

Abstract

The study aims to determine the prevalence and level of depression among the MDR-TB patients and the prevailing factor of their depression. Sixty-six tuberculosis (TB) patients consented to be screened for depression using PHQ-9 out of 143 active TB patients enrolled in De La Salle Health Sciences Institute Center for Tuberculosis Research in the year 2013-2014. The 49 TB patients who showed symptoms of depression answered the Factors of Depression survey questionnaire. The result showed that the prevalence of depression among the patients was 78.79%. Physiological ($p=0.0001$) and Economical (0.0001) are the prevailing factors that influence TB patients to experience symptoms of depression. TB patients perceived substantial problems, such as financial and physical conditions, harder to endure than the socio-emotional and spiritual aspects. Cognitive Behavioral Therapy is the recommended intervention to change their dysfunctional thinking about their physical functioning. This will help improve their physiological state by providing a healthier condition for them to adhere to the treatment.

Introduction

Current Realities

Tuberculosis is a pulmonary infection caused by the *Mycobacterium tuberculosis* that usually affects the lungs (Center for Disease Control, 2013). This bacterium is spread from person to person through airborne particles called droplet nuclei by coughing, sneezing, speaking and spitting, which is transmitted through the air but not surface contact. Inhaling these particles does not automatically cause infection but it depends on a person's susceptibility, infectiousness, environment and exposure (Medical News Today, 2013; CDC, 2013). It is curable that after at least 2-4 weeks of continuous medication, it can be no longer contagious. However, if not treated, it can be fatal (National Institute of Health, 2013).

Tuberculosis in the Filipino Context

The danger of TB is existent. Out of 196 countries, the Philippines was ranked by the World Health Organization as 9th among the high-burden Tuberculosis countries in the world. The recent rating in 2009 shows that TB is the 8th leading cause of morbidity in the Philippines