Title: Prevalence of Depression and its Associated Factors among Higher Socio-Economic Married Working Women in Bangladesh

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Abastact: Mental health challenges among working women are increasingly recognized as critical human rights concerns that cut across geographical, cultural, and socioeconomic contexts. This study examined the prevalence and associated factors of depression among higher socioeconomic, married working women in Bangladesh. MethodsA cross-sectional study was conducted among 560 married working women employed in various organizations in Dhaka City between June and November 2023. Data were collected using a semi-structured questionnaire, and depressive symptoms were assessed using the CES-D Scale. Multivariable logistic regression analysis was performed to examine factors associated with depressive symptoms. Adjusted odds ratios (AORs) with 95% confidence intervals were reported.ResultsThe mean age of participants was 35.66 ± 4.77 years. The prevalence of depression was 27.7%, of which 11.6% reported severe depressive symptoms and 16.1% reported moderate depressive symptoms. The likelihood of poor mental health was significantly higher among women who were consistently overloaded with work (AOR=10.919, 95% CI 1.313-90.819), those whose family members expected them to perform household tasks equivalent to non-working women (AOR=9.369, 95% CI 1.077-81.525), and those experiencing challenges from family, relatives, or neighbors regarding their employment (AOR=8.180, 95% CI 3.663-18.268). Unfavorable working conditions, excessive workload, limited organizational support, and inadequate family support were also associated with depressive symptoms.

Keywords: Married Working Women Socio-economic Depression Mental Health Public Health Bangladesh

https://doi.org/10.1016/j.jadr.2026.101062