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Prevalence and Factors Associated with Stress, Anxiety and Depression amongst Primary Care Patients with Hepatitis B and C Infections in Nigeria

Prévalence Et Facteurs Associés Au Stress, À L'anxiété Et À La Dépression Chez Les Patients De Soins Primaires Atteints D'hépatite B Et C Au Nigeria

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ABSTRACT

BACKGROUND: Globally, more than 350 million people live with viral hepatitis, out of which over 20 million are in Nigeria. The prevalence of anxiety, depression and stress among patients with viral hepatitis in the primary care setting is not well established.

OBJECTIVES: The objectives of this study were to determine the prevalence and factors associated with depression, anxiety and stress among hepatitis patients in a primary care clinic in North Central Nigeria using the Patient Health Questionnaire (PHQ2), Generalized Anxiety Disorder (GAD 2) and Kessler 6 scales respectively.

METHODS: This cross-sectional study was carried out among Hepatitis B and C patients attending the Hepatitis Clinic of the Family Medicine Department, Federal Medical Centre Keffi. A total of 123 participants were recruited using a simple random sampling technique. Their sociodemographic and clinical data were collected after which they were screened for depression, anxiety and stress. Data collected was analysed using IBM SPSS.

RESULTS: The mean age of study participants was 38.9±11.6 years. Most of them had hepatitis B infection (89.7%) and were on antiviral medications or liver supplements (45.2%). The prevalence of anxiety, depression and stress among them were found to be 18.9%, 25% and 77.6% respectively. Illness duration and medication use were found to be significantly associated with both depression and stress among them.

CONCLUSION: The prevalence of anxiety, depression and stress is high among adult primary care patients with viral hepatitis in FMC Keffi. **WAJM 2023; 40 (12): 1347 - 1354**

KEYWORDS: Prevalence and Factors, Stress, Anxiety, Depression, Hepatitis B and C Patients.

RÉSUMÉ

CONTEXTE: À l'échelle mondiale, plus de 350 millions de personnes vivent avec les hépatites virales, dont plus de 20 millions au Nigeria. La prévalence de l'anxiété, de la dépression et du stress chez les patients atteints d'hépatite virale dans le cadre des soins primaires n'est pas bien établie.

OBJECTIFS: Cette étude visait à déterminer la prévalence et les facteurs associés à la dépression, à l'anxiété et au stress chez les patients atteints d'hépatite dans une clinique de soins primaires dans le centre-nord du Nigeria en utilisant les échelles du Questionnaire de Santé Patient (PHQ2), du Trouble Anxieux Généralisé (GAD 2) et de Kessler 6 respectivement.

MÉTHODES: Cette étude transversale a été réalisée parmi les patients atteints d'hépatite B et C fréquentant la clinique d'hépatite du département de médecine familiale du Centre Médical Fédéral de Keffi. Un total de 123 participants ont été recrutés à l'aide d'une technique d'échantillonnage aléatoire simple. Leurs données sociodémographiques et cliniques ont été recueillies, après quoi ils ont été dépistés pour la dépression, l'anxiété et le stress. Les données collectées ont été analysées à l'aide d'IBM SPSS.

RÉSULTATS: L'âge moyen des participants à l'étude était de 38,9±11,6 ans. La plupart d'entre eux étaient atteints d'une infection par l'hépatite B (89,7 %) et prenaient des médicaments antiviraux ou des compléments hépatiques (45,2 %). La prévalence de l'anxiété, de la dépression et du stress parmi eux s'est avérée être respectivement de 18,9 %, 25 % et 77,6 %. La durée de la maladie et l'utilisation de médicaments ont été significativement associées à la dépression et au stress chez ces patients.

CONCLUSION: La prévalence de l'anxiété, de la dépression et du stress est élevée parmi les patients adultes en soins primaires atteints d'hépatite virale au FMC Keffi. **WAJM 2023; 40 (12): 1347 - 1354**

MOTS-CLÉS: Prévalence et facteurs, stress, anxiété, dépression, patients atteints d'hépatite B et C

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