Prevalence of Depression and Associated Factors among Early Middle-Aged Myanmar Migrant Workers

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Abstract

Migrant workers are commonly hired for dangerous, difficult, and dirty kinds of jobs. Therefore, depression is commonly seen in migrant workers. Currently, there are very few studies concerning depression among early middle-aged Myanmar migrant factory workers in Thailand. Hence, the objective of the study is to explore the prevalence of depression and related factors among early middle - aged Myanmar migrant factory workers. This cross-sectional study was conducted between August and December 2023 using self-administered questionnaires, including socio-demographic, social-support, and depression. The statistical method used for evaluating the relationship between associated factors and depression was simple logistic regression analysis. Among the112 total Myanmar migrant workers, 47.3% of them had depression. By using simple logistic regression, depression was statistically significantly associated with the low social support variable (OR) = 2.24, 95% Confidence interval = 1.05 - 4.79, *p value = 0.037*). Depression was reduced if the participants had high levels of social support. In summary, Myanmar migrant workers were found to to have a high prevalence of depression. Mental health care should be prioritized and made accessible to vulnerable and risky groups. In addition, early middle-aged Myanmar migrant workers who reported high perceived social support had lower odds of reporting depression. Social support is a key factor in reducing depression among them. Therefore, social support services for migrant workers should be rooted in the health care system.

Keywords: *Depression, Social Support, Migrant Worker*