



Depressive Symptoms in the Ageing Male Population Residing in Old Age Homes and with their Families in Punjab State

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KEYWORDS Body Composition. Depression. Old Age Home. Obesity. Waist Circumference

ABSTRACT The present study envisaged to estimate prevalence of depressive symptoms and associated risk factors in 400 male subjects (200 old age home based subjects and 200 family based subjects) aged 60 years and above. Depressive symptoms were prevalent in 68.5 percent of old age home based subjects and 31.5 percent of family based subjects. Among the former, being normal weight ($B=-1.22$, $p<0.01$), overweight ($B=-1.48$, $p=0.01$) and higher educational status ($B=-3.30$, $p<0.001$) were associated negatively, while systolic blood pressure >120 mmHg and having a male child ($B=0.92$, $p=0.03$) were associated positively with depressive symptoms. In family based subjects, being overweight ($B=-1.98$, $p<0.001$), obese ($B=-1.73$, $p<0.01$) and having a male child ($B=-1.34$, $p<0.01$) were associated negatively with depressive symptoms. Underweight male elderly were at highest risk of depressive symptoms. The association of having a male child with depressive symptoms pointed towards the importance of children support in later life.