

Title: Prevalence and Correlates of Geriatric Depression: A Community-Based Cross-Sectional Study in Bangladesh

Author names: Md. Biplob Hossain, Md. Imdadul Haque, Md. Monir Hossain Shimul, Rebeka Jesmin Sarker, Syed Nazmus Sakib, Ajahar Islam Hridoy, Kausar Ahammed Nishat, Foysal Ahmed

Abstract: Objectives This study aimed to estimate the prevalence of geriatric depression and identify its associated socio-demographic, lifestyle, health, and psychosocial determinants among community-dwelling older adults in Bangladesh. Methods A community-based cross-sectional study was conducted between April and December 2024 among 719 adults aged ≥ 60 years, selected by multistage random sampling across four administrative divisions. Data were collected using interviewer-administered questionnaires. Depression was assessed using the GDS-15 (cut-off ≥ 5). Logistic regression models were applied to identify determinants, and adjusted odds ratios (AORs) with 95% confidence intervals (CIs) were reported. Results The prevalence of geriatric depression was 35.2%. Poor family bonding (AOR = 6.580, 95% CI = 3.540–12.210, $p < 0.001$), financial instability (AOR = 3.660, 95% CI = 2.550–5.260, $p < 0.001$), dissatisfaction with lifestyle (AOR = 3.590, 95% CI = 2.240–5.770, $p < 0.001$), and daily life stress (AOR = 3.640, 95% CI = 2.560–5.190, $p < 0.001$) were significant predictors. Comorbidities, lack of regular exercise, mobility, and hearing problems also increased depression risk.

Keywords: Bangladesh geriatric depression mental health older adults

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