

## **Predictors of depression among caregivers of disabled children in community based rehabilitation centres in Selangor**

### **ABSTRACT**

**Background:** Disabled children caregivers face challenges in their daily life as being a caregiver is not an easy task especially towards activities of daily living of dependent children. This study was carried out to determine predictors of depression among caregivers of disabled children.

**Materials and Methods:** A cross-sectional study was conducted among caregivers of disabled children attending Community Based Rehabilitation (CBR) centres in four randomly selected districts in Selangor. Data were obtained using self-administered questionnaire. Depression was screened using DASS-21 questionnaire. All collected data were analysed using IBM Statistical Package for Social Science (SPSS) version 21, involving descriptive and multivariate analysis.

**Results:** Response rate was 81% with a total of 348 respondents. Prevalence of depression was 21% in this study. Predictors for depression were caregivers level of education (AOR = 3.64, 95%CI=1.42-9.30), disabled child attainment of other education (AOR = 2.16, 95%CI= 1.06 - 4.42), financial assistance received (AOR =0.39, 95%CI= 0.29-0.93) and maladaptive coping strategy (AOR = 1.22, 95%CI= 1.13-1.31).

**Conclusion:** This study showed that caregivers education level, coping strategy and financial support play an important role in developing depression. Thus these caregivers need a supportive circle for them to prevent depression in their life which could affect quality of care of their disabled children.

**Keyword:** Caregivers; Disabled child; Coping; Depression; Psychological effects