

**INFLUENCING FACTORS OF ANXIETY AND DEPRESSION OF THE
INDIVIDUALS WITH SPINAL CORD INJURY AT THE COMMUNITY AFTER
REHABILITATION FROM CRP**

By

Md. Salah Uddin

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Roll No: 407

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Bangladesh Health Professions Institute (BHPI)

Faculty of Medicine

University of Dhaka



University of Dhaka

ABSTRACT

Persons with a spinal cord injury (SCI) are at risk for developing anxiety and depression due to loss of motor, sensory and/or autonomic innervation below the level of injury. Anxiety and depression may have negative effects on physical fitness, social participation and quality of life.

The aim of the study was to explore the influencing factors of anxiety and depression of the individuals with spinal cord injury at the community after rehabilitation.

This cross-sectional study designed included 243 participants from the different area of Bangladesh who completed rehabilitation from CRP. Both model based methods such as logistic regression model fit and non-model based method including percentage, mean, standard deviation, proportion test and test of significance were used. The two-tailed significance level was set at 0.05.

The mean scores of age were 41.84 ± 13.19 where 41.6 % were 46 years and above, 33.7 % and 24.7% were 16 to 30 years and 31-45 years old respectively. Most (68%) of the participants were male whereas 32% were female. One hundred- thirty nine (57.2%) of the participants had moderate to severe anxiety and 137 (55.6%) had moderate to severe depression. Respondents aged 46 years and above are 2.8 ($p=.001$, 95% CI: 1.565- 5.294) times higher to have anxiety and 2.6 ($p=.002$, 95% CI: 1.450- 4.829) times more likely to have depression compare to respondents aged 16-30 years. Female have 2.02 ($p=.022$, 95% CI: 1.110- 3.708) and 4.7 ($p=.000$, 95% CI: 2.525- 8.898) times more chance to have anxiety and depression compare to male respondents. In addition, respondents with 3 months to 1 year duration of injury had 2.1 ($p=.05$, 95% CI: .977- 4.597) times and 2.4 ($p=.02$, 95% CI: 1.119-5.251) times more chance of developing anxiety and depression respectively than above 3 years of duration.

Indeed, the findings from the present study indicated that older adults, female, and duration of injury were significant factors of anxiety and depression.

Keywords: SCI, Anxiety, Depression.