

PREVALENCE AND SOCIO-BEHAVIOURAL FACTORS ASSOCIATED WITH DEPRESSIVE DISORDERS AMONG PRIMARY HEALTH CARE PHYSICIANS IN SHEBIN EL-KOM DISTRICT, MENOUFIA GOVERNORATE, EGYPT, DURING COVID 19 PANDEMIC

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Received: 11 Dec 2020

Accepted: 17 Dec 2020

Published: 24 Dec 2020

ABSTRACT

This study was directed to investigate the prevalence of depressive disorders among primary health care (PHC) physicians in Shebin El-kom district, Menoufia governorate during the novel corona virus epidemic in Egypt between 1st July and 1st September 2020. Additionally, some socio-behavioral factors were studied to show the association between them and the presence of depressive disorders among the studied group. The sample size of the study was (194) physicians (139 females and 55 males). A pre-designed questionnaire was sent via email to all participants. The questionnaire composed of two sections; the first section included seventeen questions about some socio-behavioral characteristics of the participants, while the second section included the patient health questionnaire 9(PHQ9) for screening of depressive disorders. The estimated prevalence of depressive disorders among studied group was (85.6%). There was highly significant difference between depression and no-depression groups regarding gender, monthly income and weekly working hours ($p < 0.001$). Depression was higher among female physicians (77.1%), physicians with monthly income less than 4000 LE (89.2%) and physicians who work more than 48 hours per week (72.9%). Additionally, there was significant difference between depression and no-depression groups regarding age group, marital status, paternal status, and previous COVID-19 infection ($p < 0.05$). Depression was higher in age group 25-34 years (96.4%) and married physicians (62.7%). Depression was higher in physicians who were previously infected with COVID-19 than others who were not previously infected. Prevalence of depressive disorders among PHC physicians in Shebin El-kom district was high during novel corona virus epidemic in Egypt. Physicians with monthly income less than 4000 LE (OR= 9.14, 95% CI= 3.51-23.8), physicians with age group 25-34 years old (OR= 5.3, 95% CI= 1.24-22.7) were riskier for depression. Female gender, weekly working hours more than 48 hours, previous history of COVID-19 infection and marriage were significant predictors (risk factors) for depression. Our results warrant special attention to the mental health of physicians during the novel corona virus pandemic. The development of psychological support programs for health care workers, including PHC physicians, during the outbreak of infectious diseases is of significant importance.

KEYWORDS: *Depression, Primary Health Care, Physicians, Shebin El-Kom, Menoufia, Egypt, COVID-19, Novel Corona Virus, SARS-Cov-2*