

DEPRESSION SCREENING AMONG HEALTHCARE WORKERS (HCW) IN KEMAMAN DISTRICT HEALTH OFFICE: PREVALENCE OF HCW SCREENED WITH DEPRESSION AND ITS ASSOCIATED FACTORS

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ABSTRACT

INTRODUCTION: Compared to the general population, healthcare workers (HCW) are hypothesized to have higher risk to develop depressive disorder. **OBJECTIVE:** This study aimed to determine the prevalence of HCWs in Kemaman District Health Office screened with depression and its associated factors. **METHODOLOGY:** A cross-sectional study was conducted between January and July 2024. Purposive sampling was used where all HCW in Kemaman District Health Office that met the inclusion and exclusion criteria were included in this study. Depression was screened using Patients Health Questionnaire (PHQ-9). Descriptive statistics, simple and multiple logistic regressions were used for data analysis. **RESULTS:** Out of the 723 participants, 718 (99.3%) met the inclusion criteria. Among them, 44 (6.1%) were screened as fulfilling the depression criteria. Three factors were found to be significantly associated with depression in the final multiple logistic regression analysis: Age [aOR 0.930 (95% CI: 0.882, 0.981), p-value: 0.007], male gender [aOR 0.467 (95% CI: 0.246, 0.886), p-value: 0.020], and obesity [aOR 0.010 (95% CI: 1.413, 12.734), p-value: 0.010]. **CONCLUSION:** Understanding the characteristics and associated factors that lead to depression in healthcare workers (HCWs) can help administrators at the Kemaman District Health Office develop targeted policies and actions to prevent depression among their HCWs. It is highly recommended that the Kemaman District Health Office implement a workplace program to address obesity, a modifiable risk factor found to be significant for depression in this study.

Keywords: Depression, PHQ-9, Healthcare Worker, Kemaman
