International Journal of Nursing & Midwifery Research
Volume 9, Issue 1&2 - 2022, Pg. No. 9-16
Peer Reviewed & Open Access Journal

Research Article

Correlation between Hopelessness and Depression among Cancer Patients Admitted in Various Oncology Departments at Sheri Kashmir Institute of Medical Science Soura Srinagar Kashmir

Arshid Bashir Malik[1], Zareefa Bano[2], Suby Annu[3], Mubeena Akhter[4], Ishrat Yaqoob[5], Zahida Bano[6], Bisma Manzoor[7]

[1,4,5,6,7]M.Sc, Medical Surgical Nursing Students, Mader Meharban Institute of Nursing Science and Research, SKIMS, Soura Srinagar Jammu and Kashmir, India.
[2]Assistant Professor, Department of Paediatric Nursing, Mader Meharban Institute of Nursing Science and Research, SKIMS, Soura Srinagar Jammu and Kashmir, India.
[3]Tutor, Department of Medical Surgical Nursing, Mader Meharban Institute of Nursing Science and Research, SKIMS, Soura Srinagar Jammu and Kashmir, India.
DOI: https://doi.org/10.24321/2455.9318.202202

I N F O

Corresponding Author:
Arshid Bashir Malik, Department of Medical Surgical Nursing Students, Mader Meharban Institute of Nursing Science and Research, SKIMS, Soura Srinagar Jammu and Kashmir, India.
E-mail Id:
saazarshid@gmail.com
Orcid Id:
https://orcid.org/0000-0002-9728-7188
How to cite this article:
Malik AB, Bano Z, Annu S, Akhter M, Yaqoob I, Bano Z, Manzoor B. Correlation between Hopelessness and Depression among Cancer Patients Admitted in Various Oncology Departments at Sheri Kashmir Institute of Medical Science Soura Srinagar Kashmir. Int J Nurs Midwif Res. 2022;9(1&2):9-16.

Date of Submission: 2022-06-17
Date of Acceptance: 2022-08-10

A B S T R A C T

Introduction: Hopelessness and depression are the most psychological distress experienced by patients with cancer. A cancer diagnosis can affect the emotional health of patients, families, and caregivers.

Results: Mean± SD of hopelessness score was 10.54±4.21 most of the study subjects (49%) had moderate hopelessness. mean± SD of depression score was 24.58±9.867 most of the patients (32%) had moderate depression followed by 28% had severe depression, a positive correlation was found between level of hopelessness and level of depression i.e., r=0.934, p=<0.001, and no association was found between hopelessness and depression with sociodemographic variables such as age, gender, marital status, occupation, social support, duration of illness at p>0.05 level of significance.

Conclusion: The study concluded that most of cancer patients have hopelessness and depression. Recommendations, Improving the psychological and emotional status for cancer patients of all types by nursing staff, especially after taking chemotherapy treatment. Coordinate between oncology center and the department of psychiatry for counselling to reduce hopelessness and depression among cancer patients.

keywords: Hopelessness, Depression, Cancer, Cancer Patients, Correlation

Sample Copy

Copyright (c) 2022: Author(s). Published by Advanced Research Publications

Introduction

Cancer is a major burden of disease worldwide. Each year, tens of millions of people are diagnosed with cancer around the world, and more than half of the patients eventually die from cancer. Cancer affects the patients physical, psychological and social wellbeing. Cancer patients face a lot of complications of the disease, side effects of chemotherapy and radio therapy. The diagnosis of cancer is a significant stressor. Clinical observation and researches suggest that cancer patients are generally stressed, depressed and have anxiety, so nurses need to understand the impacts of hopelessness and depression on health and mental status of cancer patients.[1] Cancer is itself a stressful event in life that affects the patients psychological and physiological aspects of life, it also affects the physical, emotional, social and mental functioning of cancer patient's life.

Hopelessness is an emotion characterised by lack of hope, passion and optimism. An individual who feels hopeless may have no expectation of future improvement. Hopelessness may not always occur with a particular condition, but no matter what the cause, feelings of hopelessness can be devastating. Not only does the emotion compromise an individual's sense of well-being and stability, it may also rob a person of the motivation required to utilize available resources or seek help.[2]

Depression is defined as a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects the feel, think and behave and can lead to a variety of emotional and physical problems. There may be trouble doing normal day to day activities, and sometimes one may feel as if life is not worth living. Feeling of depression are common when patients and family members are coping with cancer. Sometimes symptoms of anxiety and distress can go along with depression. Some physical problems such as tiredness, poor appetite and sleep changes can also be side effects of cancer treatment. Managing depression in people with cancer include counselling, medication or combination of both. These treatments improve the depression, reduce the suffering and help the person with cancer have a better quality of life.[3]

A cancer diagnosis can affect the emotional health of patients, families, and caregivers. Common feelings during this life-changing experience include anxiety, distress, hopelessness and depression. Cancer care often provides biomedical treatment, but fails to address the psychosocial (psychological and social) problems associated with the illness. Patients need support, coping with a range of distressing emotions such as anxiety, hopelessness, depression, and confusion.[11] Patients with cancer experience depressive symptoms and sense of hopelessness. Patients with cancer feel agony and distress, and certain factors which enhance patient's agony are acceptance of disease condition, non-availability of family support, social support, poor financial condition, and inability to perform activities of daily living. So the researcher felt that there is the need of a study on hopelessness and depression among cancer patients and determinants in terms of socio demographic variables.

Sahin ZA, Tan M, Polat H,[7] 2013 conducted a descriptive survey study on hopelessness, depression, and availability of social support with end-of-life among 216 cancer patients in Turkey. Results showed that mean age of the patients was 45.3 ±1.3 (range= 23-86 years), (63.5%), were male and (77.4%) were married and 45.7% were from villages., 48.9% had duration of disease below 1 years. 47.9% patients had moderate depression (23.03±2.45). The mean score of hopelessness was also significant with gender, marital status, education, place of residence, stage of disease and treatment ($p<0.05$. The mean score of depression was also significant with stage of disease, treatment, duration of disease ($p <0.05$) and no significant relationship was found between the gender, education, marital status, place of residence and depression score ($p>0.05$).

Yildirim Y, Sertoz OO, Uyar M, Fadiloglu C, Uslu R,[5] 2009 conducted a study on hopelessness on cancer patients, the relationship of hopelessness with psychological and disease related outcomes. A sample of 95 cancer patients were taken for study from hospitalized patients for cancer treatment in a hospital in a Turkey. The mean hopelessness score was 5.20±4.39. there were significant differences in terms of hopelessness between the patients who had metastasis and pain as compared with those without metastasis and pain ($p=0.05$). There was also significant correlation between hopelessness and depression ($r=0.721$; $p<0.001$). The findings also revealed that independent predictors of hopelessness were depression score and the presence of metastasis ($F=55.133$; $p=<0.001$). The findings suggest that levels of hopelessness among cancer patients with pain and metastasis are higher than among those without pain and metastasis, and the severity of pain, anxiety, and depression is positively correlate with hopelessness level.

Objectives

The objectives of study were:

1. To assess the level of hopelessness among the cancer patients.
2. To assess the level of depression among the cancer patients.
3. To find correlation between hopelessness and depression among cancer patients.
4. To find association between the level of hopelessness and level of depression among cancer patients with

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202

their selected socio demographic variables i.e., age, gender, marital status, educational qualification, occupation, place of residence, economic dependence, social support, duration of illness, access to health care facilities.

Methodology

A quantitative research approach with descriptive design was selected to carry out this study. Permission was obtained from the concerned authorities of Mader-e-Meharban Institute of Nursing Sciences and Research (MMINSR), SKIMS, Soura, Srinagar to conduct the final study. Ethical clearance was obtained from Institutional Ethics Committee (IEC), SKIMS. Permission was also accorded from the concerned authorities [Medical Superintendent (SKIMS) and HOD (Oncology department, SKIMS)] of the hospital to conduct the study through total enumerative sampling on selected 100 cancer patients. Permission was also obtained by taking informed consent individually from each cancer patients, prior to his/ her inclusion as sample in the study. Privacy, confidentiality, and anonymity were being guarded. After seeking permission to conduct the study, data was collected from 100 cancer patients of various oncology departments, SKIMS who were above 21 years of age and not critically ill. From 11th may to 10th June 2022. The data were collected by self-structured proforma for socio-demographic variables and standardized tool of Becks hopelessness scale and Beck's depression inventory, 10 items for socio demographic variables 20 items for Beck's hopelessness scale and 20 items for Beck's depression inventory, respectively through interview schedule. To determine the content validity, the tool (self-structured proforma and standardized tool) along with the objectives of the study, content validity certificate, and evaluation criteria were submitted to 10 research experts and clinicians specialized in the concerned field. Suggestions and recommendations given by the experts were accepted and necessary corrections were done to modify the tool. The reliability of the self-structured proforma and standardized tool was determined by 'Inter-rater method'. Reliability computed for assessing sociodemographic variables was "r"=0.91 and for beck hopelessness scale was "r"= 0.91 and for beck depression inventory was "r"=0.89.

Results

Most of the study subjects 54% were males, 39% were in age group of 45-60 years of age, 89% were married, 38% were illiterate, 37% were home makers (including housewives), 72% were from rural areas, 70% were economically dependent, 79% had availability of social support, and 76% had duration of illness below 2 years Table 1.

Most of the subjects 49% had moderate hopelessness, 25% had mild hopelessness, 20% had severe hopelessness and 6% were normal Table 2.

Table 1.Distribution of Cancer Patient by Socio-Demographic and Clinical Variable

N=100

Variables	Opts	Pct (%)	Freq. (f)
Age	21-35 years	15.0%	15
	36-50 years	34.0%	34
	51-65 years	39.0%	39
	66-80years	12.0%	12
Gender	Male	54.0%	54
	Female	46.0%	46
Marital Status	Married	89.0%	89
	Unmarried	2.0%	2
	Divorced	2.0%	2
	Widow/widower	7.0%	7
Educational Qualification	Illiterate	38.0%	38
	Middle	17.0%	17
	Secondary/ Higher secondary	26.0%	26
	Graduation and above	19.0%	19
Occupation	Labourer	16.0%	16
	Self-employed	25.0%	25
	Govt employee/ private employee	22.0%	22
	Home maker	37.0%	37
Place of Residence	Rural.	72.0%	72
	Urban	28.0%	28
Economic Dependence	Dependent	70.0%	70
	Independent	30.0%	30
Social Support	Available	79.0%	79
	Not available	21.0%	21
Access to Health Care Facilities	Available	46.0%	46
	Not available	54.0%	54
Duration of Illness	below 2 years	76.0%	76
	Above (>) 2 years	24.0%	24

Table 2.Distribution of Patients According to Hopelessness Score

N=100

Criteria Measure of Hopelessness Score		
Level of Scores	**Freq. (f)**	**Pct %**
Severe. (15-20)	20	20%
Moderate. (9-14)	49	49%
Mild. (4-8)	25	25%
Normal. (0-3)	6	6%

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202

Most of study subjects 32% had moderate depression followed by 28% had severe depression, 15% had mild mode disturbance, 10% had borderline depression 9% were normal and 6% had extreme depression Table 3.

Table 3.Distribution of Study Subjects According to Depression Score

N=100

Criteria Measure of Depression Score		
Level of Scores N=100	**frequency (f)**	**Percentage %**
Extreme Depression. (41-60)	6.0	6%
Severe Depression. (31-40)	28.0	28%
Moderate Depression. (21-30)	32.0	32%
Borderline Clinical Depression. (17-20)	10.0	10%
Mild Mood Disturbance. (11-16)	15.0	15%

A significant positive correlation between hopelessness score and depression score was found i.e., r= 0.934 with a p-value, p=<0.00. The mean± SD of hopelessness score was 10.54±4.21 and the mean± SD of depression score was 24.58±9.867 Table 4.

Table 4.Correlation between Level of Hopelessness and Level of Depression

N=100

Pearson's Correlation	**Pair**	
	Depression	**Hopelessnes**
Mean	24.58	10.54
SD	9.867	4.210
N	100	
Correlation	0.934	
Table-value	0.197	
P-value	<0.001	
Result	Significant	

A significant association was found between the hopelessness and socio demographic variable i.e. access to health care facilities. (p=0.000) at p ≤0.05level of significance. While as no significant association was found with other socio demographic variables such as age (p= 0.652), gender (p=0.908), marital status, (p=0.641), educational qualification (p=0.528), occupation (p=0.354), place of residence (p=0.429), economic dependence (p=0.229), social support, (p=0.169), and duration of illness, (p= 0.127) at p>0.05 level of significance Table 5.

Table 5.Association of Hopelessness Scores and Socio Demographic Variables

N=100

Demographic Data		**Levels (N=100)**				**Association with Hopelessness Score**				
Variables	**Opts**	**Severe**	**Moderate**	**Mild**	**Normal**	**Chi-test**	**P-value**	**df**	**Table Value**	**Result**
Age	21-35 years	3	6	5	1	6.856	0.652	9	16.919	NS
	36-50 years	9	14	10	1					
	51-65 years	6	23	8	2					
	66-80years	2	6	2	2					
Gender	Male	10	26	15	3	0.547	0.908	3	7.815	NS
	Female	10	23	10	3					

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202

Marital Status	Married	17	42	25	5	6.962	0.641	9	16.919	NS
	Unmarried	0	2	0	0					
	Divorced	1	1	0	0					
	Widow/widower	2	4	0	1					
Educational Qualification	Illiterate	7	22	8	1	8.056	0.528	9	16.919	NS
	Middle	4	9	2	2					
	Secondary/Higher secondary	6	9	10	1					
	Graduation and above	3	9	5	2					
Occupation	Labourer	3	12	1	0	9.961	0.354	9	16.919	NS
	Self-employed	4	9	10	2					
	Govt employee/ private employee	5	9	6	2					
	Home maker	8	19	8	2					
Place of Residence	Rural.	13	39	16	4	2.765	0.429	3	7.815	NS
	Urban	7	10	9	2					
Economic Dependence	Dependent	12	39	15	4	4.321	0.229	3	7.815	NS
	Independent	8	10	10	2					
Social Support	Available	13	38	23	5	5.040	0.169	3	7.815	NS
	Not available	7	11	2	1					
Access to Health Care Facilities	Available	8	14	18	6	20.129	0.000	3	7.815	S
	Not available	12	35	7	0					
Duration of Illness	below 2 years	15	33	23	5	5.708	0.127	3	7.815	NS
	Above (>) 2 years	5	16	2	1					

S= Significant (p= ≤0.05), NS=Nonsignificant (p> 0.05)

Table 6.Association of Depression Score with Socio Demographic Variables

N=100

Demographic Data		Levels (N=100)						Association with Depression Score				
Variables	**Opts**	**Extreme Depression**	**Severe Depression**	**Moderate Depression**	**Borderline Clinical Depression**	**Mild Mood Disturbance**	**Normal**	**Chi-test**	**P-value**	**df**	**Table Value**	**Result**
Age	21-35 years	1	4	5	4	0	1	18.288	0.248	15	24.996	NS
	36-50 years	3	12	7	3	7	2					
	51-65 years	2	8	16	3	7	3					
	66-80years	0	4	4	0	1	3					
Gender	Male	5	11	18	6	8	6	5.313	0.379	5	11.070	NS
	Female	1	17	14	4	7	3					

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202

Marital Status	Married	5	24	27	10	15	8	6.196	0.976	15	24.996	NS
	Unmarried	0	1	1	0	0	0					
	Divorced	0	1	1	0	0	0					
	Widow/ widower	1	2	3	0	0	1					
Educational Qualification	Illiterate	3	12	13	3	4	3	13.878	0.535	15	24.996	NS
	Middle	1	5	7	2	0	2					
	Secondary/ Higher secondary	2	8	5	4	6	1					
	Graduation and above	0	3	7	1	5	3					
Occupation	Labourer	2	5	8	0	1	0	21.273	0.128	15	24.996	NS
	Self-employed	1	5	6	4	4	5					
	Govt employee/ private employee	2	4	6	2	7	1					
	Home maker	1	14	12	4	3	3					
Place of Residence	Rural.	4	20	26	8	10	4	5.366	0.373	5	11.070	NS
	Urban	2	8	6	2	5	5					
Economic Dependence	Dependent	3	22	25	8	6	6	10.081	0.073	5	11.070	NS
	Independent	3	6	7	2	9	3					
Social Support	Available	3	18	27	10	13	8	10.973	0.052	5	11.070	NS
	Not available	3	10	5	0	2	1					
Access to Health Care Facilities	Available	2	11	7	6	11	9	24.259	0.000	5	11.070	S
	Not available	4	17	25	4	4	0					
Duration of Illness	Below 2 years	5	20	22	8	13	8	3.263	0.660	5	11.070	NS
	Above (>) 2 years	1	8	10	2	2	1					

S= Significant (p=≤0.05), NS=Nonsignificant (p> 0.05)

The findings revealed that there was a significant association between the level of depression and socio demographic variable i.e. access to health care facilities. (p=0.000) at p ≤0.05level of significance. While as no significant association was found with other socio demographic variables such as age (p=0.248), gender (p=0.379), marital status, (p=0.976), educational qualification (p=0.535), occupation (p=0.128), place of residence (p=0.373), economic dependence (p=0.073), social support, (p=0.052), and duration of illness, (p=0.660) at p> 0.05 level of significance Table 6.

Discussion

The hopelessness and depression were assessed and to find correlation between hopelessness and depression among cancer patients in this study. Most of the subjects 49% had moderate level of hopelessness and 32% had moderate level of depression followed by 28% had severe level of depression these findings were supported by Havva Tel, Hatice Tel, Oezlem[4] 2009 42.7% had moderate hopelessness and Naseri N, Taleghani F,[8] 2018 27.5% had moderate

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202

depression. A positive correlation was found between level of hopelessness and level of depression i.e., r=0.934, p= <0.001, the results were supported by Yildirim Y, Sertoz OO, Fadiloglu C, Uslu R[5] (r=0.721 and p=0.001).

Most of the subjects were 54% were males, 76% were had duration of illness below 2 years, these findings were consistent with,[4] most of the subjects 39% of were in the age group of (51-65) years, and majority of the study subjects 89% were married, these findings are consistent with,[6] 38% were illiterates, 72% of the patients reported to be residing in rural area these findings are consistent with[7] 79%, had availability of social support, this finding is consistent with.[8]

A significant association between the hopelessness and socio demographic variable i.e. access to health care facilities. (p=0.000). While as no significant association was found with other socio demographic variables such as age (p= 0.248), gender (p=0.379), marital status, (p=0.976), educational qualification (p=0.535), occupation (p=0.128), place of residence (p=0.373), economic dependence (p=0.073), social support, (p=0.052), and duration of illness, (p= 0.660) with hopelessness. These findings are consistent with Havva Tel, Hatice Tel, Oezlem,[4] 2009 age (p=0.067), marital status, educational level, duration of illness or diagnosis with hopelessness were (p>0.05). There was statistical significance with the gender (female, p<0.05). Arslan S, Celebioglu A, Tezel A,[9] 2009 sex (p=0.159), marital status (p=0.620), place of residence (p =0.520), duration of illness (p=0.865), and hopelessness had significance with occupation (p=0.022), educational level (p=0.016).

A significant association between the hopelessness and socio demographic variable i.e. access to health care facilities. (p=0.000). While as no significant association was found with other socio demographic variables such as age (p= 0.248), gender (p=0.379), marital status, (p=0.976), educational qualification (p=0.535), occupation (p=0.128), place of residence (p=0.373), economic dependence (p=0.073), social support, (p=0.052), and duration of illness, (p= 0.660). These findings are consistent with results of Arslan S, Celebioglu A, Tezel A,[9] 2009 sex (p=0.664), marital status (p=0.154), educational level (p=0.337), place of residence (p=0.662), duration of illness (p=0.859), occupation (0.759). Hadi B,[6] 2015 age (p=0.715), gender (0.176), marital status (p=0.296), educational level (p= 0.420) and had significance with place of residence (p= 0.01) and occupation (p=0,01). Sangeeta SP, Naishali.R.M, Manda SM and Afasana M,[10] 2016. No association was found between demographic variables age (p=0.674), sex (p= 0.180), occupation (p= 0.496), marital status (p=0.273) with depression.

Conclusion

The study was conducted with the aim of assessing the hopelessness and depression and to find correlation between hopelessness and depression among study subjects.

The study findings concluded that there was moderate level of hopelessness and moderate level of depression and a positive correlation was found between hopelessness and depression among cancer patients.

Recommendations

1. A comparative study can be conducted to assess the impact of different cancer treatments such as chemotherapy, radiotherapy, surgical intervention on hopelessness and depression among cancer patients
2. Coordinate between oncology center and the department of psychiatry for counselling to reduce hopelessness and depression among cancer patients

Sources of Funding: None

Conflicts of Interest: None

References

1. Ma X, Yu H. Global burden of cancer. Yale J Biol Med. 2006 Dec;79(3-4):85-94. [PubMed] [Google Scholar]
2. Good Therapy [Internet]. Hopelessness; [cited 2016 May 11]. Available from: https://www.goodtherapy.org/blog/psychpedia/hopelessness
3. American Cancer Society [Internet]. Depression; [cited 2022 May 17]. Available from: https://www.cancer.org/cancer/managing-cancer/side-effects/emotional-mood-changes/depression.html
4. Tel H, Tel H, Oezlem E. Hopelessness and depression in cancer patients. Neurol Psychiatr Brain Res. 2009;16(1):31-4. [Google Scholar]
5. Yildirim Y, Setoz OO, Uyar M, Fadiloglu C, Uslu R. Hopelessness in Turkish cancer inpatients: the relation of hopelessness with psychological and disease-related outcomes. Eur J Oncol Nurs. 2009;13(2):81-6. [PubMed] [Google Scholar]
6. Hadi B. Assessment of depression among cancer patients in Babylon city. Kufa J Nurs Sci. 2016;6(1).
7. Sahin ZA, Tan M, Potat H. Hopelessness, depression and social support with end of life Turkish cancer patients. Asian Pac J Cancer Prev. 2013;14(5):2823-8. [PubMed] [Google Scholar]
8. Naseri N, Taleghani F. Social support and depression in Iranian cancer patients: the role of demographic variables. J Caring Sci. 2018;7(3):143-7. [PubMed] [Google Scholar]

Sample Copy

9. Arslan S, Celebioglu A, Tezel A. Depression and hopelessness in Turkish patients with cancer undergoing chemotherapy. Jpn J Nurs Sci. 2009;6(2):105-10. [PubMed] [Google Scholar]
10. Sangeeta SP, Naishali RM, Manda SM, Afasana M. A study to assess the level of depression among cancer patients admitted in Krishna Hospital Karad. Indian J Appl Res. 2016;6(3):603-4.
11. Debbie's Dream Foundation [Internet]. Psychosocial care for cancer patients; [cited 2016 May 19]. Available from: https://debbiesdream.org/stomach_cancer_101/psycho

Sample Copy

ISSN: 2455-9318
https://doi.org/10.24321/2455.9318.202202