

Prevalensi depresi mayor dan faktor-faktor yang berpengaruh pada pasien epilepsi dewasa : Kajian NDDI-E versi Indonesia = The prevalence and influence factors of major depression in epilepsy using Indonesian version of NDDI-E

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Abstrak

[ABSTRAK

Latar belakang. Prevalensi depresi pada penderita epilepsi cukup besar berkisar 20-55%. Depresi menurunkan kualitas hidup pasien, memperburuk kontrol kejang, dan bahkan meningkatkan kecenderungan untuk bunuh diri. Tujuan penelitian ini untuk mengetahui prevalensi dan sebaran faktor yang mempengaruhi kejadian depresi mayor pada pasien epilepsi dewasa.

Metode Penelitian. Tujuh puluh sembilan subjek rawat jalan di Poliklinik Epilepsi RS Cipto Mangunkusumo diikutsertakan secara konsekutif pada studi observasi potong lintang. Depresi dinilai dengan The Neurological Disorders Depression Inventory for Epilepsy (NDDI-E) versi Indonesia. Faktor yang dievaluasi termasuk variabel demografi dan medis (sindrom epilepsi, frekuensi bangkitan, dan terapi OAE). Data dianalisa menggunakan chi square, mann whitney rank dan analisis regresi logistik.

Hasil. Prevalensi depresi mayor pada pasien epilepsi dewasa sebesar 50,6% dengan jumlah terbesar pada usia produktif 26-45 tahun sebanyak 52,5%. Faktor yang mempengaruhi terjadinya depresi mayor adalah frekuensi bangkitan ≥ 8 kali per tahun ($p < 0,001$) dan adanya penyakit penyerta ($p < 0,001$). Faktor lain tidak terbukti mempengaruhi terjadinya depresi mayor.

Kesimpulan. Prevalensi depresi mayor pada pasien epilepsi dewasa sebesar 50,6%. Pasien dengan kontrol kejang yang buruk, frekuensi bangkitan ≥ 8 kali per tahun, dan dengan penyakit penyerta lebih rentan mengalami depresi mayor.

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ABSTRACT

Background. The prevalence of depression in epilepsy is about 20-55%. Depression leads to poorer seizure control and quality of life also higher suicidal risk. The objective of this study were to find the prevalence and influence factors for the development of major depression in subjects with epilepsy.

Method. Seventy nine consecutive outpatients epilepsy clinic on Cipto Mangunkusumo Hospital, Jakarta were included in this cross sectional observational study. Depressive symptoms were assessed using Indonesian version of the Neurological Disorders Depression Inventory for Epilepsy (NDDI-E). Factors that evaluated were demographic and clinical variables (epilepsy syndromes, seizure frequencies and AED). Data were analyzed using chi square test, mann whitney rank and regression logistic analysis.

Result. The prevalence of major depression was 50,6% and mostly (52,5%) occurred in productive age subjects (26-45 yo). The influence factors of major depression that significant are seizure frequency ≥ 8 times a year ($p < 0.001$) and chronic disease ($p < 0,001$). Other factors were not effidence to be influence factors of major depression.

Conclusion. Major depression occurred in 50,6% subjects with epilepsy. Patient with poorer seizure control ,≥ 8 times a year, and with chronic disease were prone to have depression., Background. The

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