

## Level of depression, anxiety and stress among deaf adults: A literature review

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### ABSTRACT

Present review is qualitative in nature and based on Pakistani and Western literature that have been conducted on children of culturally deaf people to measuring perceptions about their deaf parents. The existing review evaluated the degree and pattern of themes about symptoms of depression, stress and anxiety among deaf individuals in light of existing literature. To direct modified literature review a careful inquiry over various databases were pass through. The themes about mental health status of deaf individuals were drawn through content analysis of modified literature. Analysis uncovered that deafness is connected with distrusted, separateness, disorientation, being ruled, a distinct group, mistrustful, inadequate parenting, frustrated communication and the most common being dependent on their children for communication, that are the symptoms of manifestations of depression, stress and anxiety among the deaf individuals.

**Conclusion:** Reviewed studies revealed communication barrier is the major agent that leads deaf individual toward the symptoms of stress, anxiety and depression. In this way speech therapist, social worker, psychologist ought not to underestimate stress, anxiety and depressive manifestations among people having parents with deafness.

**Keywords:** Deaf, Adult, Depression, Stress, Anxiety, Deaf community, Culturally deafness

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### INTRODUCTION

Hearing impairment is a typical sensory disorder issue influencing 27.8 million people of any age in Pakistan and around one of every 1,000 newborn children is conceived with major sensori-neural hearing impairment<sup>1</sup>. WHO stated that more than 360 million individuals are experiencing hearing impairment over the world, and the number could increment to 900 million by the year 2025<sup>2</sup>. Hearing loss with more than 20 db is second disability, influencing 1.33 billion individuals everywhere throughout the world<sup>3</sup>.

Hearing impairment has three level which was defined as mild to moderate, sever, profound or complete and their frequency

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is 41–60 dB HL, 61–80 dB HL, 81–90 dB HL, >91 dB HL respectively<sup>2</sup>. Studies have revealed some hazard variables of hearing loss for infants, for example, parental consanguinity, neonatal emergency unit, and postnatal infections<sup>4</sup>. Hearing loss can come about because of hereditary and additionally natural or environmental components. In developed or high-wage nations, it has been assessed that around 60% of hearing impairment is innate, though 30% are procured, and 10% have a vague etiology<sup>1</sup>.

In developing countries such as in Pakistan environmental factors such as ototoxicity, acoustic injury, viral and bacterial diseases represent a high extent of hearing impairment and pervasiveness of hearing impairment is 7 to 8 for each 1000 live births<sup>5,6</sup>. Pakistan is an under developing country and most of hearing loss is associated to the environmental factors, cultural values, social lines, endogamy, and high rates of consanguineous relational unions<sup>7</sup>. Experimental studies from Pakistan revealed a detailed of a few gene loci that cause hearing impairment and stated as DFNA (DeaFNess for auto-somal) dominant deafness, DFN for genes inherited as X-linked genes, for auto-somal recessive genes loci<sup>8</sup>. It is an undetectable disability that has an influence on an individual's communication abilities, leads toward social barrier and mental health issues. Hearing is necessary for cognitive development, to give meaning to the outer world, to build a link to external world those who are deprived from this sense have social isolation and their quality of life is also affected by hearing loss<sup>9</sup>.

Depression, stress and anxiety as indicated by the World Health Organization are viewed as a typical mental issues influencing

a person with critical discouraged inclination, feeling of guilt, diminished concept of self, social alienation that have an impact on personal and social life of an individual<sup>10,11</sup>. Deafness enhances the symptoms of stress, anxiety and depression frequently encounters psychosocial challenges with lessened fulfillment, lack of interests in social setting<sup>12</sup>. The most critical outcomes of growing with hearing impairment is the trouble in the ability to develop language skills with a diminishing impact on emotional and social advancement, family interconnectedness, and over all apparent personal satisfaction of an individual. Studies show that due to hearing impairment people are more prone to social maladjustment, low quality of sleep rest and probability of having depressive symptoms<sup>13</sup>.

The purpose of present review is to investigate the themes that are related to mental health issues such as anxiety, stress and depression in context of speech and communication among hearing impaired parents. The communication barrier creates hindrance in expressing the feelings toward family, hearing community, and mental and physical health professionals<sup>14</sup>. A review has been conducted in Pakistan by Muazam and Jabeen revealed that the weak bonding of communication among deaf families is root cause of pathological symptoms of both children and parents<sup>15</sup>.

**Problem Statement:** The problem statement for the present review study is: How deafness have an impact on mental health of hearing impaired individuals?

**Literature Review Methodology:** Present review is qualitative in nature and based on content analysis strategy of qualitative data analysis. To direct modified literature review searches for required studies sample careful inquiry were made by using different databases. The data bases were comprised of Science Direct, Jstore, Proquest, Ebrary, Google, Springer, Tylor and Francis. The titles and abstracts of studies from 1990 to 2016 were given consideration to meet up the sample inclusion criteria. The major keys terms for search engines were psychological impact of deafness on family, views of hearing children about their parental deafness, father mother deaf, and children of deaf. The inclusion criteria of review are comprised of scholarly articles based upon the interviews of hearing children of deaf parents and taken from recognized journals. The Newspaper autobiographies non scholarly articles, other parental disabilities except deafness were not the part of this review. The name of authors and year are given in Table-I:

As indicated by Dixon-Woods (2000) modified literature review is normally performed when just few investigates have been conduct on a phenomena. The themes about mental health status of deaf individuals were drawn through the content analysis of modified literature by thoroughly reviewing research papers.

## RESULTS

Analysis of literature uncovered that deafness is connected with distrusted, sense of separateness, sense of disorientation, facing brutality, inadequate parenting, hetero-noumeous and

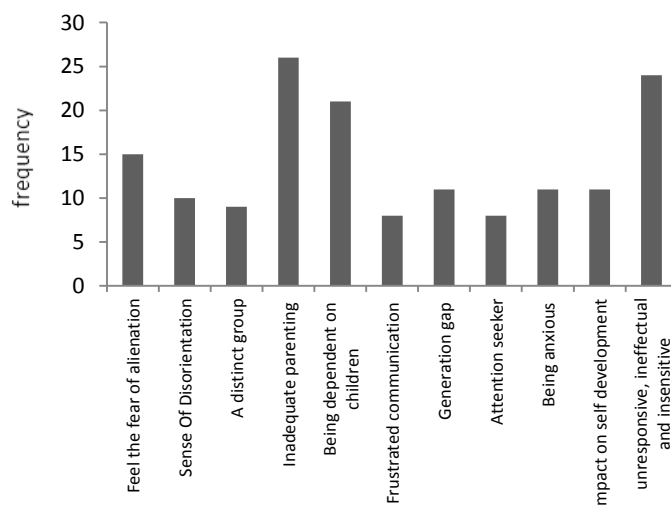
being ruled, complex being, a distinct group, mistrustful, oppressing, feeling the fear of alienation, inadequate parenting, being dependent on children, frustrated communication, generation gap, being reliant are the symptoms of manifestations of depression, stress and anxiety among the deaf individuals. The examination uncovered that there is a shortage of studies which recognized communication choices, parental association, financial status of deaf people in the development of stress anxiety and depression. The themes about Indication of depression, anxiety, and stress have been drawn from the literature are given below:

**Table-I: Authors and years of articles included in review (N=9)**

Author	Year	Author	Year	Author	Year
Jabeen & Muazzam <sup>11</sup>	2016	Malik & Jabeen <sup>16</sup>	2016	Mand et al <sup>17</sup>	2009
Hadjikako K <sup>18</sup>	2009	Filer & Filer <sup>19</sup>	2000	Singleton & Tittle <sup>20</sup>	2000
Preston P <sup>21</sup>	1996	Preston P <sup>22</sup>	1995	Buchino A M <sup>23</sup>	1990

**Table-II: Frequency of related statements from reviewed articles**

Themes for depression , anxiety and stress	Total Frequency of related words
Distrusted/ Mistrustful	17
Feel the fear of alienation	15
Sense Of Disorientation	10
Complex being/ A distinct group	9
Inadequate parenting / Impede parenting	26
Being dependent on children	21
Frustrated communication	8
Generation gap	11
Attention seeker	8
Being anxious	11
Impact on self-development	11
unresponsive, ineffectual and insensitive	24
<b>Total</b>	<b>171</b>



**Fig-1: Indication of symptoms of depression, anxiety and stress**

## DISCUSSION

The aim of this review is not to generalize the negative impact but to enhance the recommendation that can minimize the impact of deafness on mental health of hearing impaired individuals. The review designed to deal with issues raised throughout the literature by social and cultural circumstances that lead deaf individuals to be pathologies. It described the themes on psychological problems and mental health that are comprised of symptoms of depression, anxiety and stress.

Most valuable is the lack of expertise in using sign language within the family context and societal misperception toward the disability and sign language. The themes were collected from the sample of articles that have been selected by modified qualitative strategy. Besides of generation gap the sense of separateness, sense of disorientation being anxious, complex being, a distinct group, mistrustful, social alienation, inadequate parenting, frustrated communication and dependency upon children for communication were the common characteristics throughout the studies. The consequences of communication pattern may bear symptoms of psychological illness<sup>16,17</sup>. Deaf parents are dependent on their children and other family members for communication and they play role as interpreter<sup>18-20</sup>.

Deaf also have the issue of the internalizing shame of deafness which has ultimately the progress to precede the frustration. Sense of disorientation can be internalized in an individual through an offensive relationship toward in and out-group however mostly deaf individuals are experiencing it from the hearing community<sup>21-23</sup>. The review also discussed the facing brutality, hetero-nomous, being ruled; complex being that is related to importance of the advancement of communication system<sup>11</sup> and labeled as, experienced by the deaf parents and originating from hearing community's perceptions of their parents disability and they defend their parents as 'able' in relation to the parent/s 'disability'<sup>11,20-22</sup>.

Internalization of Inadequate parenting of deaf parents in comparison to hearing world such as deaf are unable to communicate everything toward their hearing children frustration among deaf. Feelings of shame and guilt, anxiousness reoccur in the deaf parents due to embarrassment of being deaf. It manifest as feeling extraordinary or belonging to out-group.<sup>17</sup>

The Challenges in communication while using the sign language at open places and comprehending of how the hearing community perceives and feels to communicate by hands by body posture gesture. Review on mental health issues of deaf revealed that deaf people use sign language that is uncommon in association of hearing community that is in majority. Hence deaf individual feel social isolation low confidence and self-destructive thoughts<sup>23,24</sup>.

Literature also stated that challenges related with deafness have an impact on social and emotional aspects of an individual. It develops rapid social confinement, poor self-image, low confidence, that ultimately leads toward stress depression and anxiety<sup>25</sup>.

Communication barriers make it troublesome for people with

hearing disability so that they can share themselves toward their families, peers and health professionals. The suppression of their feelings leads them toward poor mental health<sup>26</sup>. There is scarce of the trend to measuring and providing mental health services among deaf community of Pakistan. Health professionals, psychologist, social workers are unaware by the use of sign language and there is limited services related to research on speech therapy Muazzam and Jabeen<sup>11,19</sup>.

To summarize the content analysis of modified articles revealed various themes of distrusted, separateness, disorientation, being ruled, a distinct group, mistrustful, inadequate parenting, frustrated communication that revealed communication barrier is the major agent that leads deaf individual toward the symptoms of stress, anxiety and depression. The review uncovered that there is a shortage of studies in Pakistan which recognized communication choices, parental association and mental health services of deaf. The outcome focuses more concentration on the mental health problems of deaf adults in regard of existing literature. In these way researchers, speech therapist, social worker, psychologist ought not to underestimate stress, anxiety and depression manifestations among people having deafness.

## CONCLUSION

Reviewed studies revealed communication barrier is the major agent that leads deaf individual toward the symptoms of stress, anxiety and depression. In this way speech therapist, social worker, psychologist ought not to underestimate stress, anxiety and depressive manifestations among people having parents with deafness.

**Recommendation:** The outcomes demonstrates that in Pakistan to bring a healthy promotion of deaf community there is need to develop listening, signing and speaking, and research attitude by recruiting speech therapist and promoting the trend to use sign language as a powerful agent of communication. Only in this way the revelation of stress, anxiety and depression related with deafness can be overcome.

## CONTRIBUTION OF AUTHORS

**Jabeen T:** Conceived idea, Designed research methodology, Literature search, Data analysis, Data interpretation

**Malik S:** Critical revision of the article

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