

Prevalence and sociodemographic predictors of depression among adolescents in secondary schools in Kakamega County, Kenya

Abstract

Background: Depression is a common mental illness affecting more than 350 million people in the world. Depression tops among the public health concerns of adolescence problems, including substance abuse, violence, bullying and among others. Its prevalence among adolescents in Kenya is scarcely researched.

Objectives: To determine the prevalence and sociodemographic predictors of depression among adolescents in secondary schools in Kakamega County Kenya

Methods: A cross sectional design was adopted. Descriptive and inferential analysis was done. Ethical review was from the Masinde Muliro University of Science and Technology Institutional Ethics and Review Committee.

Result: The key findings were Prevalence of depression was 44.8% as per the mean of depression scores on the Kutcher Adolescents Depression Scale of 11 items. A generalized linear model analysis of the socio-demographic characteristics showed that adolescents who were under 17 years were 1.7 times, more likely to develop depression compared to students above 17 years. Likewise for form 1 and 2 students were nearly 2 times more likely to have depression as compared to participants in form 3. Adolescents in schools that were run by a sponsor were 1.3 times less likely to suffer from depression, while adolescents in boys boarding schools were 1.9 times likely by to be depressed than those in girl schools.

Conclusion: the prevalence for depression was at 44.8%. This was considered high as compared to other studies done in other counties in Kenya. Age, level of

study, type of school, school sponsorship were the associated sociodemographic characteristics.

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