

Prevalence of Depression in Navy Personels

¹Seyed Hadi Alavi, ²Seyed Jalal Hosseinimehr and ¹Seyed Hossein Alavi

¹Technical College (Shaheed Kalantri), Mahmmoud Abad, Mazandaran, Iran

²Department of Medicinal Chemistry, Faculty of Pharmacy,
Mazandaran University of Medical Sciences, Sari, Iran

Abstract: While the prevalence of depression has increased in population, little is known the frequency of depression in the employees to work in sea. The aim of this study was to determine the prevalence of depression and medication in employees of Tanker and Floating unites of National Oilier Company (N.O.C) and Navy Organization of Islamic Republic of Iran. This was a cross sectional study carried on 288 employee. It performed by two questionnaires. First questionnaire consisted of demographic and general information and second valid questionnaire was Beck Depression Inventory (BDI-22). The data were analyzed by using descriptive methods by SPSS software. A significant depression disorders and drug usage were observed between employees of Navy Organization of Islamic republic of Iran with tanker and floating units. Since the prevalence of depression among navy employees was high and significant, the results of this study could be used for navy centers and N.O.C employers, particularly it is benefit for health care service and psychologist for their preventive health programs.

Key words: Depression • navy employee • work place

INTRODUCTION

Depression is a common psychological disorder. There are several etiologic factors to influence on depression, the work organization is socially constructed within the work environment, where workers structure their own subjectivity by developing defense strategies to release tension, sometimes expressed by symptoms of mental dysfunction and somatic disorders [1]. Chronic and unpleasant environmental situations may be influenced on personal feeling, life and future [2]. WHO (world health organization) suggested that until 2020, depression will be the second cause of aged disability after ischemic heart disease. Kindler reported that men were sensitive to divorce and work problem, while women were sensitive to diseases and death of their relative [3]. Depression is the most common psychological disorders that involve about 12% of men and 25% of women during their life [4]. There are several studies to report the incidence of depression in Iran. Results of shojaei Zadeh and RasaFyani showed 28.8% of students of university have mild depression, 9.6% moderate depression, 3.3% sever depression and 1.3% had very sever depression [5]. Ahmadi showed about 44.66% of students have 44.6%,

8.66% and 1.33% in mild, moderate and sever depression, respectively [6]. There is no any information about the frequency of depression in the employees to work in the sea. With the regards to importance of depression in life, it is important to determine the prevalence of depression and use of drug among employees of Tanker and Floating unites of National Oilier Company (N.O.C) and Navy Organization of Islamic Republic of Iran (I.R.I).

MATERIALS AND METHODS

This study was a cross sectional study and performed on navy employees related to N.O.C (consist of: tanker unite, floating unite and navy unite) of I.R.I Navy in 2006. From 288 cases, 96 were from tanker unite, 96 floating unite and 96 cases were from navy unite of I.R.I Navy. Beck Depression Inventory uses as a depression evaluating tools. The Beck Depression Inventory (BDI) is one of the most widely used self-rating scales for measuring depression and was firstly introduced in 1961 [7-9]. BDI is ready converting to an evaluating tool for assessment of depression in adolescence and it is useful for adults too. It used for comparison of depression in each age years old.

Meanwhile, demographic characteristics consisted of gender, age, long of employment, certification degree, married status and type of drug - by considering privacy-were mentioned at the end of questionnaire. The answer sheets numbered according to Iranian population and the degree of depression was recorded as mild, moderate and severe. The data analyzed by using t-test. Beck questionnaire is consisted of 21 items that evaluates the degree of depression in fields of emotional, cognitive and somatic aspects. There are four options for each item, by ranging of zero (absent of depression) to 3 (sever depression). Total score range are from zero to 63. The cut point in research, according to the type of study is different. In our study the cut point was 10, the score from 0-9 was absent of depression, 10-15 mild depression, 16-19 moderate depression, 20-29 moderate to severe depression and 30 or more was severe depression.

RESULTS AND DISCUSSION

Our study showed 7.2% of cases had no depression, 29.7% mild, 22.5% mild to moderate, 25.4% moderate to severe and 15.2% involved severe depression. Frequency distribution of depression in cases according to degree of depression showed in Table 1. As results shown in Table 2, there was a significant difference between tanker and floating groups of N.O.C ($p < 0.05$). Rate of depression in tanker unite was more than floating unite. Degree of depression in navy unite was more than tanker unite, but it was not statistically significant. Degree of depression in navy unite was more than floating unite ($p < 0.05$) (Table 2).

Table 1: Frequency of depression among three Navy groups

Degree of depression	Tanker unite%	Floating unite%	Navy of I.R.I%	Total%
Normal	1.3	4.0	2.7	7.2
Mild	8.9	4.4	16.4	29.7
Mild to moderate	5.3	2.5	14.7	22.5
Moderate to sever	4.1	3.0	18.3	25.4
Sever	4.0	2.1	9.1	15.2
Total	23.6	16.0	61.2	100.0

Table 2: The mean score of depression in navy employees

Variables	Statistical index			
	\bar{x}	SD	Mean	R
Tanker unite	29.14	9.21	16	18
Floating unite	19.12	11.30	14	11
Navy of I.R.I	32.21	14.16	21	14

Table 3: Relationship between depression and usage drugs in the employees of navy

variables	Depression				Total (%)
	Mild (%)	Mild to moderate (%)	Moderate to severe (%)	Sever (%)	
No drug usage	0.5	2.5	4.0	6.0	13.0
Self-remedy	8.0	14.3	18.4	21.3	62.0
By physician prescription	1.2	4.2	5.7	13.9	25.0

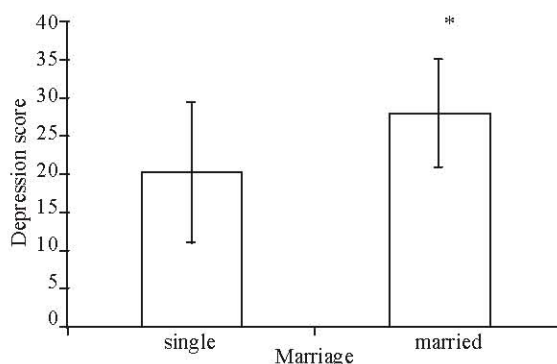


Fig. 1: Results of depression between married and single employees * p value < 0.05 between two groups

The depression score was higher than married cases compared to single workers which assessed by beck test (Fig. 1). Table 3 showed the relationship between depression, drug prescription and self-remedy. Since the health loss by disease and then patient feels depression in addition to physical weakness and tries to care her or him according to previous health or disease characteristics, or mimics the therapeutic pattern of similar conditions. The consequences of this self-remedy are complication of depression, increasing of drug usage and long window treatment.

Our results showed that there was a relationship between life events and depression and this results agree with other reports [1, 10]. About 92.8% of cases had considerable depression. Also by consider to Table 2 the rate of depression was lesser in floating unite and more in navy unite. This study showed that depression could be complicated in navy personels due to difficulty of their work on marine, long way from family, long term working on marine, seasickness, motionless. In addition, similar to Kindler's, our study showed that married cases had more depression than singles [3]. On basis of Table 3, the incidence of self-remedy was more than 62%, possibly due to lack of physician in navy centers, non active

psychological services and hidden of disease by involved subjects. The our study showed that use of acetaminophen codeine was at highest rate, possibly due to easy availability and sedative effect of codein (data is not shown). Therefore, this study showed that, long-term separation from family and lack of psychological facilities and consults increased severity and rate of depression, as well as home remedy.

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