



QC Scan for more info



قرآننا انما نقرأه في شهر رمضان  
فلا تتركوا تلاوة القرآن في هذا الشهر العظيم  
فمن تلاه في هذا الشهر من كتابه  
تجدد له قلبه وحياته  
فلا تتركوا تلاوة القرآن في هذا الشهر العظيم

# 18<sup>th</sup> Family Medicine Scientific Conference 2015

Primula Beach Hotel Kuala Terengganu

13 to 16 May 2015

“Transforming Care...Enhancing Value”

Family Medicine Scientific Conference 2015  
13 to 16 May 2015 | Primula Beach Hotel, Terengganu





# Poster Paper 1: Prevalence of Depression and Its Associated Factors among Malay Male Methadone Maintenance Therapy Patients in Selected Primary Care Clinics in Kuantan, Pahang

**Mohd Aznan MA<sup>1</sup>, Tin Myo Han<sup>2</sup>, Fa'iza Abdullah<sup>1</sup>, Nurakmal binti Mohd Sahar<sup>3</sup>, Muhammad Firdaus bin Abdul Hamid<sup>3</sup>, Muhammad Farisham binn Mohd Khanafiah<sup>3</sup>, Muhammad Syahir bin Mohamad Fauzi<sup>3</sup>, Ramzi Akram bin Mohamad<sup>3</sup>**

<sup>1</sup>Department of Family Medicine, Kulliyah of Medicine, IIUM. <sup>2</sup>Medical Statistics Unit, Kulliyah of Dentistry, IIUM. <sup>3</sup>Medical Students, Kulliyah of Medicine, IIUM

**Introduction:** Depression is one of the most common psychiatric conditions among men with methadone maintenance therapy (MMT) in Malaysia. Poor psycho-social functioning and risk of relapse to heroin use among MMT patients could be predicted based on their depression level. The treating doctors should know depression status of MMT patients to reduce the impact of depression on the individual and compliance to MMT. This study was conducted to determine the prevalence of depression and its influencing factors on methadone maintenance therapy patients

**Methods:** A cross sectional descriptive and analytical study was conducted in Kuantan, 2014. Four government methadone clinics from primary care and 82 Malay Men MMT patients were selected by two-stages sampling method. A pre-tested questionnaire was used to collect demographic and clinical characteristics data and depression status was assessed using the self-administered validated Depression and Anxiety Stress Scales 21 (DASS 21) Malay version. Fisher's exact test, "t" test, ANOVA "F" test and sample liner correlation were applied to infer significant association between depression status of the MMT patients and its influencing factors

**Results:** Prevalence of depression was 43.9% – mild (19.5%), moderate (19.5%), severe (3.7%) and extremely severe (1.2%). Recent significant life event was a significant influencing factor on depression status of the patients. The highest prevalence of depression was seen among the patients with 1-2 years MMT treatment (41.7%). Correlation between depression score and duration of MMT was higher ( $r = 0.36$ ) among the patients with recent significant life event than those without it (0.12). Significant influence of socio-demographic factors and clinical background on the depression level of patients was not found.

**Conclusion:** Depression status of MMT patients should be assessed when history of recent significant life events present to prevent poor compliance of MMT and risk of relapse to use heroin by providing timely treatment for depression.

**Keywords:** Depression, MMT patients, government Primary Care, DASS 21.