Prevalence and predictors of depressive symptoms among caregivers of children with attention-deficit/hyperactivity disorder attending a tertiary care facility: a cross-sectional analytical study from Muscat, Oman

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ABSTRACT

A number of studies suggested that the rates of depression in EuroAmerican populations are higher among caregivers of children with attention-deficit/hyperactivity disorder (ADHD) than typically developing children. There is a dearth of studies in this field among non-Western populations. This study attempts to explore the depressive symptoms’ prevalence and predictors among a systematic random sample of caregivers of children with a diagnosis of ADHD who sought consultation from a child and adolescent mental health services unit in Muscat. The prevalence and predictors of depressive symptoms were quantified using the Patient Health Questionnaire-9. Results showed that depressive symptoms are common among caregivers of children with ADHD in Oman. A binary regression analysis revealed that low income, being the only caregiver in the family and hyperactive/impulsive and combined types of ADHD were significant predictors of depression.