

Depression among Renal Transplant Recipients in Pakistan

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The present study aimed to investigate if depression increases with time post transplant. The study was carried out on 146 renal transplant recipients with a mean age of 33.96, post transplant period ranging from 1-5 years and a successfully working graft. & Powers, Demographic & Medical proformas and Assessment measures included, B.D.I.II (Beck Depression Inventory II), Quality of life Index-Kidney transplant version by Ferrens laboratory reports. The sample was studied for finding associations and extent of influence of demographic and clinical variables on self reports of depression. The findings indicated that most recipients reported minimum to mild level of depression after having a kidney transplant. Sociodemographic factors including young age, being married, male gender, and higher education level were found to be associated with lower levels of depression.

Keywords: Renal transplant, depression, kidney diseases, quality of life