

## Prevalensi dan Faktor Risiko Gejala Ansietas dan Depresi Pada Pasien Pasca Perawatan COVID-19 = Prevalence and Risk Factors of Anxiety and Depression Symptoms in Patients Post COVID-19 hospitalization

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### Abstrak

Latar Belakang : Prevalensi ansietas dan depresi serta faktor risiko pada penyintas COVID-19 di seluruh dunia dan Indonesia masih tinggi dan berbeda beda dari setiap negara. Di Indonesia faktor risiko ansietas dan depresi belum pernah diteliti. Penelitian ini dilakukan untuk menentukan prevalensi dan faktor risiko gejala ansietas dan depresi pasca rawat inap COVID-19 di rumah sakit Cipto Mangunkusumo.

Metode : Desain penelitian ini adalah Kohort retrospektif. Subjek penelitian diambil dari pasien pasca perawatan inap COVID-19 pada periode Januari 2022 sampai Maret 2023. Gejala ansietas dan depresi dinilai menggunakan Hospital Anxiety Depression Scale. Analisa bivariat digunakan menentukan faktor risiko dari variabel kategorik dan dilanjutkan ke analisa multivariat regresi logistik sampai didapatkan nilai P: 0,05.

Hasil : Terdapat 209 subjek yang dilibatkan dalam penelitian ini dengan prevalensi gejala ansietas 20,57% dan gejala depresi 13,40%. Faktor risiko gejala ansietas adalah wanita RR (IK95%) 1,805 (1,017 – 3,204), p=0,043, Dukungan sosial sedang dan rendah dengan RR (IK95%) 1,935 (1,028 – 3,643), p=0,041 untuk dukungan sosial sedang dan RR (IK95%) 3,325 (1,314 – 8,411), p=0,011 untuk dukungan sosial rendah, Komorbid dengan RR (IK95%) 1,742 (1,019 – 2,977), p=0,042, Anosmia atau hipogeusia dengan RR (IK95%) 1,894 (1,045 – 3,433), p=0,035, gejala menetap pasca COVID-19 dengan nilai RR (IK95%) 2,885 (1,553 – 5,359), p=0,001. Faktor risiko gejala depresi adalah gejala menetap pasca COVID-19 RR (IK95%) 2,738 (1,300 – 5,770), p=0,008, kedia adalah aktifitas fisik ringan RR (IK95%) 6,556 (1,577 - 27,244), p=0,010.

Kesimpulan : Faktor risiko gejala ansietas pasca perawatan COVID-19 yang bermakna adalah wanita, dukungan sosial, komorbid, anosmia atau hipogeusia, gejala menetap sedangkan faktor risiko gejala depresi adalah gejala menetap pasca COVID-19 dan aktifitas fisik ringan.

.....Background: The prevalence of anxiety and depression, as well as risk factors for COVID-19 survivors worldwide and in Indonesia, is still high and varies from country to country. In Indonesia, the risk factors for anxiety and depression have not been studied. This study was conducted to determine the prevalence and risk factors for symptoms of anxiety and depression after hospitalization for COVID-19 at Cipto Mangunkusumo hospital.

Methods: The study design was a retrospective cohort. The study subjects were taken from post-hospitalized COVID-19 patients from January 2022 to March 2023. Symptoms of anxiety and depression were assessed using the Hospital Anxiety Depression Scale. Bivariate analysis was used to determine risk factors from categorical variables and proceeded to multivariate logistic regression analysis until a P value of 0.05 was

obtained.

Results: There were 209 subjects involved in this study, with a prevalence of 20.57% anxiety symptoms and 13.40% depressive symptoms. Risk factors for anxiety symptoms are women RR (95% CI) 1.805 (1.017 – 3.204), P=0.043, Medium and low social support with RR (95% CI) 1.935 (1.028 – 3.643), P=0.041 for moderate social support, RR (95% CI) 3.325 (1.314 – 8.411), P=0.011 for low social support, Comorbid with RR (95% CI) 1.742 (1.019 – 2.977), P=0.042, Anosmia or hypogeusia with RR (95% CI) 1.894 (1.045 – 3.433 ), P=0.035, persistent symptoms after COVID-19 with a RR (95% CI) 2.885 (1.553 – 5.359), P=0.001. Risk factors for depressive symptoms are persistent symptoms after COVID-19, RR (95% CI) 2.738 (1.300 – 5.770), P=0.008, lastly light physical activity RR (95% CI) 6.556 (1.577 - 27.244), P=0.010.

Conclusion: Significant risk factors for anxiety symptoms post hospitalization for COVID-19 are women, social support, comorbidities, anosmia or hypogeusia, and persistent symptoms, while risk factors for depressive symptoms are persistent symptoms after COVID-19 and light physical activity