

THE RATIONALE FOR THE USE OF ANTIDEPRESSANT DRUGS IN DEPRESSED PATIENTS IN THE HOSPITAL REGIONAL GENERAL DR. LOEKMONO HADI KUDUS IN 2023

Gunawan Firmansyah, Dian Arsanti Palupi*, Dessy Erliani Mugita Sari, Nur Choiriyah

Institut Teknologi Kesehatan Cendekia Utama Kudus, Indonesia

*Corresponding Author: dianarsanti68@gmail.com

Abstract. Depression is an emotional disorder or bad mood characterized by prolonged sadness, hopelessness, feelings of guilt, and meaninglessness. Inaccuracies in treatment can cause side effects and reduce the effectiveness of the drugs given, so rational treatment is needed to prevent these effects from occurring. The purpose of this study is to find out the characteristics of patients and the rationality of the use of antidepressant drugs in depressed patients in hospitals. Regional General Dr. Loekmono Hadi Kudus in 2023. This study is a non-experimental research, with a descriptive design method and retrospective data collection. Data were obtained from 59 medical records with inclusion criteria, namely depressed patients aged 12-69 years and receiving antidepressant therapy. In this research, patient characteristics analysis and therapy evaluation were carried out, which included the right patient, the right indication, the right diagnosis, the right drug, the right dose, and the right time interval of administration. The results of the study were based on the characteristics of the most male (54%), the age of the patients with the most depression, namely 26-45 years (57.6%), and the type of antidepressant drug that is often used, namely sertraline (72.9%). The rationale for prescribing antidepressant drugs in depressive patients is 100% right for the patient, the right indication, the right diagnosis, the right medication, the right dose, and the right time interval of administration. The conclusion of the characteristics of most patients is male, and the age range is 26-45 years. The rationale for the use of antidepressant drugs in depressed patients in hospitals. The Regional General Dr. Loekmono Hadi Kudus in 2023 was declared to be rational, including the right patient, the right indication, the right diagnosis, the right medication, the right dose, and the right time interval for administration.

Key words: [Antidepressant medication, Depression patients, Rationality]

INTRODUCTION

Mental health is a condition in which a person can develop physically, mentally, spiritually, and socially so that they realize their abilities, can overcome pressure, work productively, and are able to contribute to their community (Law of the Republic of Indonesia, 2014). Psychiatric disorders are developmental conditions that are not suitable for a person characterized by behavioral, thought, and emotional disorders, as they can cause abnormal behavioral changes in a person (Ministry of Health, 2020). One of them is depression. Depression is an emotional disorder or bad mood characterized by prolonged sadness, despair, feelings of guilt, and meaninglessness; therefore, all mental processes (thinking, feeling, and behaving) can affect motivation to do activities in daily life and interpersonal relationships (Dirgayunita, 2016). The rational use of drugs is to avoid problems that can arise related to drugs and to ensure a treatment that meets the clinical needs of patients at an affordable price (Kristiyowati, 2020). Based on the above background, it is necessary to research the rationality of the use of antidepressant drugs in depressed patients at dr. Loekmono Hadi Kudus Hospital in 2023.

METHODS

Type of Research

This type of research is non-experimental quantitative descriptive research, which is based on existing data without manipulating the test subjects.

Research Design

The research design used is descriptive with a retrospective data collection method by tracing the medical records of depressed patients using the total sampling technique. Total sampling is a sampling technique where the number of samples is equal to the population size.

Population and Sample

The population in this study is all patients with medical records of depressive disorders in the inpatient department of RSUD dr. Loekmono Hadi Kudus in 2023. The sample in this study consists of

patients with depressive disorders who are using antidepressant medication in the inpatient department of RSUD Dr. Loekmono Hadi Kudus in 2023, meeting the inclusion criteria.

Data Collection Techniques

- Application for a permission letter.
- Submission of research ethics (Ethical Clearance).
- Data collection from medical records of inpatient depression patients in 2023.
- Identifying sample criteria, data recording, and data processing using Statistical Product and Service Solution (SPSS) with frequency tests based on gender and age of depression patients.
- Analyzing the rationality of antidepressant usage in inpatient depression patients based on patient suitability, indications, diagnosis, medication, dosage, and administration intervals.

Data Analysis

Researchers conducted data analysis using SPSS with frequency tests, presented in the form of percentage tables and diagrams.

RESULTS AND DISCUSSION

The results of the data collection on the rationality of antidepressant use in depression patients at dr. Loekmono Hadi Regional General Hospital, Kudus, in 2023, showed a population of 100 depression patients, with a sample that met the inclusion criteria amounting to 59.

1) Results of the Depression Patient Data Analysis at RSUD Dr. Loekmono Hadi Kudus Year 2023 based on Patient Characteristics.

a) Gender

The results of the percentage of depression patients at RSUD Dr. Loekmono Hadi Kudus based on gender are presented in the figure. 1

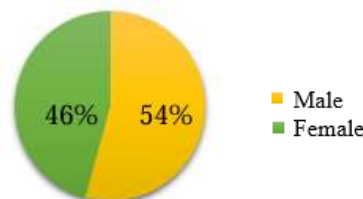


Figure 1. Graph of Depression Patients by Gender
Source: Processed primary data (2025)

Based on figure 1 shows that the number of male patients is higher, which is 32 patients (54%). Depression is generally more common in women than in men, but in this study, the majority of depression patients were experienced by men. This research is supported by the findings of Kusuma et al. (2023) that depression in men can be caused by masculine traits such as anger, substance abuse, emotional suppression, and the domain of risk-taking in men. This research is also in line with the opinion of Thompson and Bennet (2017) that masculinity consists of courageous traits that require men to possess bravery and aggressive characteristics. This research aligns with the study by Agustine et al. (2018), which states that the largest gender distribution experiencing mental disorders is men, totaling 16 patients (53.3%).

b) Age

The results of the percentage of depression patient characteristics based on age at RSUD Dr. Loekmono Hadi Kudus can be seen in the table. 1

Age category (years)	Number (N=59)	Percentage (100%)
12-25	6	10,2
26-45	34	57,6
46-65	16	27,1
>65	3	5,1
Total	59	100

Source: Processed primary data (2025)

Based on Table 1 above, the majority of depressed patients in RSUD Dr. Loekmono Hadi Kudus in 2023 are in the adult age range of 26-45 years, with 34 patients (57.6%). This age group has a significant increase in depression compared to other age. This age range is also highly constrained

by work and family pressures, which can lead to social crises by isolating themselves from social groups. This study is by the research by Ramiyanti (2023) at RSUD Dr. R Soedjati Soemadiardjo Purwodadi from October to December 2022, which states that the age range most commonly experienced by patients is adults aged 19-44 years, as individuals in this age group are still capable of working and producing something. Therefore, within this age range, complex issues and matters that lead to depression may arise.

2) The use of antidepressants in patients with depression that are most commonly prescribed

Based on the data of the most frequently prescribed antidepressant usage in inpatient depression patients at RSUD Dr. Loekmono Hadi Kudus in 2023, is presented in Table 2.

Table 2. Percentage of Antidepressant Drug Usage

No	Antidepressant medication	Number (N=59)	Percentage (100%)
1	Sertraline	43	72,9
2	Amitriptilin	11	18,6
3	Maprotilin	1	1,7
4	Amitriptilin + sertraline	3	5,1
5	Amitriptilin + maprotilin	1	1,7
Total		59	100

Source: Processed primary data (2025)

Based on Table 2, it can be seen that patients receiving treatment with the antidepressant drug of the Selective Serotonin Reuptake Inhibitor (SSRI) class, namely Sertraline, amounted to 43 patients (72.9%). Sertraline has been proven effective in reducing symptoms of stress, anxiety, and depression in many people; clinical studies show that the use of sertraline can significantly reduce symptoms that arise in depressed patients. According to Septyarini et al. (2021), SSRIs are a class of drugs that specifically inhibit the reuptake of serotonin in the brain. The antidepressant sertraline, which belongs to the Selective Serotonin Reuptake Inhibitor class, is chosen as the first-line antidepressant due to its safety and high tolerance. The group of Tricyclic Antidepressants (TCA) used is Amitriptyline, which was given to 11 patients (18.6%). The results of this study are consistent with the research by Lestari (2018) that Amitriptyline is a tricyclic antidepressant, its efficacy in relieving severe depression has been well established, and it has also been proven beneficial for several other mental disorders.

3) The results of the study on the rationality of the use of antidepressants in depression patients at RSUD Dr. Loekmono Hadi Kudus in 2023

a) Patient Accurate

The research results on the accuracy of patients with depression at RSUD Dr. Loekmono Hadi Kudus in 2023 are presented in Table 3.

Table 3. Percentage of Accurate Patients

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

Based on Table 3, the percentage accuracy of patients is 100% in compliance, and there were no allergic reactions in those patients; thus, the administration of antidepressants is continued, and there are no contraindications for the patients. This study is also by the research of Mustari (2022) at the Mutiara Sukma Mental Hospital in NTB Province in 2021, which found that 100% administration of medication while considering the patient's history can enhance the healing process of the disease and prevent contraindications in patients.

b) Accurate Indication

The research results on the appropriate indications for depressed patients at RSUD Dr. Loekmono Hadi Kudus in 2023 are presented in Table 4.

Table 4. Percentage of Exact Indications

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

Based on Table 4, the results show 100% accuracy of indications from a total of 59 medical

records that met the inclusion criteria. The administration of medication was by the diagnosis and indications, and its therapeutic benefits were proven. This study is also by research by Agustin (2022) at the Licin Community Health Center, which found 100% accuracy of indications, with the selection of antidepressant medications appropriate to the patient's needs based on accurately established diagnoses.

c) Accurate Diagnosis

The results of the research on accurate diagnosis in depression patients at RSUD Dr. Loekmono Hadi Kudus in 2023 are presented in Table 5.

Table 5. Percentage of Accurate Diagnosis

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

Based on Table 5, a result of 100% accuracy in diagnosis was obtained from a total of 59 medical records that met the inclusion criteria. This is because the diagnosis refers to the process of determining the disease and medical condition. Patients are accurately diagnosed based on symptoms, signs, and examination results. According to Maurer et al. (2018), a patient's diagnosis can be made using diagnostic criteria as found in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which requires the presence of several symptoms over 2 weeks, including a depressed mood or loss of interest/pleasure (anhedonia). In addition to these symptoms, patients diagnosed with depression have common symptoms such as fatigue, weight changes, and changes in appetite.

d) Precise Medicine

The results of the research on the accuracy of medication for depression patients at the Dr. Loekmono Hadi Kudus Hospital in 2023 are presented in Table 6.

Table 6. Percentage of Medication Accuracy

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

Based on Table 6, it was found that 100% of the medications were correctly administered from a total of 59 medical records that met the inclusion criteria. This is because the medication administration was by the accuracy of the therapeutic class and type of medication with the diagnosis and proved its therapeutic benefits. This study is also in line with the research by Saraswati (2016) at the Inpatient Installation of the Dr. RM Soedjarwadi Regional Mental Hospital in Central Java in 2015, which found a 100% accuracy in medications, as the appropriateness of the medications given was assessed based on safety and therapeutic effects suitable for the patient's illness, and the benefits of the medications given were proven.

e) Exact Dose

The results of the research on the correct dosage for depression patients at RSUD Dr. Loekmono Hadi Kudus in 2023 are presented in Table 7.

Table 7. Percentage of Accurate Doses

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

Based on Table 7, it was found that 100% of the doses were accurate, indicating that all doses of antidepressants given in depression therapy were within the therapeutic range of antidepressant medications. This study contradicts the research by Sirait & Tjandra (2023), which stated that the accuracy of the dosage and frequency of antidepressant use did not align with medical indications and literature. In their research at RS TNI AL Dr. Mintohardjo Jakarta, it was found that 11.2% of subjects were treated. The road has not received antidepressant medication according to dosage and frequency. Incorrect dosage can reduce the effectiveness of therapy and increase the risk of undesirable side effects.

f) Exact Time Interval of Administration

The research results on the appropriate timing of administration for depression patients at RSUD Dr. Loekmono Hadi Kudus in 2023 are presented in Table 8.

Table 8. Percentage of Interval Time Accuracy of Administration

No	Explanation	Number (N=59)	Percentage (100%)
1	Exactly	59	100
2	Not Correct	-	-
Total		59	100

Source: Processed primary data (2025)

The correct timing of medication administration for depressed patients at RSUD Dr. Loekmono Hadi Kudus in 2023 can be seen in Table 8, which shows that 100% of the administration timing was correct according to the Drug Information Handbook 17th edition (2009) standard. The usage of sertraline is 1x1 at night before bedtime with a maximum range of 25-200 mg/day, while amitriptyline is used 1x1 at night before bedtime with a maximum range of 10-300 mg/day, and maprotiline is 1x1 at night before bedtime with a dose of 25mg which can be increased if necessary, not exceeding 150mg/day. The study by Fahrul et al. (2014) states that the interval time for administering medication is a determinant in maximizing the drug therapy process, as it determines the biological effects of a drug such as absorption, rate of absorption, and bioavailability (total drug that can be absorbed), intensity of drug action, pharmacological response achieved, and the appropriate dosage to provide a specific response.

CONCLUSION

- 1) The characteristics of the gender of depression patients at the Dr. Loekmono Hadi Kudus Regional Hospital in 2023 show that the majority are male, accounting for 54%. The characteristics based on the age group 26-45 years old account for 58%.
- 2) The most frequently prescribed antidepressant for depression patients at the Dr. Loekmono Hadi Kudus Regional Hospital in 2023 is sertraline, accounting for 72.9%.
- 3) The rationality of the use of antidepressants in depression patients at the Dr. Loekmono Hadi Kudus Regional Hospital in 2023 is based on 100% precision of patients, 100% appropriate indication, 100% accurate diagnosis, 100% correct medication, 100% correct dosage, and 100% correct timing of administration.

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