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Research Article

**FREQUENCY OF DEPRESSION IN PATIENTS WITH STROKE**<sup>1</sup>Dr. Mir Ali Raza Talpur, <sup>2</sup>Dr. Kamlesh Kumar Ahuja, <sup>3</sup>Dr. Abdul Rahim Memon,<sup>4</sup>Dr. Hamid Nawaz Ali Memon, <sup>\*3</sup>Dr. Samar Raza, <sup>3</sup>Dr. Musaab Ali Khero<sup>1</sup>Liaquat National Hospital & Medical College, <sup>2</sup>Chandka Medical College & Hospital Shaheed Mohtarma Benazir Bhutto Medical University (SMBBMU) Larkana, <sup>3</sup>Liaquat University Hospital Hyderabad / Jamshoro, <sup>4</sup>Zulekha Hospital Dubai United Arab Emirates**Article Received:** May 2019**Accepted:** June 2019**Published:** July 2019**Abstract:****Objective:** To determine the frequency of depression in patients with stroke.**Patients and Methods:** A total of fifty patients with acute stroke (ischemic or hemorrhagic) were included in this study. The criterion for the selection of the patients for the study was those patients with the history of focal neurological deficit along with a radiological (computed tomography (CT) scan or magnetic resonance imaging (MRI) head) evidence of CV stroke in the past 3 months and on follow up visit whereas the frequency / percentages (%) and means  $\pm$ SD computed for study variables.**Results:** During six-month study period total fifty patients with stroke on follow up visit were explored and study. The mean  $\pm$  sd for age (yrs) of population was 52.86 $\pm$ 8.863 respectively. Regarding gender male 35 (70%) and female 15 (30%) and residence urban 32 (64%) and rural 18 (36%) and depression in 33 (66%) whereas regarding the severity mild 18 (54.5%), moderate 09 (27.2%) and severe 06 (18.1%).**Conclusion:** Post-stroke depression was available in the greater part of the intense stroke patients and was identified with left-sided lesions.**KeyWords:** Depression, Ischemic stroke and Cerebrovascular accident.**Corresponding author:****\*Dr. Samar Raza,**

Liaquat University Hospital Hyderabad / Jamshoro.

Email: zulfikar229@hotmail.com

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**INTRODUCTION:**

Cerebrovascular (CV) stroke is a noteworthy worldwide medical issue, in 2010, an expected 11.5 million occurrence ischemic strokes and 5.3 million episodes hemorrhagic strokes took place [1]. An expected 5.8 million people kicked the bucket from stroke in a year [2]. Stroke is the main source of inability in grown-ups and every year a large number of stroke survivors need to adjust to an existence with confinements in exercises of day by day living as an outcome of cerebrovascular ailment [3]. The prevalence of depression in stroke patients ranges varies from 6% to 66% [4]. Post-stroke depression impacts adversely on personal satisfaction, utilitarian recuperation, subjective capacity and restoration of intense stroke patients [5]. Moreover, it builds mortality and is related with a higher danger of intermittent stroke at one year. Aside from affecting the stroke survivors themselves, post-stroke discouragement likewise influences family. There is a lack of writing from Pakistan about the predominance of sorrow and its connection with different factors in intense stroke patients.

**PATIENTS AND METHODS:**

A total of fifty patients with acute stroke (ischemic or hemorrhagic) were included in this study. The criterion for the selection of the patients for the study was those patients with the history of focal neurological deficit along with a radiological (computed tomography (CT) scan or magnetic resonance imaging (MRI) head) evidence of CV strokes since 3 months and on follow up visit. The exclusive criteria were existence of psychiatric problem (cognitive dysfunction); history of anti-depressant drugs, illicit drug dependence, patients who scored <10 on the Glasgow Coma Scale (GCS). After having selected cases for the study, careful history & examination was carried out in each patient in particular relation to central nervous system examination. The quantity of life and duration of acute cerebrovascular accident was also noted. Montgomery-Asberg Depression Rating Scale (MADRS) is a 10-item diagnostic questionnaire was used to measure the severity of depressive episodes and score >6 will be considered as presence of depression, the severity was also measured while the co-morbidities were also explored whereas the data was collected on pre-designed proforma and analyzed in SPSS to manipulate the frequencies and percentages.

**RESULTS:**

During six month study period total fifty patients with stroke on follow up visit were explored and study. The mean  $\pm$  SD for age (yrs) of population was

52.86 $\pm$ 8.863. The demographical and clinical profile of study population is presented in Table 1.

**TABLE 1:** The Demographical And Clinical Profile Of Study Population

Parameter	Frequency (N=50)	Percentage (%)
<b>AGE (yrs)</b>		
40-49	06	12
50-59	17	34
60-69	15	30
70+	12	24
<b>GENDER</b>		
Male	35	70
Female	15	30
<b>RESIDENCE</b>		
Urban	32	64
Rural	18	36
<b>DEPRESSION</b>		
Yes	33	66
No	17	34
<b>SEVERITY</b>		
Mild	18	54.5
Moderate	09	27.2
Severe	06	18.1

**DISCUSSION:**

Acute stress presentation because of increasingly utilitarian reliance and physical incapacity during the intense period of stroke may be in charge of high greatness of sorrow in our populace when contrasted with that in past examinations. In a study done by Hsieh et al, burdensome side effects and serious sorrow were found in 34.3% patients and 7.7% patients, respectively. [5] Forty-four percent patients were found to have post-stroke gloom (PSD) in an investigation done by Camoes Barbosa et al.[6] In an examination done by Raju et al. on 162 patients (met following multi month post stroke), 60 patients (37%) had depression.[3] The general existence of depression was 66% (33 of 50 stroke patients had depression). Of the 33 stroke patients, 18 (54.5%) had mild depression, 09 (27.2%) had moderate depression and 06 (18.1%) had serious depression. The relationship of female orientation with despondency was likewise seen in an examination done by Broomfield et al [7]. Ellis et al [8] seen that people with both stroke and discouragement were bound to have history of hypertension, DM and coronary illness contrasted and different gatherings. Depression was altogether connected with left half of the globe sores in past explorations done by Robinson et al. what's more, Rajashekar et al [9]. Robinson et al [10] revealed a relationship of frontal lobe area with depression in stroke patients

**CONCLUSION:**

Post-stroke depression was available in the greater part of the intense stroke patients and was identified with left-sided lesions. Early analysis and effective treatment of depression may improve practical recuperation, subjective execution, medicate consistence, personal satisfaction, and social and recovery result of stroke patients.

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