

**THE EFFECT OF DEPRESSION ON FUNCTIONAL
RECOVERY- A CORRELATIONAL STUDY**

By

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Abstract

Study design and purpose:

A quantitative and non-experimental, correlational study was conducted in order to investigate the relationship between the Beck Depression Inventory (BDI) score and the Functional Independent Measure (FIM) score of the patients with Spinal Cord Injury.

Objective:

To find out-

- Is there a relationship between BDI and FIM score?
- How strong is that relationship?
- What is the direction of the relationship (positive or negative)?

Setting:

CRP SCI hospital indoor department: Chapain, Savar, Dhaka.

Methods:

Stratified –systematic random sampling was used to select the participants. Participants were individually interviewed using a semi structured questionnaire, the Functional Independent Measure (FIM) and the Beck Depression Inventory (BDI).

Results:

The data were subjected to statistical analysis. Using a parametric Pearson test, a significant negative correlation ($r = -0.3586$, $p < 0.02$, for two tailed hypothesis) between the FIM score and BDI score was found. The descriptive data calculated as percentages. Among the patients studied 20% had mild mood disturbance, 7% had borderline clinical depression, 33% had moderate depression, 20% had severe depression, and another 20% had extreme depression.

Conclusion:

Our results have important implications for the treatment of patients with SCI. The findings indicate that the patients BDI scores were negatively related with FIM scores. In our opinion these data justify the provision of a psychological service in every hospital where patients with SCI are treated. Further research is required to explore the reason behind this correlation.

Key word:

Spinal Cord Injury (SCI), Depression, Beck Depression Inventory (BDI), Functional Independent Measure (FIM).