

Depression, Anxiety, Hopelessness and Self-esteem in a Clinical Sample of Adolescents in Kosovo

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Aim of the study

The present study aims to assess the prevalence of depression and anxiety in a clinical sample of adolescents and also examine the relationship between depression levels, anxiety, hopelessness, and self-esteem.

Methodology

It is a cross-sectional correlational study conducted in a clinical sample of 91 adolescents ($M_{age}=14.56$, $SD=2.376$) referred in the Mental Health Unit for Children and Adolescents in Prizren. The measures used include The Revised Children Manifest Anxiety Scale , Depression Self-Rating Scale for Children, Self-esteem Rosenberg Scale dhe Hopelessness Children Scale (Kazdin).

Results

Results showed a prevalence rate of 28.6% for depression (26 cases) and 31.9% for anxiety (29 cases). Low self-esteem was prevalent at a rate of 48.3% (42 cases) and hopelessness at a rate of 18.4% (16 cases). Depression correlates positively with age ($r=.284$, $p<.006$), hopelessness ($r=.460$, $p<.000$) and anxiety ($r=.659$, $p<.00$). The logistic regression by gender, age, residence, hopelessness, self-esteem, and anxiety for predicting depression, produced a significant model $X^2(6,N=91) =34.159$, $p<.000$, which classified correctly 80.1 % of the cases. However, out of all variables only anxiety levels contributed significantly to the model (odds ratio = 1.327). The logistic regression on the same variables (plus depression) for predicting anxiety resulted in a significant model, $X^2(6,N=91) =32.097$, $p<.000$ (variance 30.9 – 42.8 %) and classified correctly 77 % of the cases. Only depression contributed significantly to the model (odds ratio=1.211).

Conclusions

The best predictor for depression levels are anxiety levels, and vice versa. These findings have important practical implications for clinical work.