

# **A study of some psychological factors in depressed and non-depressed subjects in a Kenyan setting.**

## **Abstract:**

Thirty Kenyan patients (15 consecutive first-ever referrals to the out-patient clinic and 15 consecutive first-ever admissions) of black African origin on chemotherapy for clinical depression (uncomplicated by organic or other psychotic illness) in Nairobi and 40 non-psychiatrically disturbed controls (controlled for race, sex and age) living in and around Nairobi were included in this study. Information was obtained from each subject using a structured questionnaire. It was found that in the consecutive first-ever admissions or referrals females were overrepresented in the patient group and that lack of regular income and being first born were associated with the depressed group as compared with the non-depressed group. These observations are discussed in the light of their socio-cultural context and compared with related observations in Western settings.