CORRELATES AND PREDICTORS OF ANXIETY AND DEPRESSION AMONG CANCER PATIENTS IN ONE SELECTED REFERRAL HOSPITAL IN KIGALI - RWANDA

Author: Marie Goretti UWAYEZU (University of Rwanda, Rwanda)

Marie GorettiUwayezu[1], Darius Gishoma [2] Madelene Mukeshimana[3]

[1]Marie Goretti Uwayezu, University of Rwanda, Rwanda

[2]Dr Darius Gishoma , University of Rwanda, Rwanda

[3]Dr Madeleine Mukeshimana, University of Rwanda, Rwanda

ABATRACT

Background: Different studies have found that cancer patients face many challenges such as pain, financial problems that may lead to anxiety and depression disorders which increase mortality and morbidity.

Aim: To explore the correlates and predictors of anxiety and depression disorders among cancer patients in one Selected Referral Hospital (SRH) in Rwanda.

Methods: The descriptive Cross sectional design, quantitative approach was used to determine the prevalence, the associated and predicting factors of anxiety and depression among cancer patients attending one SRH on a sample size of 96 participants. A self completed questionnaire was used to collect social demographic data; perceived social support scale of Berlin Social Support Scale (BSSS) was used to evaluate the level of social support while depression and anxiety were assessed by Hospital Anxiety and Depression Scale (HADS) with a cut off more than 11 for depressive and anxiety symptomatic cases. Data was analyzed using the Statistical Package for the Social Sciences (SPSS, version 21).Chi square was used to examine the association between numerical and categorical variables and depression and anxiety. Logistic regression analysis was used to test the predictors of anxiety and depression. The results were presented using statistics and tables.

Results: The prevalence of depression was (35.4%) and anxiety (26.1%) among cancer patients. The study results demonstrated an association of anxiety and cancer treatment ($p = 0.019$) while depression was correlated to the types of cancer ($p=0.019$), stage of cancer ($p=0.022$), employment status and anxiety ($p=0.001$). Being employed is the protector of depression while non-employment is the predictor of depression and having at least 3 cancer symptoms increase the likelihood to develop depression.

Conclusion: The present study reported the prevalence and risks factors of anxiety and depression among cancer patients. Therefore creation of psycho-oncology unit in the hospital, routine screening for both anxiety and depression and early treatment of anxiety and depression related to cancer are recommended.

Key words: Anxiety, Cancer, Correlation, Depression, Predictors.

Professional Biography

I am Marie Goretti UWAYEZU working as Assistant Lecturer in University of Rwanda, College of Medicine and Health Sciences, School of Nursing and Midwifery in the department of Nursing, Oncology track. I am experienced nurse educator, specialized in oncology nursing and I am actively involved in academic activities as an Assistant track reader and facilitator of different modules such as pathophysiology, advanced health assessment , therapeutic interventions and evidence based in oncology Nursing . I am also an experienced clinical instructor in the field of nursing. Furthermore, I am involved in research activities and having research projects (one I plan to publish and two research proposals).To increase my competences, knowledge and skills, I have participated in Continuous Professional Development (CPD) in different areas including conferences such as African Organization for Research and Treatment in Cancer care (AORTIC), International Psychoncology Society (IPOS), International Nursing conference (ICN) held in Rwanda this year.



Full name: Marie Goretti UWAYEZU

University of Rwanda /College of Medicine and health Sciences/ Assistant lecturer/Oncology Nursing Track.

P. O. Box : 3286, Kigali, Rwanda

Phone : (+250) 0785350212, (+250) 0728350212

Email: uwagoretti@hotmail.fr

Social network details:**Facebook**:uwayego@yahoo.fr/**Whatsapp**: +250728350212