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# Post-stroke depression: prevalence and relationship with disability in chronic stroke survivors.

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### Abstract

**OBJECTIVES:** To evaluate (1) the prevalence of operationally defined depressive disorder (ICD-10) in chronic stroke subjects and (2) the relationship of post-stroke depression (PSD) with disability.

**DESIGN:** Cross-sectional, descriptive study.

**SETTING:** Neurological rehabilitation unit of a tertiary care university research center.

**MATERIALS AND METHODS:** Participants were those with first episode of supratentorial stroke of more than 3 months' duration with impaired balance and gait who had been referred for rehabilitation. Data were collected on demographic data, stroke data (side and type of lesion and post-stroke duration), cognition (mini mental state examination), depressive ideation (Hamilton Depression Rating Scale - HRDS), impairment (Scandinavian Stroke Scale), balance (Berg Balance Scale), ambulatory status (Functional Ambulation Category), walking ability (speed), and independence in activities of daily living (Barthel Index). Statistical analysis was done using SPSS 13.0. We carried out the chi-square test for ordinal variables and the independent t test for continuous variables.

**RESULTS:** Fifty-one patients (M:F: 41:10) of mean age 46.06 +/- 11.19 years and mean post-stroke duration of 467.33 +/- 436.39 days) were included in the study. Eighteen of the 51 participants (35.29%) met the criteria for depression. Demographic variables like male gender, being married, living in a nuclear family, urban background, and higher HRDS score were significantly correlated with PSD ( $P < 0.05$ ). Depression was related to functional disability after stroke but to a statistically insignificant level ( $P > 0.05$ ) and was unrelated to lesion-related parameters.

**CONCLUSION:** Depression occurs in one-third of chronic stroke survivors and is prevalent in subjects referred for rehabilitation. PSD is related primarily to demographic variables and only to a lesser extent to functional disability following stroke.