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Pattern of depression and Psycho-social factors influencing mental distress among Divorcees in Lagos State

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Abstract

Divorce have been associated with increased chances of depression. However, factors and context influencing this incident is still an ongoing concern. The present investigation assessed the pattern of depression and psycho-social factors influencing mental distress among divorcees in Lagos State. This study was a cross-sectional survey research conducted among conveniently sampled divorced persons in Lagos State. The mean age was 32.56 (*S.D* = 4.65) years and the larger percentage were females. Education attainment showed that 34.5% had a first-degree qualification, 12% had diploma certificate, while 11% had no formal education. Two-fifth (40.5%), of the divorcees have been divorced for between 2-5 years, 23.5% of the respondent less than 1 year, 23% for between 6-10 years and 13% above 11years. 40% reported constant parental pressure to remarry. The respondents responded to the Beck Depression Inventory (BDI-II) and 10-item Big Five personality inventory (BFI) and socio-demographic questionnaire. Data was analyzed with descriptive statistics, logistic Regression Analysis and t-test for independence at $p \leq 0.05$. Results showed that the prevalence rate for depression disorder was 36.5%. Length of duration of divorced was significant predictor of depression status: less than 1 year of divorce was associated with the odds of becoming depressed 6 times fold. Parental pressure also was associated with depression. Conscientiousness, agreeableness and openness to experience were significantly predictors of depression. It was concluded that length of duration after divorce and personality traits shapes post-divorce mental health status thus adequate psychological intervention should be offered to divorcees in combination with legal and material support.

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1. Introduction

According to WHO (2002), 55% of couples get divorced every year. Divorce is a significant life event which could cause damage to individuals' well-being (Umberson & Williams, 2005). Individuals who experience marital dissolution face an assortment of mental issues which include expanded stress levels, lower life fulfillment, melancholy, frequent hospital visits, and a general increment in mortality risks contrasted with the individuals who stay wedded (Vitelli, 2015). Depression is thus believed to be commonest mental issues during post-divorce period.

Depression stand out amongst the most well-known health issue related to divorce and it is identified with expanded psychopathology and mortality from ailments and diminished life satisfaction (Breslau et al., 2011; Vitelli, 2015). Regret theory suggests that people who are divorced confronts the pain of regret due to failed marriage (Cameron, 2009; Michenaud & Solnik, 2008). The emotion of regret is a psychological experience in which people realize that they made a mistake in a past decision and have to face the bad consequences. People feel regret if they make a wrong decision. When a person realizes that a different past choice or decision would have make a better result, he/she would feel emotional regret. The investment theory suggests that the fear of admission of the failure of an investment (i.e. the marriage) leads investors (i.e. couples) to postpone the loss (i.e. an unsatisfactory marriage). Therefore, he/she would experience regret when closing an investment (i.e. ending a marriage) with a loss because of the poor investment decision (i.e., being married to the wrong person) (Ackert, Church, & Deaves, 2003). These theories explain possible sources of mental issues during post-divorce period.

In Nigeria, the trend for divorce is increasing due to economic pressures and societal demands. For example, findings from a multinational study carried out by Breslau et al. (2011) in 21 out of the 36 states in Nigeria, representing 57% of the national population, among the tribes of Yoruba, Igbo, Hausa and Efik. Divorce rate was established at 19.9%, within this sample a significant proportion were identified to have psychiatric morbidity such as depression. Further, in some public health research works conducted by Lasebikan, Ejidokun and Coker (2012), a high prevalence rate of mental health disorder was discovered among a primary health sample (57.5%) and being separated or divorced was associated with higher incidence of psychiatric morbidity. Obadeji et al. (2015) reported the prevalence rate of 47.7%, likewise Afolabi, Abioye-Kuteyi, Fatoye, Bello, and Adewuya (2008) reported 59.9% rate of depression in a Nigerian public health sample. Respondents were found to have one form of depression or the other of which divorcees constitutes a minority sample with the highest psychiatric morbidity (Afolabi et al., 2008; Obadeji et al., 2015). Changing marital status is a significant life event, which can easily cause stress in individuals' lives. Many studies have reported that divorced individuals have lower happiness and higher depression than still-married persons. Bronselaer, De Koker and Van Peer (2008) meta-analysis on post-divorce mental health showed that divorce has a negative impact on the general health, psychological and physical status, health behaviour and the life expectancy of ex-partners, and that the divorced make greater use of formal (health) care services. There are a number of factors that may increase the chance of clinical depression after divorce, which includes prior experience of physical, sexual, or emotional abuse can increase

the vulnerability to depression later in life however they were believed to subside with final separation (Bronselaeer et al., 2008). Bronselaeer et al. (2008) however summarized other factors which may make mental health problem enduring to include person-related factors (e.g. gender, age, personality traits), characteristics of the dissolved marriage (quality of the relationship, duration) and divorce-related aspects (e.g. length of post-divorce years, custody/shared parenting problems) were found to mediate the impact of divorce on the health indicators selected. This study investigates the role of age, gender, educational attainment, length of post-divorce years, parental pressures to re-marry, and personality traits.

Literature has implicated the moderating role of personality traits in exacerbating either positive and negative outcomes in post-divorce depression (Bouchard, Lussier, & Sabourin, 1999; Nemechek & Olson, 1999). In this study personality characteristics was defined in the context of the five-factor or 'Big Five' model of personality, developed from the consternation of ideas of the trait theorists (Digman, 1990). This personality include five distinct factors: (1) neuroticism, this distinguishes individuals in terms of the extent to which individuals perceives and experiences the social world as undermining, tricky, and troubling; (2) extraversion, which infers a fiery way to deal with the social and material world and incorporates attributes, for example, amiability, movement, confidence, and positive emotionality; (3) openness to experience, which depicts the broadness, profundity, creativity and multifaceted nature of a person's psychological and experiential life; (4) agreeableness, which differentiations prosocial and mutual direction toward others with enmity and incorporates qualities, for example, philanthropy, delicate mindedness, trust, and unobtrusiveness; and (5) conscientiousness, which portrays socially recommended drive control that encourages assignment and objective coordinated conduct, for example, thinking before acting, postponing satisfaction, following standards and guidelines, and arranging, sorting out, and organizing undertakings. This five-factor structure has been demonstrated to be very strong crosswise over raters, test attributes, and societies (McCrae & Costa, 1997). Character attributes have been firmly identified with Major Depression as far as lifetime predominance and seriousness. Disney, Weinstein and Oltmanns (2012) showed that Paranoid and Histrionic personality disorders symptoms were reliably and decidedly connected with number of divorces over every one of the three source of personality traits. On the other hand, Avoidant personality issue symptoms were contrarily connected with number of divorces. Fani and Kheirabadi (2011) inspect the connection between personality characteristics and the reason for mental divorce in an example of females. The people with higher level of extraversion, openness to experience, conscientiousness and agreeableness in addition to lower level depression reported lower rating in post-divorce mental

problems. Based on these findings, this study proposed that personality traits will have significant associations with post-divorce depression among divorcees.

Some socio-demographic factors such as age, gender, parental pressure to remarry, level of education have likewise reliably been recognized as significant factors in clarifying the inconstancy in depression predominance rates among divorced individuals. Gerard, Krishnakumar and Buehler (2006) in a longitudinal research on post-divorce struggle, depression, and maladjustment among divorcees found a solid positive relationship between post-divorce crises, depression and mal-adjustment as the length of years increases. Lorenz et al. (2006) based on 10-year longitudinal study and found that divorce leads to short-term depressive symptoms and long-term negative impact on physical health. Akhtar-Danesh and Landeen (2007) in their study on relationship between depression and socio-demographic characteristics noticed that the most noteworthy rates of depression dependent on the degree of educational attainment is seen among people who completed secondary school education and tertiary education respectively. Akhtar-Danesh and Landeen (2007) additionally found an inverse connection among income and the severity of depression.

Another source of stressor is parental pressures to remarry. Majority of divorced women often report poor relations with their parents, guardians or mentors at post-divorce period because their parents were under psychological pressure to push them to remarry due to social stigma attached to divorce (Rathi & Pachauri, 2018). Parental pressure is the use of psychological measures to demand or conform to social norms and standards which they need their children to pursue. Children who feel like they're under steady pressure may experience consistent uneasiness. Negative impacts of parental pressure incorporate lower confidence, increase disappointment rate, mental impacts like depression, stress, uneasiness and substance abuse (Sangma et al., 2018). High measures of pressure can likewise put children at a more serious danger of creating depression or other psychological wellness issues. Expanded danger of suicide. Studies have discovered a connection between self-destructive ideation and parental pressure (Sangma et al., 2018).

Research results dependent on gender has demonstrated that people experience marriage and divorce in an unexpected way. According to Sofola (2017) in newspaper commentary identified that women resilience in marriage no matter the challenging situation, is being gradually eroded as greater number women who made the first move to exit their marriage is on the increase. Moreover, she identified that women overcome trauma of divorce more easily than males.

However, contrary to this belief is that women have higher emotional investment in marital relationships than men, thus emotional impact of marital problems and divorce is greater for them as well. Zafar and Kausar (2014) discovered that divorced females were increasingly stressed, reported more state-trait anxiety and utilized more uncouth language than wedded women. Furthermore, divorced women were more depressed, anxious and stressed compared to married women. Thus, the belief those women are more prone to depression after divorce than men. Experiencing divorce can regularly power individuals to change their very feeling of self and make the divorce procedure particularly distressing. Supporting these assumptions is the work of Leopold (2018) looking at the interaction between post-divorce duration and gender on post-divorce mental health. Leopold (2018) discovered three main findings based on the moderating influence of gender on mental health after divorce; that men were progressively helpless against momentary outcomes of divorce which improved with post-divorce adaptation. At medium-term view results showed closeness than contrasts among women and men in terms of mental health. Third, enormous and consistent sex contrasts developed were ladies' lopsided misfortunes in family income and related increments in their danger of destitution and single-parent child rearing. Taken together, these discoveries propose that men's experience of strain of divorce is transient, while that of women is perpetual.

Most research looking into the aftermath of divorce has focused on psychological factors that can lead to poor mental state outcomes, studies examining why many people are often better off following divorce aren't so common. Some variables have been implicated in studies on depression among divorced people (Lasebikan et al., 2012) however, not much of such studies has considered the pattern of depression and the role of personal related variables among divorced people particularly from the local perspective what factors predict depression among divorced people in Lagos. The main purpose of this study is to examine the psychosocial factors predicting depression among divorced people drawn from in divorce anonymous group in Lagos state, specific objectives are: To assess the incidence and pattern of depression symptoms among divorced people drawn from in divorce anonymous group in Lagos. To assess the relationship between socio-demographic characteristics, length of post-divorce years, parental pressures to re-marry, personality traits and depression symptoms among divorced people drawn from in divorce anonymous group in Lagos.

2. Method

2.1 Participants

This study was conducted among divorced people in Lagos State. Participants were drawn from divorced people who belong to divorce support anonymous group and Support and Healing Group (SHG) for survivors of Abusive marriages under DRSTV, Lagos State Ministry of Justice. The participants were of both sexes, belonging to the working class or were self-employed. Convenience sampling technique was adopted in this study. Statistics shows that the larger percentage (68.0%) were females while 32.0% were males. The average age was 32.56 (S.D = 4.65). 34.5% of the respondents had first degree certificate, 26.0% secondary school certificates, 21.0% were National Diploma (NCE/ND) certificate holder, and 11.0% had no formal education while 7.5% were Master's Degree holder. Two-fifth (40.5%), of the divorcees have been divorced for between 2-5 years, 23.5% of the respondent less than 1 year, 23% for between 6-10 years and 13% above 11 years. 60.0% of the respondents reported that their parents do not disturb them of marriage while 40.0% reported that their parent disturbs them about getting remarried.

2.2 Instruments and Procedure

The self-report questionnaire used for data collection in the study captures participants' bio data such as: Age, gender, sex, occupation, employment status, education and present marital status. 1-item was used to assess for the experience of constant parental pressure to remarry (coded as 1 = high and 2 = low). Personality trait was assessed with Rammstedt and John (2008) 10-item Big-five Personality inventory (BFI-10) were two items each was used to measure personality traits of Openness to experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism. Response to the items was based on a 5-point Likert scale ranging from (1)-Disagree strongly, (2)-Disagree a little, (3)-Neither agree nor disagree, (4)-Agree a little, (5)-Agree strongly. The authors reported meritorious internal consistency; Extroversion ($\alpha = .78$), conscientiousness ($\alpha = .70$), neuroticism ($\alpha = .66$), agreeableness ($\alpha = .82$) and openness to experience ($\alpha = .85$). Depression was assessed with the Beck Depression Inventory (BDI-II), a 21-item, self-report rating inventory that measures symptoms of depression (Beck et al., 1996). The total score of all the items (0-63) indicates the severity of the depression. In clinical samples BDI-II classification, scores ranging from 0-9 indicating absence of depression; 10-18 indicates mild depression; 19-29 indicates moderate depression while scores ranging from 30-63 indicates severe depression. In recent BDI-II validation studies (Ibrahim et al., 2014; Okwaraji, 2016), scores of 18 and above are classified as Depressive Disorder. This will be used to establish the crude rate of depression for the present sample. Internal consistency for the BDI- II is 0.92 alpha and test retest reliability of 0.93 (Beck et al., 1996). Participants for the study were selected by a convenience sampling technique. Two hundred divorcees from an association that

encourages divorced people of a better life after marriage in Lagos state. The researcher informed the participants about the purpose of the study in order to gain informed consent. Each participant was asked to further signify their voluntary participation in the study. Participants who showed interest in participating in the study were given the questionnaire and instructed on how to respond to them. Copies of questionnaire that were adequately filled were used in the data analysis. At the end, all participants were thanked for their participation.

2.3 Statistical Techniques

Data collected in the study was analyzed using Statistical Packages for Social Sciences (SPSS) version 20. Demographics were analyzed with descriptive statistics while research questions were analysed using Multi-nomial logistic regression Analysis and t-test for independence at $p < .05$ level of significance.

3. Results

3.1 Pattern of depression among Divorcees in the DVAG sample

The average total score on the BDI-II was 15.30 (SD = 13.32; range (0.00-55), indicating a moderate level of depression. The BDI-II demonstrated good internal consistency, $\alpha = .95$. The total score of all the items (0-63) indicates the severity of the depression. Using the BDI-II classification, there was absence of depression in 43% of the respondents', 20.5% have mild depression, 22% have moderate depression and 14.5% were severely depressed. Using the crude rate classification scores of 18 for Nigerian sample; the prevalence rate for depression disorder was 36.5% (See Table 1).

Table 1. Pattern and incident of depression among divorcees (n = 200)

						95% Confidence Interval	
	Level	Counts	Percent	Proportion	p	Lower	Upper
Depression	Absence of depression	86	43.0	0.430	0.056	0.360	0.502
	Mild	41	20.5	0.205	< .001	0.151	0.268
	Moderate	44	22.0	0.220	< .001	0.165	0.284
	Severe	29	14.5	0.145	< .001	0.099	0.202
Depression	Absent to Mild	127	63.5	0.635	< .001	0.564	0.702
	Depression disorder	73	36.5	0.365	< .001	0.298	0.436

Proportions tested against value: 0.5

Table 2. Descriptive Statistics for averaged score on BDI-II Item for divorcee with absent-mild and depression disorder

Low – Mild Depression	Depression Disorder	t-value
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	Mean (SD)	Mean (SD)	
Sadness	.69(.62)	1.53(.93)	$t(198)=7.64, p<.000$
Pessimism	.03(.22)	1.25(1.09)	$t(198)=12.17, p<.000$
Past failure	.17(.47)	.99(.87)	$t(198)=8.66 p<..000$
Loss of pleasure	.19(.43)	1.47(.75)	$t(198)=15.33, p<.000$
Guilty feelings	.32(.64)	1.59(.64)	$t(198)=13.44 p<.000$
Punishment feelings	.37(.89)	2.14(1.21)	$t(198)=11.86 p<.000$
Self-dislike	.28(.51)	1.41(1.37)	$t(198)=8.37 p<.000$
Self-criticalness	.28(.64)	1.59(1.10)	$t(198)=10.67 p<.000$
Suicidal thoughts or wishes	.24(.48)	1.11(1.01)	$t(198)=8.28 p<.000$
Crying	.21(.41)	1.19(1.00)	$t(198)=9.75 p<.000$
Agitation	.24(.58)	1.44(.82)	$t(198)=12.08 p<.000$
Loss of interest	.44(.87)	1.36(1.12)	$t(198)=6.43 p<..000$
Indecisiveness	.24(.55)	1.44(.78)	$t(198)=12.68 p<.000$
Worthlessness	.47(.75)	1.34(.73)	$t(198)=7.94 p<.000$
Loss of energy	.32(.60)	1.45(.69)	$t(198)=12.11 p<.000$
Changes in sleeping pattern	.47(.65)	1.52(.88)	$t(198)=9.58 p<..000$
Irritability	.22(.42)	1.41(.81)	$t(198)=13.68 p<.000$
Changes in appetite	.26(.44)	1.26(.71)	$t(198)=12.32 p<.000$
Concentration difficulty	.26(.49)	1.36(.96)	$t(198)=10.66 p<.000$
Tiredness or fatigue	.62(.86)	1.51(.69)	$t(198)=7.49 p<.000$
Loss of interest in sex	.55(.84)	1.63(.98)	$t(198)=8.21 p<.000$

*Standard deviation (S.D) in parentheses

Table 3. Logistic regression showing the predictors of depression disorder among divorcees (n=200)

	B (S.E.)	Wald (χ^2)	df	Sig.	O.R	95% C.I. for EXP(B)	
						Lower	Upper
Age		1.69	3	.639			
Age (20-30) years	1.14(.93)	1.529	1	.216	3.14	0.51	19.26
Age (31-40) years	.987(.82)	1.466	1	.226	2.68	0.54	13.26
Age (41-50) years	0.87(.84)	1.07	1	.302	0.46	12.44	12.44
< 50 years (ref category)							
Sex	0.78(.50)	2.41	1	.121	0.82	5.80	5.80
Education		6.65	4	.155			
Education(No formal education)	-1.08 (.933)	1.33	1	.248	0.06	2.12	2.120
Education(Pry/Sec cert)	-0.19(.77)	0.06	1	.810	0.19	3.74	3.735
Education(NCE/ND)	-1.53(.81)	3.58	1	.059	0.04	1.06	1.057
Education(B.sc)	-0.45(.75)	0.37	1	.544	0.15	2.75	2.752
Education(M.sc) (ref category)							
Parental Pressure	0.52(.43)	4.12**	1	.023	1.95	2.77	2.365
Length of duration of Divorce		29.07**	3	.000			
Length of duration of Divorce (<1 yr)	4.25(1.24)	11.77**	1	.001	6.18	73.623	6.599
Length of duration of Divorce (2-5 years)	1.11(1.10)	1.01	1	.314	0.35	4.550	.498
Length of duration of Divorce (6- 10 years)	1.31(1.16)	1.28	1	.257	0.38	5.369	.541
Length of duration of Divorce (<11 years)rf							
Extraversion	0.05 (.06)	0.65	1	.421	0.84	1.08	1.075
Agreeableness	-0.10 (.05)	4.14*	1	.042	1.00	1.22	1.217
Conscientiousness	-0.13(.05)	5.93**	1	.015	0.79	0.98	.975
Neuroticism	0.08(.06)	1.79	1	.181	0.83	1.04	1.036
Openness to experience	-0.12(.06)	4.32*	1	.038	1.01	1.26	1.263
Constant	4.41(1.72)	3.63	1	.025	.012		

* $p<.05$, ** $p<.01$

Logistic regression was then conducted to determine which symptoms predicted depression among postpartum women. The overall model fit the data well ($\chi^2(21) = 56.68, p < .001$). Length of duration of divorced was significant predictor of depression status: less than 1 year of divorced (<1yr), increased the odds of becoming depressed by 6.18 fold (OR = 6.18, CI =73.62-6.59). Parental pressure also increased the odds of depression by 1.95-fold (OR = 1.95, CI =2.77-2.36). High parental pressure predicted depression. Personality traits of agreeableness (OR = 1.00, CI =1.22-1.21) and Openness to experience (OR = 1.01, CI =1.26-1.26) increases depression by 1 fold and Conscientiousness (OR = 1.00, CI =1.22-1.21) reduces by 21%. Low agreeableness, Conscientiousness and Openness to experience were significant predictors of depression.

4. Discussion

This study informs the gap in literature addressing incidence and pattern of depression symptoms; and the relationship between socio-demographic characteristics, length of post-divorce years, parental pressures to re-marry, personality traits and depression symptoms among divorced people drawn from in divorce anonymous group in Lagos, Nigeria. The result of this study demonstrated that depressive disorder rate was high among divorcees drawn from the victims of divorce anonymous group. This is in agreement with Breslau et al. (2011) and Bronselaer et al. (2008) who confirmed the preponderance of post-divorce mental health challenges and depression among significant population of divorcees. Based on the present results, divorcees with depression disorder were shown to have elevated levels of cognitive/affective symptoms such as “loss of pleasure”, “feeling of guilt”, pessimism and being indecisive. Also, greater differences was noted in their levels of somatic symptoms which include agitation and “irritability”. These findings are similar with that of Zafar and Kausar (2014) who found that divorced females were more depressed, anxious and stressed compared to married women.

The findings of the study support a study who found strong relationship between depression and length of duration of divorce. Length of period post-divorce was associated with increase in depression in the short term for men and chronic for women on the long term.

These findings are in agreement with Leopold (2018) which demonstrated that post-divorce mental health morbidity is transient for men while it is chronic for women. This finding agrees with Gerard et al. (2006), Lorenz et al. (2006), Akhtar-Danesh and Landeen (2007), who demonstrated that depression, maladjustment and mental health sequelae may follow after divorce among divorcees impacting negatively on physical health. Finding also demonstrated

that parental pressures also contributed to depression among divorcees. This is in agreement with Rathi and Pachauri (2018) who demonstrated that parental pressures compounded the problems and wellness of divorced women especially divorced women staying with their parents.

Personality traits were significant predictors of depression level among divorcees. Respondent high on conscientiousness, neuroticism, significantly reported high depression. These findings support studies that have demonstrated that personality qualities such as agreeableness and conscientiousness was emphatically identified with major depression as far as lifetime pervasiveness and severity (Klein, Kotov, & Bufferd, 2011). The findings agree with Fani and Kheirabadi (2011) that found associations among extraversion, openness to experience, conscientiousness and agreeableness level of depression in mental divorce. However, the findings contrasted the study that demonstrated that individuals who had higher neuroticism and lower extroversion exhibited higher anxiety (LeMonda, Mahoney, Verghese, & Holtzer, 2015). These reports suggest that different personality traits interact with each other and that the effects are independently related to depression and anxiety (Gomez & Francis, 2003). In the same vein Solomon and Jackson (2014) demonstrated that personality traits shape the overall quality of one's relationship, which in turn influences the likelihood of relationship dissolution.

5. Conclusions and Recommendations

This study investigated the influence of socio-demographic and personality traits on depression among divorcees. This study was a cross-sectional assessment of a community sample, a significant proportion of the participants displayed significant depression symptoms. While this is not altogether different from what has been found previously, we have given specific preponderance of subgroups of the populace who are most in danger for mental health problems. This investigation has given a depiction of the predominance of depression among divorcees in Lagos, Nigeria. Divorce is altogether a troubling occasion in the life of its victim, with related mental consequences. Mental health issues are additionally aggravated on the long run, which lead to expanded level of distress, anxiety and poor mental health quality. By and large, it is essential to target intervention at individuals post-divorce, especially to individuals who are affected and vulnerable. We confirmed in this study that divorcees who are constantly pressured by parents to remarry and with lesser years following legal divorce, essentially reported elevated levels of depression. There is need to attach great importance to the impact of societal pressures and stigma on mental health of those who experienced divorce. Thus, marriage counselors, mental health practitioners should create awareness and also provide community-

wide interventions that would address the negative impact of stigma and social pressures on mental health of the victims of divorce. Beyond legal support and empowerment provided by the state there should be a definite policy that addresses mental health issues after divorce. This study has discovered the impact of personality characteristics on depression among divorcees. Social changes are regularly seen in individuals after divorce. These progressions are frequently ignored and thought to be an ordinary response to an antagonistic life occasion. It is currently realized that the progressions might be because of personality characteristics that makes individual vulnerable to depression on the long run. Therefore counselling, mental health screening should be inculcated into post-divorce advisory and counselling activities offered by Ministry of Women Affairs and Department of women & children welfare in the Ministry of Justice who offers state support for divorcees and victims of domestic violence. Future research on divorce should keep on looking at the factors associated with this distressing life event, particularly in the middle age and above. One impediment to our study stem from its cross-sectional, correlational plan: specifically, the bearing of the connection between divorce and personality can't be resolved. Moreover, we recognize the nonclinical nature of the sample to be a constraint of the study. Accordingly, there is a requirement for further work utilizing clinical samples, for example, source reports and perceptions in naturalistic and clinical settings. Future research could likewise look at the pathological traits such as narcissism and paranoid personality in the event of depression among divorcees.

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