

Role of Occupational Therapy for Patients with Depressive Episode

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Abstract-

Aim

The aim of the study was to find out the effectiveness of Occupational Therapy Program for patients with depressive episode

Objectives

- To find out the level of Depression for patients with depressive episode,
- To educate and train the Occupational Therapy Program for patients with Depressive episode and
- To reduce the level of the Depression for patients with depressive episode

Methods

Ten patients with depressive episode for both male and female patients were selected for this study. All patients were screened by Beck Depression Inventory (BDI), was used for the objective measurement of patient's Depression level. The pre and post therapy values were statistically analyzed on the effect of Occupational Therapy intervention for patients with depressive episode.

Result

The statistical analysis of Beck Depression Inventory (BDI) pre-treatment Mean value is 44.8 SD 1.4301 and post-treatment Mean value is 19.5, S.D 0.8620, t-test value of BDIs is 13.4794 and P value is < .00001.

This statistical analysis shows that, there is significant difference between pre and post-therapy values of Beck Depression Scale score. Hence, it is suggested that, the level of Depression were reduced and the ADL skills were trained for patients with depressive episode.

Conclusion

Occupational Therapy can be used effectively as one of the most important; interventions to reduce the level of depression and to train as well make them independent in their activities of daily living. Hence, it is recommended that, the Occupational Therapist plays pivotal role in treating patients with depressive episode. Psychiatrist, clinical psychologist and other health care

professional may consider these interventions while dealing patients with depression.

Key Words: Depression; Occupational Therapy; Beck Depression Inventory (BDI); Activities of Daily Living; World Health Organization (WHO); National Institute of Mental Health (NIMH); Centers for Disease Control and Prevention (CDC).

I. INTRODUCTION

Depression is the most common category of mood disorders, which is often divided in to two main types: unipolar and bipolar depression, otherwise known as manic-depression.¹

According to WHO World Health Organization Depression is the most common category of mood disorders, characterized by persistent sadness and a loss of interest in activities that we normally enjoy, accompanied by an lack of ability to carry out daily living activities, for at least two weeks, In addition, people with depression normally have several of the following: Depressed mood, Lack of interest or pleasure in all activities, significant weight loss or weight gain, Insomnia, Psychomotor agitation, failure of energy, thoughts of worthlessness, Diminished capability to think or concentrate, recurrent thoughts of death.²

Depression does not have a single cause. It can be triggered by a life crisis physical illness or may be caused by a combination of genetic, biological, environmental and psychological factors, according to the NIMH.³

In 2015, an estimated 16.1 million U.S. Adults (aged 18 or elder), or 6.7 % of the adult population, had at least one major depressive episode, or experienced depressive symptoms, in the past year, making this state one of the most common mental disorders in the

United States, according to the National Institute of Mental Health (NIMH).⁴

Depression can influence group of all ages, races and socioeconomic classes, and can strike at any time. The condition is found even more women as men, according to the NIMH.

In a recently published report from the Centers for Disease Control and Prevention (CDC), researchers found that women between 40 and 59 have the highest rate of depression (12.3 %) of any group founded on age and gender in the United States.⁵

According to the World Health Organization, depression is the most common illness worldwide and the leading cause of disability. They educated guess 350 million people are affected by depression, globally.

Beck Depression Inventory (BDI) as a Standardized screening tool to assess the level of depression, patients score of less than 11-16 are indicative of a Mild mood disturbance and more then 31 – 40 indicative of Severe depression, who may have lack of interest, limited activities of daily living (ADL) skills and increased risk of suicidal idea.⁶

Literatures suggest that the rate of depression are increased among women then the men, the occupational therapist helps to reduce the rate of depression, only a few studies have mentioned about the occupational therapy programme for patients with depressive episode.⁷

Occupational Therapist and Clinical Psychologist, have a natural affinity for one another. Both disciplines promote improved physical, psychological and functional outcomes and used together create a dynamic state of improved wellness.⁸

Therefore, in this study, evaluation done on the effectiveness of occupational therapy program for patients with Depressive episode

II. METHODOLOGY

2.1 Participants: Participants of this study were a convenience sample of patients diagnosed with depression. All patients were between ages 44-55 [Mean] age 53.6 and attended 8 weeks Occupational Therapy program.

A total of 10 patients included, 7 male and 3 female patients diagnosed with depression were participated in this study. All patients attended intervention phase of the study, for occupational therapy program.

2.2. Measures: Assessment Tool

2.2.1 Beck Depression Inventory (BDI):

Beck Depression Inventory (BDI), created by Aaron Temkin. Beck, is a Standardized assessment tool which carry 21-question multiple-choice self-report inventory, one of the most widely used psychometric tests for measuring the severity of depression.⁹

2.3 Procedure: The participants were randomly assigned for occupational therapy intervention, pre and post-test were done in front of care givers. Standardized assessment tool which includes Beck Depression Inventory (BDI) to assess the level of Depression for patients with depressive episode and intervention were provided for the duration of 8 weeks training program with appropriate treatment of occupational therapy program for patients with Depressive episode

The entire participant received intervention of 45 min each over an 8 week period, for occupational therapy intervention included, regain their social skills, teach simple coping strategies and work with them to improve their confidence and interaction skills, so they can feel comfortable with other people. Managing daily routines activities, Daily living tasks such as getting out of bed and personal care can be overwhelming

I have demonstrated techniques such as breaking down tasks into manageable steps, goal setting and problem solving, so they can feel able to do tasks such as getting out of bed and taking care of themselves. Finding support and networks emotion isolated and alone can increase depression. As we are an occupational therapist will help them overcome their sense of isolation by connecting them to community-based networks and groups.

2.4 Criteria for selection: Patients with depressive episode for both male and female were selected for this study.

2.5 Statistical Analysis:

SPSS Software was used for statistical analyses. Significance was inferred for $P < .00001$ in all

analyses. The t-test and P value were used to analyze the Beck Depression Inventory (BDI) for patients with depressive episode.

III. RESULT

The statistical analysis of Beck Depression Inventory (BDI) pre-treatment Mean value is 33.9 SD 1.3203 and post-treatment Mean value is 17.6, S.D 0.5206, t-test value of BDIs is 11.4844 and P value is < .00001.

Table: 1

This table shows Mean and SD value of Pre and Post-therapy treatment for patients with Depressive episode

	Mean value	SD
Pre –Therapy Value	44.8	1.4301
Post-Therapy Value	19.5	0.8620

Table: 2

This table shows T and P value of Pre and Post-therapy Management for patients with Depressive episode

t-value	p-value
-13.4794	< .00001

This statistical analysis shows that, there is significant difference between pre and post-therapy values of Beck Depression Scale score. Hence, it is suggested that, the level of Depression was reduced and the ADL skills were trained for patients with depressive episode.

It is observed that, the t value is greater than the table values hence, the null hypothesis is rejected. It implies that there is a significant difference in the mean values prior to and after treatment. Hence, it is concluded that, the treatment significantly leads to improvements in patients with depressive episode.

IV. DISCUSSION

The literature suggested that, the role of occupational therapy for patients with depressive episode. The purpose of this study is to find out and reduce the level of Depression and to educate and

train the Occupational Therapy Program for patients with Depressive episode. Through this study, it is observed that, there is significant difference between pre and post-therapy values of Beck Depression Scale score. Thus, occupational therapy plays a vital role for patients with depressive episode.

V. RECOMMENDATIONS

- ❖ Duration of treatment can be increase and
- ❖ Further studies may warrant to increase the sample size.

VI. CONCLUSION

Through this study, it is concluded that, the Occupational Therapy program can be used effectively as one of the interventions to reduce the level of depression, for patients with depressive episode. Therapists and other health care professional may consider Occupational Therapy interventions while treating patients with depressive episode.

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