

Prevalence of depression and associates with cognitive impairment of elderly in suburban community in Egypt

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Current Psychiatry. Ain Shams University (Print)

2009 v16 n2

This study was done to assess the prevalence of depressive symptoms and its relation to cognitive impairment among elderly living in Al-Nahda city.

A cross-sectional descriptive study. Door to door survey was carried out where all subjects aged 60 years and over, living in a peripheral district of Cairo in Al-Nahda City were recruited. Subjects who refused to participate or were unwell were excluded. Depression was assessed using the Geriatric Depression Scale (GDS-15) whereas cognition was assessed using the Mini-mental state examination scale. Results showed that the sample included 86 elderly (45 females (. The prevalence of depressive symptoms among the studied group was found to be 31.4% whereas the prevalence of cognitive impairment was found to be 26.7%. Depression was found to be significantly related to gender with 42.2% prevalence among females compared to 19.5% among males. Both depression and cognitive impairment was not found to be related to age, marital state nor living arrangement.