

Hubungan Lama Sakit, Komplikasi Penyakit dan Kadar Kortisol Serum dengan Tingkat Depresi pada Mayor Beta Thalassemia di Poliklinik Hematologi Anak RSUD Dr. Soetomo

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ABSTRAK

Latar belakang: Thalassemia adalah penyakit kronis yang berpotensi menyebabkan gangguan depresi yang merupakan salah satu gangguan psikologi yang paling sering dilaporkan, terutama pada periode prapubertas dan pubertas. Hal ini terkait dengan bertambahnya usia dan usia harapan hidup sehingga masalah psikososial terkait kualitas hidup menjadi penting, tetapi identifikasi tingkat depresi pada anak dengan thalassemia masih belum rutin dilakukan di Indonesia.

Tujuan: Menganalisis hubungan antara lama sakit, komplikasi penyakit dan kadar kortisol serum dengan tingkat depresi pada thalassemia beta mayor di poli hematologi anak.

Metode: Studi cross-sectional dilakukan pada anak thalassemia beta mayor antara September-November 2018 di klinik Hematologi Anak. Anak yang berusia 7-18 tahun secara konsekutif diwawancarai dan mengisi kuesioner CDI. Data dianalisis oleh *software* statistik menggunakan analisis jalur.

Hasil: Empat puluh lima anak menjadi sampel dalam penelitian ini, 15 anak mengalami depresi ringan. Usia, jenis kelamin, status gizi, tingkat pendidikan, status sosial ekonomi, usia saat diagnosis thalassemia beta mayor, frekuensi transfusi, terapi kelasi besi, durasi khelasi besi, jenis obat khelasi besi, jenis obat kelasi besi, riwayat depresi dalam keluarga, riwayat keluarga talasemia, kadar hemoglobin rata-rata, dan kadar feritin sebagai karakteristik subjek penelitian. Terdapat hubungan antara komplikasi penyakit dengan tingkat depresi, hubungan antara lamanya penyakit dan komplikasi penyakit, dan hubungan antara tingkat depresi dan tingkat kortisol ($p < 0,05$).

Kesimpulan: Ada hubungan yang signifikan antara komplikasi penyakit dengan tingkat depresi, hubungan antara durasi penyakit dan komplikasi penyakit, dan hubungan antara tingkat depresi dan tingkat kortisol.

Kata kunci: Depresi, CDI, Thalassemia beta mayor

Association Between Duration of Illness, Complication of Disease and Serum Cortisol Levels with Levels of Depression in Major Beta Thalassemia at the Children's Hematology Outpatient Clinic

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ABSTRACT

Background: Thalassemia is a chronic disease which potentially caused depressive disorders which is one of the most commonly reported, especially in prepubertal and puberty periods. This is related to the increasing age and life expectancy so that psychosocial problems related to quality of life are important, but the identification of the level of depression in children with thalassemia is still not routinely conducted in Indonesia.

Objective: Analyze the association between the duration of illness, complications of the disease and serum cortisol levels with the level of depression in major beta thalassemia in the pediatric hematology out patient clinic.

Methods: Cross-sectional studies were carried out on children with major beta thalassemia between September-November 2018 in the Child Hematology out patient clinic. Consecutive children aged 7-18 years were interviewed and filled in the Children Depression Inventory questionnaire. Data were analyzed by statistical software using path analysis.

Results: Forty-five children were sampled in this study, 15 children experienced mild depression. Age, gender, nutritional status, education level, socioeconomic status, age at diagnosis of beta major thalassemia, frequency of transfusion, iron chelation therapy, duration of iron chelation, type of iron chelation drug, history of depression in the family, family history of thalassemia, levels average hemoglobin, and ferritin levels as characteristics of the research subject. The association between the complications of the disease with the level of depression, the association between the duration of illness and the complications of the disease, and the association between the level of depression and cortisol levels ($p < 0.05$).

Conclusion: There is a significant association between the complications of the disease with the level of depression, the association between the duration of illness and complications of the disease, and the association between the level of depression and cortisol levels.

Keywords: Depression, CDI, Major Beta Thallasemia