9.160; $p < 0.001$), elevated body mass index (AOR = 3.007; 95% CI: 1.872–4.828; $p < 0.001$), post-stroke dependency (AOR = 2.798; 95% CI: 1.738–4.508; $p < 0.001$), and diabetes mellitus (AOR = 2.145; 95% CI: 1.309–3.513; $p = 0.003$).

CONCLUSION: The frequency of depression among stroke survivors in Jos was high. The determinants of depression were obesity, previous history of stroke, diabetes mellitus and post-stroke disability. Early detection and targeted interventions are recommended to enhance better outcomes.

WAJM 2025; 42 (4): 266-275

KEYWORDS: Stroke, Depression, Post-Stroke Depression, Jos, Nigeria, Frequency, Association

RÉSUMÉ

CONTEXTE: L'accident vasculaire cérébral (AVC) est l'une des principales causes de handicap et de mortalité dans le monde, et la dépression post-AVC constitue une complication neuropsychiatrique fréquente. La dépression post-AVC est associée à une augmentation du handicap, à une diminution de la qualité de vie et à un taux de mortalité plus élevé chez les survivants d'un AVC. Reconnaître la fréquence de la dépression chez les survivants d'un AVC ainsi que les facteurs qui y sont associés est essentiel pour une intervention rapide et une amélioration des résultats de réadaptation.

MÉTHODES: Étude transversale menée dans un hôpital universitaire de Jos, incluant 396 survivants adultes d'AVC. La dépression a été dépistée à l'aide du *Patient Health Questionnaire-9* (PHQ-9) et de l'*Inventaire de Dépression de Beck* (BDI). Un diagnostic confirmé a été établi à l'aide de l'*Entretien Clinique Structuré pour le DSM-IV* (SCID-IV). Les données ont été analysées à l'aide du logiciel SPSS version 25.

RÉSULTATS: Parmi les 396 survivants d'AVC, 81,8 % ont présenté un dépistage positif pour la dépression au PHQ-9, tandis que 87,9 % ont été classés comme dépressifs selon le BDI. Le SCID-IV a confirmé la présence de dépression chez 42,4 % des participants. Les facteurs associés à la dépression post-AVC comprenaient un rapport taille-hanche élevé (AOR = 8,226 ; IC 95 % : 2,628–25,760 ; $p < 0,001$), un AVC récidivant (AOR = 5,034 ; IC 95 % : 2,767–9,160 ; $p < 0,001$), un indice de masse corporelle élevé (AOR = 3,007 ; IC 95 % : 1,872–4,828 ; $p < 0,001$), la dépendance après l'AVC (AOR = 2,798 ; IC 95 % : 1,738–4,508 ; $p < 0,001$) et le diabète sucré (AOR = 2,145 ; IC 95 % : 1,309–3,513 ; $p = 0,003$).

CONCLUSION: La fréquence de la dépression chez les survivants d'AVC à Jos était élevée. Les déterminants identifiés étaient l'obésité, les antécédents d'AVC, le diabète sucré et le handicap post-AVC. Une détection précoce et des interventions ciblées sont recommandées afin d'améliorer les résultats cliniques et fonctionnels.

WAJM 2025; 42 (4): 266-275

MOTS-CLÉS: Accident vasculaire cérébral, Dépression, Dépression post-AVC, Jos, Nigeria, Fréquence, Association

¹Department of Medicine, Faculty of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos.

²Department of Medicine, Abubakar Tafawa Balewa University/ Abubakar Tafawa Balewa Teaching Hospital, Bauchi

³Department of Community Health, Faculty of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos

Corresponding author: Dr. Osaigbovo Osawaru Godwin, Phone Number: +234 8037877728. E-mail Address: osaigbovog@unijos.edu.ng

Abbreviation - ADL: Activities of Daily Living; **AOR:** Adjusted Odds Ratio; **BDI:** Beck Depression Inventory; **BI:** Barthel Index; **BMI:** Body Mass Index; **CRF:** Corticotropin Releasing Factor; **DALY:** Disability Adjusted Life Years; **SPSS:** Statistical Package for Social Science; **JUTH:** Jos University Teaching Hospital; **MMSE:** Mini Mental State Examination; **NIHSS:** National Institutes of Health Stroke Scale; **PHQ-9:** Patient Health Questionnaire 9; **PSD:** Post Stroke Depression; **SCID IV:** Structured Clinical Interview for DSM 4; **SIREN:** Stroke Investigative Research and Education Network; **WHR:** Waist Hip Ratio; **WHOQOL BREF:** World Health Organization Quality of Life.