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The prevalence of depression among diabetic patients in Ethiopia: A systematic review and meta-analysis, 2018

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Background: Diabetes Mellitus is a chronic metabolic disorder characterized by hyperglycemia. Depression is one of the major important public health problem that often co-morbid with diabetes. Despite of the huge effect of co-morbid depression and diabetes, the overall pooled prevalence of depression among diabetic patient in the country level remain unknown. Therefore, the objective of this systematic review and meta-analysis is to estimate the pooled prevalence of depression among patients with diabetes mellitus in Ethiopia.

Method: Data extraction was designed in accordance with the Preferred Reporting Items for Systematic reviews and Meta-Analyses (PRISMA) guidelines. Studies were accessed through electronic web-based search from PubMed, Cochrane Library, Google Scholar, Embase and PsycINFO. All statistical analyses were done using STATA version 11 software using random effects model. The pooled prevalence was presented in forest plots.

Results: A total of 9 studies with 2944 participants included in this meta-analysis and the overall pooled estimated prevalence of depression among diabetic patients in Ethiopia was 39.73 % (95% CI (28.02%, 51.45%)). According to subgroup analysis the estimated prevalence of depression in Addis Ababa was 52.9% (95% CI: 36.93%, 68.88%) and in Oromia region was 45.49% (95% CI: 41.94,49.03%).

Conclusion: The analysis revealed that the overall prevalence of co morbid depression among diabetic patients in Ethiopia was high. Therefore, ministry of health should design multi- sectorial approach and context specific interventions that address this co-morbid depression in this specific group as well as general population.

Keywords: Diabetes, Depression, Co-morbidity, Ethiopia.

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