

Prevalence and Determinants of Depression and Anxiety among Cancer Patients: A Comprehensive Study at Shaukat Khanum Cancer Hospital, Peshawar

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OBJECTIVE

This study aims to determine the prevalence and identify the key determinants of depression and anxiety among cancer patients at Shaukat Khanum Memorial Cancer Hospital and Research Centre, Peshawar, Pakistan.

METHODS

Study Design: A retrospective, cross-sectional study.

Study Setting: Shaukat Khanum Memorial Cancer Hospital and Research Centre, Peshawar, Pakistan.

Sample Size: 808 cancer patients.

Data Source: Hospital database of patient records from January 2023 to December 2023.

Inclusion Criteria:

- Patients diagnosed with cancer.
- Patients aged 18 years or older.
- Patients who had undergone psychological assessment.

Exclusion Criteria:

- Patients with cognitive impairment.
- Patients with incomplete medical records.

Data Collection:

Data extracted from the hospital database included:

- Demographic information.
- Psychological assessment records (depression and anxiety scores).
- Information on reported stressors.

Data Analysis:

- Descriptive statistics to summarize demographic characteristics and mental health scores.
- Pearson correlation analysis to examine the relationship between depression and anxiety, and between these conditions and stressors.

PREVALANCE

■ Depression ■ Anxiety

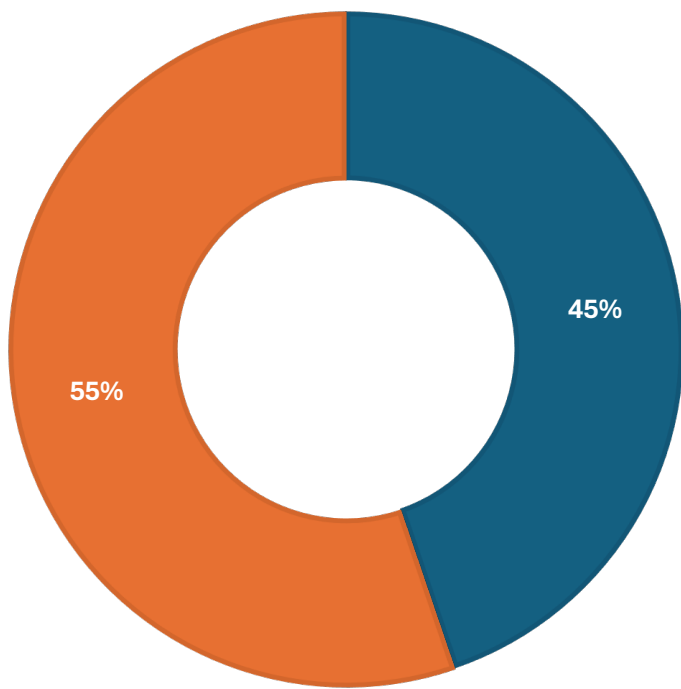
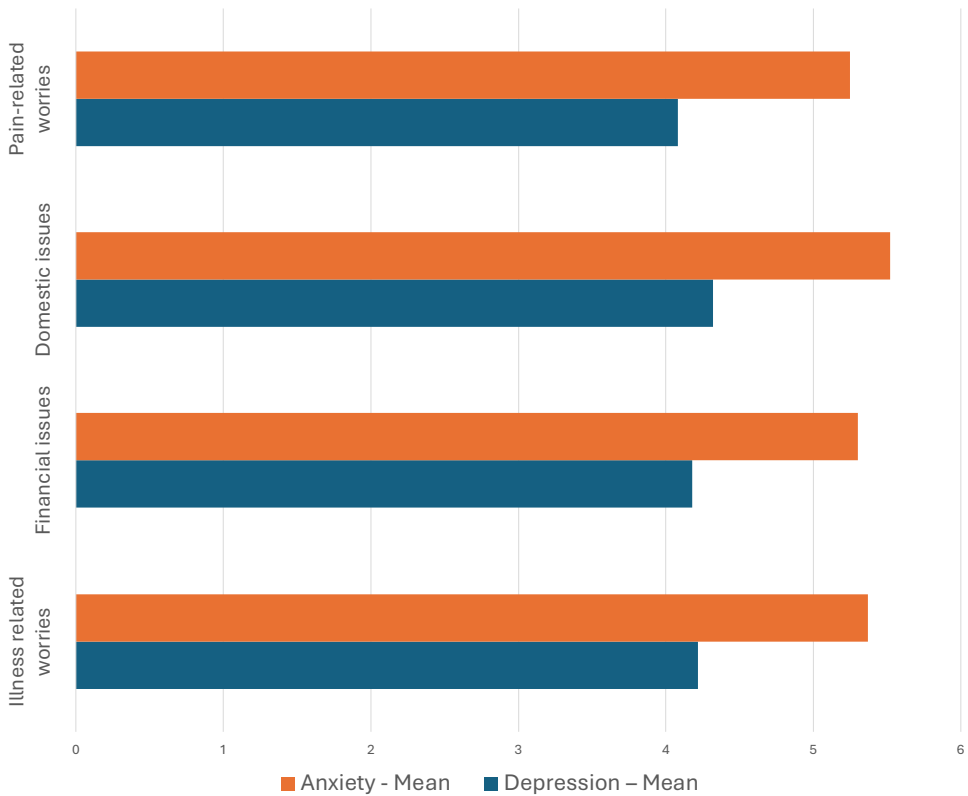


TABLE 1. MEAN DEPRESSION AND ANXIETY SCORES FOR MOST FREQUENT STRESSORS

Stressor	Depression – Mean	Anxiety - Mean
Illness related worries	4.22	5.37
Financial issues	4.18	5.3
Domestic issues	4.32	5.52
Pain-related worries	4.08	5.25
No stressors reported	3.58	4.83



RESULTS

The assessment of 808 cancer patients at Shaukat Khanum Hospital revealed a high prevalence of depression (52.3%) and anxiety (64.5%). A strong positive correlation was observed between depression and anxiety scores ($r = 0.68$, $p < 0.001$). The most frequent stressors reported by patients were illness-related worries, financial issues, and domestic issues. These stressors were significantly associated with both depression and anxiety ($p < 0.05$). Notably, patients who did not report any stressors had significantly lower depression and anxiety scores compared to those who did report stressors ($p < 0.05$).

CONCLUSION

This study highlights the significant prevalence of depression and anxiety among cancer patients at Shaukat Khanum Hospital in Peshawar. The identification of psychological stressors, including, illness-related worries, financial concerns, and domestic issues as significant contributors to both depression and anxiety emphasizes the multifaceted nature of psychological distress in cancer patients. These findings have important implications for clinical practice. Routine screening for depression and anxiety should be integrated into cancer care to facilitate early detection and intervention. Moreover, a holistic approach addressing not only the physical aspects of cancer but also the psychological and social needs of patients is crucial. By acknowledging and addressing the various stressors faced by cancer patients, healthcare providers can improve their overall well-being and quality of life.