

# Depression in Terminal Cancer Patients: A Comparative Study Between Males and Females

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## Abstract:

*Background:* Health care staffs such as psychologist and doctor are always trying to find ways for terminal patients to feel more comfortable as possible but also for them to alleviate pains and mental issues. In Mother Theresa Hospital in Albania working with patient in phase V terminal cancer was observed a distribution between genders with depression elements. There is a correlation between physical conditions, mental conditions, psycho-somatisation that has a big impact in phase V terminal cancer patients because of deterioration of general condition. Our hypothesis was "In terminal cancer patients phase V, more women suffer from depression than man".

*Method:* We asked 100 patients in phase V terminal cancer, 50 males and 50 females and average age 50 years old that were diagnosed and treated in University Hospital Center "Mother Theresa" Tirana, Albania. They also were evaluated from our psychologist and psychiatrist and offered them psychological counselling during which they were administrated the Beck Depression Test Inventory (BDI). The BDI test contains 21 questions with multiple choices and is one of the most widely used psychometric test for measuring the severity of depression.

*Results and discussions:* The results for our work were meaningful. 32% of men compared to 14% female scored minimal depression; 16% of men compared to 4% female scored mild depression; 30% of men compared to 34% females scored moderate depression; 22% of man compared to 48% of females scored severe depression.

*Conclusions:* The results mean in relation to the study's purpose. More females than males scored higher in the depression scale, correlating this with biological factors such as hormone factors, menopause etc.; social factors such as society, family and children the sense of not caring anymore; the higher level in experiencing physical and mental situations such as pain and the desire to end it. But this doesn't underestimate depression level in males and the way they experience it.

## Keywords

Terminal Patients, Mental Health, Beck Inventory, Gender