



Tehran University of Medical Science

International Campus

Nursing and Midwifery School

M.Sc. Thesis

**Survey of the Correlation between Adherence to Treatment and
Depression in Patients Undergoing Hemodialysis in Misan Governorate
(Iraq) 2023-2024**

**“A thesis submitted as partial fulfillment of the requirement for
Master of Science (MSc) Degree”**

In

Psychiatric Nursing

By

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Abstract

Background: The most prevalent psychological condition in people with End Stage Renal Disease (ESRD) is depression. Depression is linked with a lack of adherence to hemodialysis (HD) treatment regimens and higher morbidity and mortality.

Methodology: Across-sectional, descriptive, correlational study design was used at AlShahid Al Sadder Teaching Hospital, Hemodialysis Unit. A probability (random) sampling method of (132) renal failure patients were selected from hemodialysis unit at Misan Governorate. A questionnaire was consisted of three parts; the first part concerning the socio demographic characteristics of patients; the second part was End-stage Renal Disease Adherence Questionnaire (ESRD-AQ); and the third part of the questionnaire was Beck's Depression Inventory (BDI) ; Statistical data was analyse by SPSS software version 26.

Results: A total of 132 patients participated in the study, the mean age of participants was 48.87 ± 13.95 , and a majority of patients with end stage renal disease were female at 55.3% (73 patients) and their residency was 62.9% (83 patients) of the participants reside in urban areas. largest group at 67.4% (89 patients) were married, And the educational levels at 34.1% being able to read and write, a majority occupational group at 52.3% of the participants was free work, the a monthly income at (52.3%) have of 300 thousand IQD or less in hemodialysis patients. The study revealed a high level of treatment adherence among patients (mean = 965.91, SD = 297), which falls within the good adherence range (600-1200). Depression levels indicated borderline clinical depression (mean = 18.40, SD = 9.61). A significant inverse correlation was found between treatment adherence and depression levels (Spearman's $\rho = -0.310$, $p < 0.000$), suggesting higher adherence is associated with lower depression levels.

Conclusions and recommendations: The results demonstrated a significant negative correlation between depression levels and adherence to treatment among hemodialysis patients in Misan Governorate, Iraq. The study's findings suggest that increased adherence to hemodialysis treatment is associated with lower levels of depression. Based on these insights, it is recommended that healthcare strategies in Misan Governorate should include comprehensive mental health support alongside treatment adherence programs.

Keywords:

Hemodialysis Adherence, Depression in Chronic Illness, Patient Compliance, Hemodialysis.