

Prevalence of psychiatric morbidity and its clinical correlates in patients of chronic kidney disease: A hospital-based cross-sectional study

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ABSTRACT:

Introduction: Psychiatric morbidity, particularly depression and anxiety, is a highly prevalent and critically important comorbidity in patients with Chronic Kidney Disease (CKD), with studies indicating that depression affects 20-30% of this population. This high prevalence is driven by a combination of physiological and psychosocial factors, including the burden of comorbid conditions like cardiovascular disease and diabetes, the debilitating symptoms of CKD itself, and the profound social and financial stresses associated with managing a chronic illness. The presence of these psychiatric conditions has serious consequences, leading to poorer adherence to treatment regimens, accelerated disease progression, increased hospitalization rates, and higher mortality. **Aims:** To investigate the burden of psychiatric morbidity in patients with Chronic Kidney Disease and to propose a framework for integrated care. **Setting and Design:** A descriptive analytical cross-sectional Study. **Methods and Material:** This study was conducted at Pacific Medical College and Hospital, Udaipur from October 2022 to march 2024 (18 month). **Result:** In a study of 144 patients, socio-economic status distribution showed that the largest group was lower middle class, comprising 26.4% of the total, with 25% receiving conservative treatment and 27.8% undergoing dialysis. The middle class represented 23.6%, with 25% in the conservative group and 22.2% in the dialysis group. The lower class accounted for 22.2%, with 25% treated conservatively and 19.4% treated with dialysis. Upper middle-class patients made up 18.1%, with 16.7% in the conservative group and 19.4% in the dialysis group, duration of illness was categorized as follows: the majority (38.2%) had been ill for 1-5 years, with 41.7% in the conservative treatment group and 34.7% in the dialysis group. The next largest group (30.6%) had a duration of 6-10 years, with 27.8% of conservative patients and 33.3% of dialysis patients. Patients with an illness duration of more than 10 years represented 20.8%, with 19.4% in the conservative group and 22.2% in the dialysis group. **Conclusion:** our findings powerfully confirm and extend the existing body of evidence on the biopsychosocial model of CKD. The psychological morbidity in our cohort is severe, with depression and anxiety rates that are critically high. This distress manifests in impaired functioning and a disturbing prevalence of suicidal ideation. The comparative analysis with previous studies underscores that this is a universal challenge in nephrology care.

Keywords: Ckd, Psychiatric Comorbidity

INTRODUCTION:

Psychiatric morbidity, particularly depression and anxiety, is a highly prevalent and critically important comorbidity in patients with Chronic Kidney Disease (CKD), with studies indicating that depression affects 20-30% of this population¹. This high prevalence is

driven by a combination of physiological and psychosocial factors, including the burden of comorbid conditions like cardiovascular disease and diabetes, the debilitating symptoms of CKD itself, and the profound social and financial stresses associated with managing a chronic illness². The presence of these psychiatric

conditions has serious consequences, leading to poorer adherence to treatment regimens, accelerated disease progression, increased hospitalization rates, and higher mortality³. Furthermore, psychiatric morbidity significantly diminishes patients' quality of life. Given this significant impact, a holistic and integrated approach to CKD management is essential. This must include routine screening for depression and anxiety using validated tools, the establishment of multidisciplinary care teams that incorporate mental health professionals, and the implementation of evidence-based psychological and pharmacological interventions⁴. Addressing the mental health needs of CKD patients is therefore not an ancillary concern but a fundamental component of comprehensive care, crucial for improving both clinical outcomes and overall well-being.

Aim and Objectives:

Aim:

To investigate the burden of psychiatric morbidity in patients with Chronic Kidney Disease and to propose a framework for integrated care.

Objectives:

1. To determine the prevalence of common psychiatric disorders, specifically depression and anxiety, in a CKD patient population.
2. To identify the key clinical, physiological, and psychosocial correlates associated with psychiatric morbidity in CKD.

To outline strategies for integrating routine mental health screening and management into standard nephrology care.

MATERIALS AND METHODS:

- **Study design/type:** A descriptive analytical cross-sectional Study.
- **Sample size:** 144 (72 each group)
- **Study participants (humans, animals or both) :** Human
- **Sampling Method:** Convenient

Inclusion criteria:

- Patients of both genders who are between 18 to 60 years of age.
- Patients who are willing to give their consent for the study.

Exclusion criteria:

- Patient diagnosed to have mental illness prior to the onset of CKD.
- Patient who refused to give consent for study,

- Patient who are on transplant

Group allocation details: Two groups - Conservatively treated and on Dialysis treatment.

Randomization details: The participants were selected as per study inclusion/exclusion criteria. Patient will be equally divided into two groups with convenient sampling.

Intervention details with standardization techniques (drugs / devices / invasive procedures / noninvasive procedures / others):

MINI NEUROPSYCHIATRIC INTERNATIONAL INTERVIEW

(MINI): MINI is designed as a brief diagnostic interview to meet the need for short but accurate structured psychiatric interview for multicentre clinical trials and epidemiological studies. It acts as a first step in outcome tracking in non-research clinical settings. It assesses the 17 most common disorders in mental health. The M.I.N.I. was created as a quick, organized interview for the main mental illnesses listed in ICD-10 and DSM5. Studies comparing the M.I.N.I. to the SCID-P for DSM-III-R and the CIDI (a structured interview created by the World Health Organization) have been conducted for the purpose of validation and dependability.

INTERVIEW: Tell the patient that you will be doing a clinical interview that is more organized than normal, with very specific questions regarding psychological disorders that demand a yes-or-no response, in an effort to keep the interview as quick as possible.

KPS (Karnofsky performance status):

The Kamofsky Performance Status Scale index allows patients to be classified as to their functional impairment. This can be used to compare effectiveness of different therapies and to assess the prognosis in individual patients. The lower the Kamofsky score, the worse the survival for most serious illness. The Kamofsky Performance Score ranking runs from 100 to 0, where 100 is "perfect" health and 0 is death. This scoring system is named after Dr. David A. Kamofsky who described the scale in 1948. (Kamofsky et al) 50- Requires considerable assistance and frequent medical care.

40- Disabled; require special care and assistance.

30- Severely disabled; hospital admission is indicated although death not imminent'

20- Very sick; hospital admission necessary, active supportive treatment necessary.

10- Moribund; fatal processes progressing rapidly.

0- Dead

BDI (Becks depression inventory):

The Beck Depression Inventory (BDI, BDI-II), created

by Dr. Aaron T. Beck, is a 21-question multiple-choice self-report inventory, one of the most widely used instruments for measuring the severity of depression. Its development marked a shift among health care professionals, who had until then viewed depression from a psychodynamic perspective, instead of it being rooted in the patient's own thoughts. We typically use the BDI-II.

SCORING:

The original BDI, first published in 1961, consisted of twenty-one questions about how the subject has been feeling in the last week. Each question has a set of at least four possible answer choices, ranging in intensity

- I do not feel sad.
- I feel sad.
- I am sad all the time and I can't snap out of it.
- I am so sad or unhappy that I can't stand it.

When the test is scored, a value of 0 to 3 is assigned for each answer and then the total score is compared to a key to determine the depression's severity. The standard cut-offs are as follows:

- 0–9: indicates minimal depression
- 10–18: indicates mild depression
- 19–29: indicates moderate depression

RESULT:

List variable-wise statistical tests to be used for data analysis: Descriptive and inferential statistics will be used for variables under study.

Table 1: case distribution according to Age

Age Group	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
18-20 years	5 (6.72%)	4 (5.55%)	9 (6.25%)
21-30 years	15 (20%)	13 (18.05%)	28(19.44%)
31-40 years	10 (13.88%)	11(15.27%)	21 (14.58%)
41-50 years	20(27%)	21 (29.16%)	41(28.47%)
≤60 years	22 (30.55%)	23 (31.94 %)	45 (31.25%)

Mean Age: 43.03 ± 14.09 years

Table 2. case according to Prevalence of Psychiatric Morbidity by Socio-Economic Status (Modified Kuppuswamy Scale):

Socio-Economic Status	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
Upper Class	6 (8.3%)	8 (11.1%)	14 (9.7%)
Upper Middle Class	12 (16.7%)	14 (19.4%)	26 (18.1%)
Middle Class	18 (25%)	16 (22.2%)	34 (23.6%)
Lower Middle Class	18 (25%)	20 (27.8%)	38 (26.4%)
Lower Class	18 (25%)	14 (19.4%)	32 (22.2%)

Mean ± SD = 2.67 ± 1.27

30–63: indicates severe depression.

Higher total scores indicate more severe depressive symptoms.

BAI (Becks Anxiety inventory):

The Beck Anxiety Inventory (BAI) is a formative assessment and rating scale of anxiety. This self-report inventory, or 21-item questionnaire uses a scale (social sciences); the BAI is an ordinal scale; more specifically, a Likert scale that measures the scale quality of magnitude of anxiety. Aaron T. Beck et al. (1988) combined three separate anxiety questionnaires, with 86 original items, to derive the BAI. The questions used in this measure ask about common symptoms of anxiety that the subject has had during the past week (including the day you take it) (such as numbness and tingling, sweating not due to heat, and fear of the worst happening). It is designed for individuals who are of 17 years of age or older and takes 5 to 10 minutes to complete.

The BAI contains 21 questions, each answer being scored on a scale value of 0 ("Not at all") to 3 ("Severely--I could barely stand it").

In a study of 144 patients, socio-economic status distribution showed that the largest group was from the lower middle class, comprising 26.4% of the total, with 25% receiving conservative treatment and 27.8% undergoing dialysis. The middle class represented 23.6%, with 25% in the conservative group and 22.2% in the dialysis group. The lower class accounted for 22.2%, with 25% treated conservatively and 19.4% treated with dialysis. Upper middle-class patients made up 18.1%, with 16.7% in the conservative group and 19.4% in the dialysis group. The upper class was the least represented, forming 9.7% of the total, with 8.3% in the conservative group and 11.1% in the dialysis group. These results suggest a higher proportion of patients from lower socio-economic backgrounds.

Table 3. case according to Prevalence of Psychiatric Morbidity by Duration of Illness:

Duration of Illness	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
Less than 1 year	8 (11.1%)	7 (9.7%)	15 (10.4%)
1-5 years	30 (41.7%)	25 (34.7%)	55 (38.2%)
6-10 years	20 (27.8%)	24 (33.3%)	44 (30.6%)
More than 10 years	14 (19.4%)	16 (22.2%)	30 (20.8%)

Mean $\pm$ SD = 14.38 $\pm$ 7.60

In a study of 144 patients, the duration of illness was categorized as follows: the majority (38.2%) had been ill for 1-5 years, with 41.7% in the conservative treatment group and 34.7% in the dialysis group. The next largest group (30.6%) had a duration of 6-10 years, with 27.8% of conservative patients and 33.3% of dialysis patients. Patients with an illness duration of more than 10 years represented 20.8%, with 19.4% in the conservative group and 22.2% in the dialysis group. The smallest group (10.4%) had been ill for less than one year, with 11.1% in the conservative group and 9.7% in the dialysis group. These findings show a higher prevalence of patients with a longer duration of illness, particularly those in the 1-5 and 6-10 years categories.

Table 4. case according to Prevalence of Psychiatric Morbidity by Diagnosis:

Diagnosis	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
Chronic Kidney Disease (CKD) Stage 3	18 (25%)	20 (27.8%)	38 (26.4%)
CKD Stage 4	30 (41.7%)	28 (38.9%)	58 (40.3%)
CKD Stage 5	24 (33.3%)	24 (33.3%)	48 (33.3%)

Mean $\pm$ SD = 24 $\pm$ 4.16

In a study of 144 patients, the distribution of diagnoses showed that the majority had Chronic Kidney Disease (CKD) at Stage 4, accounting for 40.3% of the total, with 41.7% in the conservative treatment group and 38.9% in the dialysis group. CKD Stage 5 represented 33.3% of the patients, with an equal distribution of 33.3% in both treatment groups. CKD Stage 3 accounted for 26.4%, with 25% in the conservative group and 27.8% in the dialysis group. These results indicate a higher prevalence of Stage 4 CKD among the study population.

Table 5. case according to severity of Psychiatric Morbidity by BDI (Beck Depression Inventory) Score

BDI Score	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
0-13 (Minimal)	10 (13.9%)	8 (11.1%)	18 (12.5%)
14-19 (Mild)	12 (16.7%)	14 (19.4%)	26 (18.1%)
20-28 (Moderate)	24 (33.3%)	24 (33.3%)	48 (33.3%)
29+ (Severe)	26 (36.1%)	26 (36.1%)	52 (36.1%)

Mean $\pm$ SD = 18 $\pm$ 7.21

In a study of 144 patients, the distribution of Beck Depression Inventory (BDI) scores revealed the following: 36.1% of patients had severe depression (BDI score of 29+), with equal representation (36.1%) in both the conservative and dialysis treatment groups. Moderate depression (BDI score of 20-28) was observed in 33.3%, with equal distribution in both groups as well. Mild depression (BDI score of 14-19) accounted for 18.1%, with 16.7% in the conservative group and 19.4% in the dialysis group. Minimal depression (BDI score of 0-13) was found in 12.5%, with 13.9% in the conservative group and 11.1% in the dialysis group. These findings indicate a high prevalence of severe and moderate depression across both treatment groups.

Table 6. case according to severity of Psychiatric Morbidity by BAI (Beck Anxiety Inventory) Score:

BAI Score	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
0-7 (Minimal)	10 (13.9%)	12 (16.7%)	22 (15.3%)
8-15 (Mild)	12 (16.7%)	10 (13.9%)	22 (15.3%)
16-25 (Moderate)	24 (33.3%)	24 (33.3%)	48 (33.3%)
26+ (Severe)	26 (36.1%)	26 (36.1%)	52 (36.1%)

Mean $\pm$ SD = 18 $\pm$ 7.07

In a study of 144 patients, the distribution of Beck Anxiety Inventory (BAI) scores showed the following: 36.1% of patients had severe anxiety (BAI score of 26+), with equal representation (36.1%) in both the conservative and dialysis treatment groups. Moderate anxiety (BAI score of 16-25) was observed in 33.3%, with equal distribution across both groups. Mild anxiety (BAI score of 8-15) accounted for 15.3%, with 16.7% in the conservative group and 13.9% in the dialysis group. Minimal anxiety (BAI score of 0-7) was found in 15.3%, with 13.9% in the conservative group and 16.7% in the dialysis group. These findings indicate a significant prevalence of severe and moderate anxiety in both treatment groups.

Table 7. case according to severity of Psychiatric Morbidity by Suicidal Ideation:

Suicidal Ideation	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
Yes	22 (30.6%)	24 (33.3%)	46 (31.9%)
No	50 (69.4%)	48 (66.7%)	98 (68.1%)

Mean $\pm$ SD = 36 $\pm$ 13.04

In a study of 144 patients, 31.9% reported suicidal ideation, with 30.6% in the conservative treatment group and 33.3% in the dialysis treatment group. The majority (68.1%) did not experience suicidal thoughts, with 69.4% in the conservative group and 66.7% in the dialysis group. These results indicate a notable proportion of patients, particularly in the dialysis group, who experienced suicidal ideation.

Table 8. case according to severity of Psychiatric Morbidity by Social Functioning:

Social Functioning	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
Impaired	48 (66.7%)	50 (69.4%)	98 (68.1%)
Intact	24 (33.3%)	22 (30.6%)	46 (31.9%)

Mean $\pm$ SD = 36 $\pm$ 13.04

In a study evaluating social functioning among patients with chronic kidney disease, a total of 144 patients were assessed, including 72 patients who were conservatively treated and 72 undergoing dialysis. Among the conservatively treated group, 48 patients (66.7%) exhibited impaired social functioning, while 24 patients (33.3%) had intact social functioning. Similarly, in the dialysis-treated group, 50 patients (69.4%) showed impaired social functioning, and 22 patients (30.6%) demonstrated intact social functioning. Overall, 98 out of 144 patients (68.1%) were found to have impaired social functioning, whereas 46 patients (31.9%) maintained intact social functioning. These findings highlight a substantial impact on social functioning among chronic kidney disease patients, irrespective of the treatment modality.

Table 9: Distribution of Sample Population as Per Type of Mini 7.02

MINI	Conservatively Treated (72 Patients)	Dialysis Treated (72 Patients)	Total (144 Patients)
MAJOR DEPRESSIVE EPISODE; MDD	40	50	90(62.5%)
SUICIDALITY; SUICIDAL BEHAVIOR DISORDER	11	12	23(15.97%)
MANIAC EPISODE; HYPOMANIC EPISODE; BP-I- D/O; BP-II-D/O; BP-I-D/O WITH PSYCHOTIC FEATURES; BP-II- D/O; OTHER SPECIFIED BIPOLAR AND RELATED DISORDER	0	0	0
PANIC DISORDER	8	10	18(12.5%)
AGORAPHOBIA	0	0	0
SOCIAL ANXIETY DISORDER	5	7	12(8.33%)
OBSESSIVE-COMPULSIVE DISORDER	0	0	0
POST-TRAUMATIC STRESS DISORDER	9	11	20(13.88%)
ALCOHOL USE DISORDER	0	0	0
SUBSTANCE USE DISORDER (Non-Alcohol)	0	0	0
ANY PSYCHOTIC DISORDER; MDD WITH PSYCHOTIC FEATURES; BP-I-D/O WITH PSYCHOTIC FEATURES	3	3	6(4.16%)
ANOREXIA NERVOSA	0	0	0
BULIMIA NERVOSA MB. BINGE-EATING- DISORDER	0	0	0
GENERALIZED ANXIETY DISORDER	45	50	95(65.97%)
MEDICAL, ORGANIC, DRUG CAUSE RULED OUT	0	0	0
ANTISOCIAL PERSONALITY DISORDER	0	0	0

Column 1: Mean $\pm$ SD = 7.56 $\pm$ 13.17**Column 2: Mean $\pm$ SD = 8.94 $\pm$ 15.86**

The distribution of the sample population based on the MINI 7.02 assessment revealed a high prevalence of Major Depressive Episode (MDD) and Generalized Anxiety Disorder (GAD) among the patients. A total of 62.5% of patients (90 individuals) were diagnosed with MDD, with 40 patients in the conservative treatment group and 50 in the dialysis treatment group. Additionally, 65.97% of patients (95 individuals) were diagnosed with GAD, with a nearly equal distribution of 45 in the conservative group and 50 in the dialysis group. Suicidal ideation or behavior disorder was found in 15.97% of patients (23 individuals), with 11 in the conservative group and 12 in the dialysis group. Other disorders included Panic Disorder (12.5%, 18 patients), Post-Traumatic Stress Disorder (13.88%, 20 patients), and Any Psychotic Disorder or MDD with Psychotic Features (4.16%, 6 patients), with a relatively even distribution between the two treatment groups. There were no patients diagnosed with manic episodes, hypomanic episodes, obsessive-compulsive disorder, alcohol use disorder, substance use disorder (non-alcohol), anorexia nervosa, or bulimia nervosa. These findings highlight a significant prevalence of mood and anxiety disorders in the sample population, with a notably high occurrence of depression and anxiety-related conditions.

Table 10. BDI, BAI and mini correlation

Factor	Sub-group (n)	Pearson r (Conservative n=72)	p-value	Pearson r (Dialysis n=72)	p-value
BAI Score (Minimal 0-7)	22	0.12	0.28	0.10	0.33
BAI Score (Mild 8-15)	22	0.25	0.04*	0.30	0.02*
BAI Score (Moderate 16-25)	48	0.40	0.001*	0.38	0.002*
BAI Score (Severe 26+)	52	0.55	0.0001*	0.50	0.0005*
BDI Score (Minimal 0-13)	18	0.10	0.40	0.12	0.35
BDI Score (Mild 14-19)	26	0.22	0.05*	0.24	0.04*
BDI Score (Moderate 20-28)	48	0.45	0.0005*	0.42	0.001*
BDI Score (Severe 29+)	52	0.60	0.0001*	0.57	0.0001*
MDD (Major Depressive Episode)	90	0.62	0.0001*	0.65	0.0001*
Suicidality	23	0.35	0.04*	0.37	0.03*
Panic Disorder	18	0.18	0.25	0.20	0.22
Social Anxiety Disorder	12	0.15	0.30	0.14	0.33
PTSD	20	0.28	0.07	0.29	0.06
Psychotic Disorders	6	0.12	0.50	0.10	0.53
GAD (Generalized Anxiety Disorder)	95	0.58	0.0001*	0.60	0.0001*

1. BAI (Beck Anxiety Inventory) Scores:

- Minimal anxiety scores show weak, non-significant correlation in both groups.
- Mild, moderate, and severe anxiety scores show progressively stronger positive and significant correlations in both conservative and dialysis groups (r values increasing from ~0.25 to ~0.55 with highly significant p-values).

- This indicates that as anxiety severity increases, its correlation with the measured variable is stronger and statistically significant.

2. BDI (Beck Depression Inventory) Scores:

- Minimal depression scores have weak and non-significant correlations.
- Mild, moderate, and severe depression scores

all show moderate to strong positive correlations with significant p-values in both groups.

- Suggests a clear and strong relationship between depression severity and the factor studied, consistent across conservative and dialysis patients.

3. Major Depressive Episode (MDD):

- Very strong positive correlation ($r > 0.6$) with highly significant p-values in both groups.
- Suggests that the variable correlates strongly with clinical diagnosis of major depression.

4. Suicidality:

- Moderate positive and significant correlations in both groups ($r \sim 0.35$).
- Indicates meaningful association with suicidality.

5. Anxiety Disorders:

- Generalized Anxiety Disorder (GAD) shows strong and significant positive correlation in both groups.
- Panic Disorder and Social Anxiety Disorder show weak, non-significant correlations.
- PTSD shows borderline (almost significant) moderate correlations.

6. Psychotic Disorders:

- Low and non-significant correlations in both groups, suggesting weak or no association with the studied variable.

Overall Interpretation:

- There is a clear pattern of increasing positive correlation between severity of anxiety (BAI) and depression (BDI) scores and the measured variable in both conservative and dialysis patient groups.
- Clinical diagnoses like Major Depressive Episode and Generalized Anxiety Disorder have strong and highly significant correlations.
- Less common or specific disorders such as Panic Disorder, Social Anxiety Disorder, Psychotic Disorders show weak and non-significant correlations.
- The consistency of correlations across both patient groups (Conservative and Dialysis) strengthens the reliability of these findings.

These results suggest that the factor measured is strongly associated with severity of anxiety and depression symptoms, as well as clinical psychiatric diagnoses, but not significantly with certain anxiety subtypes or psychosis.

DISCUSSION:

This study provides a stark illustration of the profound

psychological and functional burden associated with Chronic Kidney Disease (CKD), revealing high rates of morbidity that are largely consistent with, and in some aspects exceed, existing global literature. Our comparative analysis of 144 patients (72 on conservative management, 72 on dialysis) demonstrates that the mental health impact of CKD is severe and pervasive, regardless of the treatment pathway.

A primary finding was the alarmingly high prevalence of depression. Our results, showing that 62.5% of patients were diagnosed with a Major Depressive Episode (MDE) via the MINI interview and 36.1% had severe scores on the Beck Depression Inventory (BDI), sit at the upper end of the spectrum reported in previous research. For instance, a major systematic review by **Palmer et al. (2013)** reported a pooled prevalence of depressive symptoms at 39.3% in dialysis patients, noting that self-report scales might yield higher estimates⁵. Our findings, using both structured clinical interviews and self-report tools, confirm a significant depressive burden. Furthermore, the study by **Hedayati et al. (2009)**, which also used the MINI interview, found a 21% prevalence of MDE in pre-dialysis CKD patients⁶. Our higher rate (40 patients in the conservative group) suggests a potentially more severe psychological impact in our cohort or highlights the under-recognized severity in non-dialysis populations.

Similarly, anxiety was a dominant feature in our sample. We found that 65.97% of patients had Generalized Anxiety Disorder (GAD), and 36.1% had severe anxiety on the BAI. This aligns with a meta-analysis cited in our study which reported a pooled anxiety prevalence of 40% among CKD patients⁷. However, our figures are substantially higher, underscoring anxiety as a co-primary psychological condition alongside depression that demands clinical attention. The clinical significance of this is grave, as **Schouten et al. (2019)** demonstrated that each 10-point increase in BAI score was associated with a 64% greater mortality risk in CKD patients⁸.

A particularly critical finding was the high rate of suicidal ideation (31.9% overall), which was slightly more prevalent in the dialysis group. This strongly correlates with the severity of depression found in our study and is supported by previous work. **Gupta et al. (2018)** found a strong correlation ($p < 0.0001$) between depression severity and suicidal ideations, advocating for routine screening in CKD patients⁹. Our data powerfully reinforces this recommendation, revealing that nearly one-third of our patients are grappling with these acute suicidal thoughts.

The functional consequences of this psychological burden were quantifiable and severe. Our data from the Karnofsky Performance Status (KPS) scale indicated greater functional impairment in the dialysis group, with 19.44% scoring 60 (requiring considerable assistance). This contrasts with a study by **Raman et al. (2018)** which found similar mean KPS scores between dialysis and conservative care groups¹⁰. This

discrepancy may reflect differences in patient populations or comorbidities, but our data clearly shows that a significant subset of dialysis patients experiences severe functional decline. Furthermore, the widespread impairment in social functioning (68.1% overall) echoes findings by **Alma et al. (2023)**, who identified CKD patients, especially those on dialysis, as being highly vulnerable to work disability and productivity loss¹¹.

Demographically, our sample's male predominance (59%) and age distribution, with the largest group being patients ≤ 60 years (31.25%), are consistent with the epidemiology of CKD, as seen in studies like **Munisi H et al. (2022)**¹². The overrepresentation of patients from lower and lower-middle socioeconomic backgrounds (48.6% combined) is a significant finding. This aligns with research by **Nesrallah G et al. (2014)**, which demonstrated that socioeconomic status significantly influences treatment modality and, by extension, likely impacts psychosocial stressors and access to mental health resources¹³.

CONCLUSION:

our findings powerfully confirm and extend the existing body of evidence on the biopsychosocial model of CKD. The psychological morbidity in our cohort is severe, with depression and anxiety rates that are critically high. This distress manifests in impaired functioning and a disturbing prevalence of suicidal ideation. The comparative analysis with previous studies underscores that this is a universal challenge in nephrology care. Therefore, moving beyond the mere identification of this problem, our data serve as an urgent call for the standardized integration of mental health screening using tools like the BDI, BAI, and MINI and multidisciplinary psychosocial interventions into the routine clinical care of all CKD patients, irrespective of their treatment stage.

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