

Prevalence of Depression Among Patients Diagnosed with Brain Tumours: a Sri Lankan Experience

S.W. Kotalawala¹, K.G.C.L. Kapugama², B.J. Mendis³, N. Dolawaththa³

¹University Psychiatry Unit, Lady Ridgeway Hospital for Children, Colombo, Sri Lanka ; ²University Psychiatry Unit, North Colombo Teaching Hospital Ragama, Ragama, Sri Lanka ; ³Psychiatry Unit, National Institute of Mental Health Angoda, Angoda, Sri Lanka

Objectives

To determine the prevalence of depression among patients diagnosed with brain tumours admitted to neurosurgery units at National Hospital of Sri Lanka, Colombo.

Methods

A descriptive cross sectional study. A sample of 50 inward patients with brain tumours at Neurosurgery units, National Hospital of Sri Lanka were interviewed using a self administered questionnaire to assess the presence and severity of depression (validated Sinhala version of Beck Depression Scale) which was followed by a clinical interview to confirm the results.

Results

Twenty eight (56%) were males. Mean age was 45.7 years (Range 22-71). Most encountered tumour locations in the sample were frontal lobe (n=7, 14%), temporal lobe (n=6, 12%) and cerebropontine angle (n=6, 12%). Most common tumour types in the sample were meningiomas (n=15, 30%) and glioblastomas (n=6, 12%). 24% (n=12) of patients had mild depression; 18% (n=9) had moderate depression; 4% (n=2) had severe depression. 54% (n=27) of patients did not have depression.

Conclusions

A significant proportion of patients with brain tumours had depression. Every patient diagnosed to have a brain tumour should undergo psychiatric evaluation in the course of their treatment and if they have symptoms of Depression need to treat it vigorously.