

## **SOCIAL DETERMINANTS OF DEPRESSION AMONG REPRODUCTIVE AGE WOMEN RESIDING IN KARACHI, PAKISTAN.**

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### **ABSTRACT**

**Background:** *Depression is mental illness and has become the significant health concern worldwide; this disease is severely ignored by common population because of lack of awareness specifically in developing countries like Pakistan. It is a complex phenomenon and many factors are involved in the development of this problem. Women are more vulnerable for this as compare to the men, in Pakistan the prevalence of anxiety and depression among women ranges from 30-66 %.*

**Methods:** *Community based cross sectional survey was conducted to identify the prevalence, sociodemographic and economic factors of depression among reproductive age women (15-49) years living in Gulshan-e-Iqbal and IbrahinHydari. Non probability convenient sampling technique was used for the selection of the respondents; self-reporting questionnaire (SRQ-20) was used to measure the depression.*

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**Results:** *Women in Pakistan are facing high burden of depressive disorders; the prevalence of depression in our sample was 66%. Factors positively associated with depression were personal income, reason of job, life satisfaction, continuous stress in life and quality of life. In multivariate model few indicators showed borderline association such as respondent health problem (OR: 5.2 95% CI; 0.9-30.2), dissatisfaction from the life (OR: 5.2 95% CI; 0.9-30.2) and personal income are key indicator which showing prospective effect.*

**Conclusion:** *It is concluded that the prevalence of depression in women have higher rates by SRQ. Hence there is an urgent need for increasing number of mental health surveys to see the clear picture on a border spectrum, develop strategies for early identification, management and separate budget should be allocated and utilized for mental health form the health budget.*

**Keywords:** Depression, women of reproductive age, risk factors and prevalence.