

The Relationships Between Fatigue, Depression and Quality of Life Among Depression Outpatients

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Purpose:

The purpose of this study is to understand the distribution of the depression outpatients with fatigue, depression, and quality of life. To investigate the factors which influence the depression outpatient's quality of life.(QoL)

Methods:

This study used cross-sectional study design. A total of 150 subjects were recruited by convenience sampling from a teaching hospital. Research instruments included basic demographic questionnaire, Visual Fatigue Scale(VFS), Beck Depression Inventory(BDI-II), and SF-36 Taiwan version.

Results:

There were 96 female (64%) and 54 male (36%). Mean age of female was 52.6 years old (SD = 13.5) and mean age of male was 50.5 years old (SD = 15.8). (table 1) Most of the subjects were moderately depression (N=39 , 26%).(table 2)

Mean fatigue score was 18.6 (SD=17.9), and quality of life score was 52.6 (SD=20.9). (table 3)

The multiple linear regression models showed that fatigue and depression are the best predictors of quality of life. Multiple regression model explained quality of life .637 variances. (table 4)

Conclusion:

It showed statistical differences by gender among fatigue, depression, and quality of life. Fatigue and depression are important factors which influenced outpatient's quality of life. The higher fatigue and the higher depression made depression outpatients' lower quality of life. Fatigue and depression were associated with depression outpatients' to decrease quality of life.

Keywords:

Fatigue, Depression, Quality of Life, Depression Outpatients

Implications for Practice:

Clinical nurses can understand the distribution of fatigue, depression, and quality of life. And understand the factors which influence the depression outpatient's quality of life. Clinical nurses can give depression outpatients supports and interventions to enhance their quality of life.

Table 1 Demographic data (N=150)

Item	(n)	(%)
Gender		
Male	54	36
Female	96	64
Education level		
Elementary school/ Other	45	30
Journal high school	22	14.7
Senior high school	41	27.3
College/University	31	20.7
Graduate school	11	7.3
Marriage status		
Married	112	74.7
Single	22	14.7
Divorced/ Other	16	10.6
Age	Mean	50.5

Table 2 Depression level (N=150)

	(n)	(%)
Normal	39	26
Dysthymic Disorder	35	23.3
moderately depression	39	26
severely depression	34	22.7
sum	147	98
missing	3	2

Table 3 Descriptive Statistics of fatigue score and quality of life score (N=150)

	Mean/SD
fatigue	18.6/17.9
quality of life	52.6/20.9

Table 4 Multiple Regression Analysis (Dependent:QoL)

Model		Unstandardized Coefficients		Standardized Coefficients	95.0% Confidence Interval for B	
		B	Std. Error		Beta	
1	(Constant)	581.973	15.272		551.78	612.165
	Fatigue	-5.86	0.742	-0.623	-7.323	-4.388
	Depression	-2.63	0.963	-0.216**	-4.537	-0.728

Note:

1. **p<.01

2. Regression model: R=.801, R square=.642, adjusted R square=.637
Statistical model adjusted: gender, age

