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RESEARCH ARTICLE

PREVALENCE OF DEPRESSION AMONG DIABETIC PATIENT ATTENDING PRIMARY HEALTH CARE CENTERS IN ALMADINAH ALMUNAWARA

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Abstract

Objective: To estimate the Prevalence of depression among diabetic patient attending primary health care in Almadinah city.

Design: A descriptive cross-sectional study.

Setting: Diabetic patients attending to primary health care centers belong to ministry of health in Al Madinah city.

Participants: 379 questionnaires have been distributed to diabetic patients who met inclusion criteria in the study.

Main Result: Of total 379 participants in this study, depression was founded in 138 participants with prevalence 36.4%, results showed that there is a significant statistical association between depression and job status, other factors like gender and age showed no significant associations with prevalence of depression.

Conclusion: The prevalence of depression among diabetic patient attending primary health care is 36.4%, most of them are mild. 1 factor showed significant association with depression, which was job status.

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Introduction:-

Background:

Depression is defined as mental disorder characterized by persistent sadness and a lack of interest or pleasure. It can also disturb sleep and appetite, Tiredness and poor concentration are common, it is affecting more than 264 million people worldwide.”(1), and a study showed that if person is diabetic, there is a chance for this patient to have depression (2).

The prevalence of depression varies from place to place, city to city and ethnicity(3).

Due to the importance of this topic, a lot of published studies has been done to measure it's prevalence locally and internationally.

One of these studies has been done in Arar showed that more than one third of diabetic patients had depression with prevalence of 37.4%(4). Other local study was done in Jizan reflect that one fifth of patients had depression with prevalence of 20.6% (5).

Two studies were done in Middle East, showed close percentages between them, one study done in Al Kuwait City showed that the prevalence of depression among diabetic patients is 30.2%(6), while in Al Bahrain the percentage of depression was 33.3% (7).

Internationally, three studies have been published for depression among diabetic patients, one of them was in India, with prevalence of 15.1% among urban south Indians(8).

Other meta-analysis done in UK founded the prevalence of depression was significantly higher in patients with Type 2 diabetes compared with those without [17.6 vs. 9.8%](9).

Depression can affect patient entire life, including work, relations, and happiness (1)

Diabetes mellitus defined “as a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys, and nerves.” (10)

The most seen type of diabetes is type 2, which happen after pancreas cannot secrete adequate amount of insulin, or there is resistance against secreted insulin.(10)

Other type of diabetes is type 1 which happen if pancreas does not make insulin at all or little amount due to different causes.(10)

The prevalence of diabetes 23.7% in KSA (Alnoza 2004)(11), other study in KSA 2009 and showed the prevalence of diabetes was 34.1% in males and 27.6% in females(12).

Rational:

When the researcher was in diabetic center, he noticed a lot of patient looks like they had a low mood and lose of interest, which is the main symptoms of depression, and noticed that in diabetic patient who are following up in primary health cares, so he had interest to do this research, other reason made him interest in this research that it is not done in Al Madinah region.

Main Objectives:-

To estimate the Prevalence of depression among diabetic patient attending primary health care in Almadinah city?

Specific objectives:

1. To determine the prevalence and severity of depression among diabetic patient attending primary health care in Al Madinah Almonawarah in 2021.
2. To assess the risk factor associated with depression among diabetic patients attending primary health care in Al Madinah Almonawarah in 2021..

Literature Review:-

Big study was done in US by Chaoyang, et al. which measured Prevalence of depression among US adults with diabetes.

This study collects 22990 diabetic patients and the questionnaire used in this study was patient health questionnaire (PHQ-(8)), this study showed prevalence of 8.3% diabetic patients had depression.(2)

There was a cross sectional study done by Poongothai., et al in India to measure Prevalence of Depression in Urban South Indian Population.

This study collects a total 26,001 and the questionnaire was modified patient health questionnaire (PHQ) 12 self-reported, percentage of depression among the population was 15.1%, was higher in female than male.(8)

Another cross sectional done by Raval., et al for Prevalence & determinants of depression in type 2 diabetes patients in a tertiary care center.

This study showed with total sample size of 300 patients surveyed by PHQ9 (Hindi version), 122 (41%) of them were suffered from depression, 68 (23%) showed severe depression while 54 (18%) showed moderate depression.(13)

There was a cross sectional study done by Nasser J., et al to assess Prevalence of Depression among People with Diabetes Attending Diabetes Clinics at Primary Health Settings in Al-Bahrain.

Sample size was 264 patients surveyed by Beck Depression Inventory scale (BDI),

This study showed 88 patients (33.3%) of the total sample scored 16 or above which mean there is borderline clinical depression.(7)

Another cross-sectional survey Done in Jazan in 2019 by (M.Madkhali., et al to find out Prevalence of Depression among Patients with Diabetes at Jazan Province.

Here the total sample size was 500 diabeticpatients attending a diabetic center in addition to four primary healthcare centers, surveyed by Beck Depression Inventory 2 scale (BDI) (Arabic translated), they consider each patient score 20 or more in BDI 2 score have depression, and it showed 20.6% for those who suffered from depression.(5)

In Arar, A cross-sectional study was done by Mukrim., et al to determine Prevalence of depression, anxiety, and stress among diabetes mellitus patients in Arar.

This study conducting sample size of 278 patients who attending the diabetic center at Prince Abdulaziz bin Musaed Hospital in Arar, Saudi Arabia, during the period from January 1, 2018, to March 30, 2018 through a predesigned questionnaire, and it showed 37.4% for diabetic patient who had depression.(4)

In Malaysia, A descriptive, cross-sectional single-centre study with universal sampling of all patients with type 2 diabetes in Endocrinology clinic of medical outpatient department in a Malaysian public hospital by Ganasegeran, Kurubaran, et al. to assess Factors associated with anxiety and depression among type 2 diabetes outpatients in Malaysia.

This study was conducted in the month of September 2013 among all 169 patients with type 2 diabetes aged between 18 and 90 years who acquired follow-up treatment from the Endocrinology Clinic at the Medical Outpatient Department of Tengku Ampuan Rahimah Hospital (HTAR), Selangor, Malaysia.

It showed anxiety and depression were found in 53 (31.4%) and 68 (40.3%), respectively. (14)

A systemic review and meta-analysis was done in UK, include Ten controlled studies with a total of 51 331 people were published between January 1980 and May 2005.

The study resulted that the prevalence of depression was significantly higher in patients with Type 2 diabetes compared with those without [17.6 vs. 9.8%], and the prevalence of depression was higher in females with diabetes (23.8%) compared with males (12.8%)(9)

Methodology:-

Study Design:

A descriptive Cross-sectional study.

Study area:

This study was conductedamong diabetic patient in primary health care, which is considered the first line in treating simple diabetes.

This research was in al-Madinahalmonawarah city, one of the Saudi Arabia northwest cities, it is holy city because there is Almasjid Alnabawi and Qubaa mosque, population size is 1183205.(15)

Study population:

The targeted patients are the diabetic who are treated in primary health care older than 18 years.

Inclusion criteria:

1. Diabetic patients following-up in primary health care.

2. Diabetic patients older than 18 years.
3. Both sexes.

Exclusion criteria:

Any patient less than 18 years.

Sample size:

The sample was calculated by using Epi Info program which is a statistical software used for sample size calculation.

The calculation size was as follows:

1. Population size: 20000
2. Confidence limits: 5%
3. Expected frequency: 50%
4. Confidence interval: 95%
5. Sample size: 377

Sampling technique:

5 primary health care centers were included in this study randomly chosen.

Initially through Ellm (Wahed) software, patient number 4 from the list of diabetic registered patients was chosen in every 5 patients.

Then due to lack of time, later it was taken by convenient sampling

Study tool:

(PHQ9) questionnaire was used, which is a validated structured, translated to Arabic language and back translation to English, which used to screen depression in primary health care, furthermore used in many studies, and it is valid and reliable. (16)

It was self-administrated by participant.

This questionnaire depends on scores, these scores represent presence and severity of depression:

- 1-4: normal person
- 5-9: mild depression
- 10-14: moderate depression
- 15-19: moderately severe
- More than 20: severe

Data entry and analysis:

SPSS statistics 25 version was used for analysis of my results.

Statistical significance will be 5% level ($p\text{-value} < 0.05$)

Ethical consideration:

1. Ethical approval was obtained to start my research from the research ethical local committee of Al Madinah health affairs.
2. A letter from my program to primary health cares to take a consent from them to begin my research and facilitate the research work.
3. Consent form, which showed the purpose from this research, and it well obtained from each participant.
4. Confidentiality of all participants are be secured.

Limitation:

This study has some limitations like time and budget.

Budget:

This research will be self-funded.

Results:-

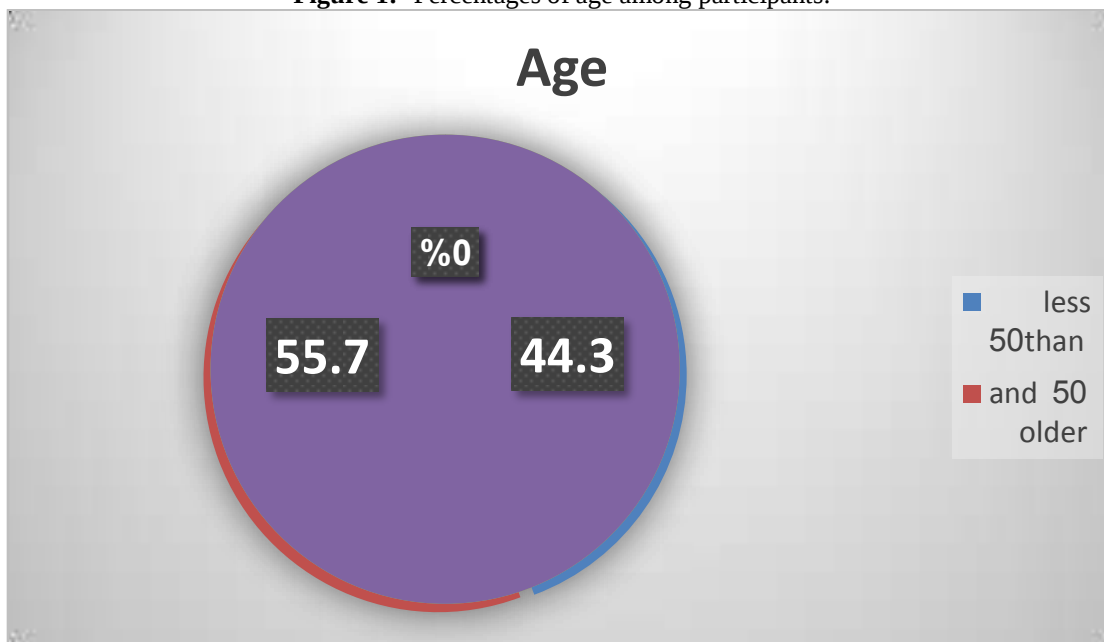
In this study, four hundred questionnaires were distributed among diabetic patients in 5 primary health care centers picked up by random choosing, three hundred seventy-nine persons accept to participate in this study with response rate 94.75%.

Majority of this study subjects were married (N= 331, 87.3%) persons, divorced (N=13, 3.4%), widowed (N=2, 0.5 %) and singles (N=32, 8.4 %) [Table 1].

The study showed that the prevalence of depression among diabetic patients in primary health care is 36.4%.

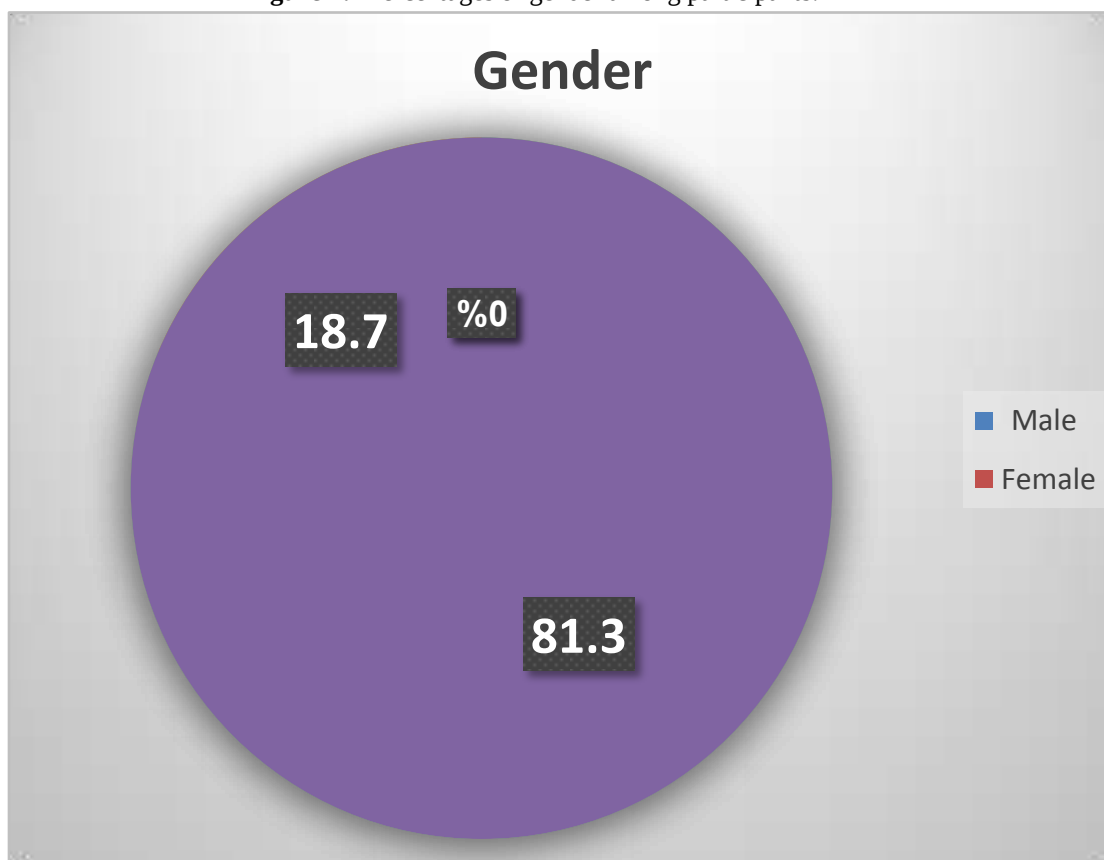
Table 1:- Demographic characteristics of the study participants.

	N (%)
Age	
<50 years	168 (44.3)
≥50 years	211 (55.7)
Sex	
Male	308 (81.3)
Female	71 (18.7)
Marital status	
Married	332 (87.6)
Divorced	13 (3.4)
Widowed	2 (0.5)
Single	32 (8.4)
Work status	
Employee	180 (47.5)
Military	6 (1.6)
Free lancer	8 (2.1)
Retired	54 (14.2)
Not working	131 (34.6)
Co morbidities	
Diabetes Mellitus only	207 (54.6)
Hypertension	116 (30.6)
Hypothyroidism	4 (1.1)
Obesity	20 (5.3)
Obesity + hypertension	23 (6.1)
Hypertension + Hypothyroidism	7 (1.8)
Hypertension + Hypothyroidism + Obesity	2 (0.5)
Smoking	
No	324 (85.8)
Yes	54 (14.2)

Figure 1:- Percentages of age among participants.

The mean age of participants is 51.5 years with stander deviation of (± 12.853), the range was from 18-85 years.

168 participants were younger than 50 years while 211 participants were 50 years old and older. [table 1]

Figure 2:- Percentages of gender among participants.

This study included (N= 308, 81.3%) persons were male while (N= 71, 18.7%) were female as showed in figure 2.

Table 2:- Prevalence of depression according to severity.

	Frequency	Percent %
No depression	238	62.8
Mild depression	102	26.9
Moderate depression	25	6.6
Moderately severe	8	2.1
Severe	6	1.6
Total	379	100.0

Association of depression among diabetic patients with gender:

Analysis showed prevalence of depression among diabetic male patient were 36.04%.

On other hand, the prevalence of depression among female diabetic patients were 38.03%.

After comparing the prevalence of depression among diabetic patients with gender, there wasn't statistically significant association. [Table 3]

Table 3:- Association between depression among diabetic patients with gender.

		Depression		Total
		Normal	Depressed	
Gender	Male	197 (63.96%)	111 (36.04%)	308
	Female	44 (61.97%)	27 (38.03%)	71
Total		223	156	379

Chi-square= 0.099

P-value= 0.754

Furthermore, after compared the severity of depression with gender, P-value was 0.136 which mean no significant association [Table 4].

Table 4:- severity of depression among diabetic patient with gender.

		No depression	Mild depression	Moderate depression	Moderately severe	Severe	Total
Gender	Male	196	77	23	8	4	308
	female	42	25	2	0	2	71
Total		238	102	25	8	6	379

P value= 0.136

Association of depression among diabetic patients with age:

In this factor, the prevalence of depression among diabetic patient who were 50 years and older 38.38%.

Furthermore, the prevalence of depression among diabetic patient who were younger than 50 years 33.92%,

When we compared the prevalence of depression among diabetic patients with age, there wasn't statistically significant association between them. [Table 5]

Table 5:- Association between depression among diabetic patients with age.

		Depression		Total
		Normal	Depressed	
Age	<50 Years	111 (66.07%)	57 (33.92%)	168
	50 Years and older	130 (61.61%)	81 (38.38%)	211
Total		223	156	379

Chi-square= 0.804

P-value= 0.370

On other hand, after crosstabulation of severity of depression in diabetic patients with age, result of p-value confirmed that there is no significant association. [Table 6]

Table 6:- Severity of depression among diabetic patient with age P-value= 0.252.

		No depression	Mild depression	Moderate depression	Moderately severe	Severe	Total
age	<50 Years	109	46	7	2	4	168
	50 Years and older	129	56	18	6	2	211
Total		238	102	25	8	6	379

Association of depression in diabetic patients with marital status:

Marital status in this study contains 4 categories, with variant percentages.

The prevalence of depression among married diabetic patient was 35.54%.

On other hand, depression in divorced diabetic patient was 61.54%.

While depression in singles showed 37.5%, furthermore, two persons were widowed but they express no depression.

Although these results may suggest there is association, but there is no significant association between marital status and depression.

[Table 7]

Table 7:- Association between depression among diabetic patients with marital status.

		Depression		Total
		Normal	Depressed	
Marital status	Married	214 (64.46%)	118 (35.54%)	332
	Divorced	5 (38.46%)	8 (61.54%)	13
	Widowed	2 (100%)	0	2
	Singles	20 (62.5%)	12 (37.5%)	32
Total		223	156	379

Chi-square= 4.815

P-value= 0.186

After studying results of severity of depression among diabetic patients and its association with marital status, it founded to be not significant association. [Table 8]

Table 8:- Severity of depression among diabetic patient with marital status.P-value= 0.286.

		Severity of depression					Total
		No depression	Mild depression	Moderate depression	Moderately severe	Severe	
Marital status	Married	212	88	20	8	4	332
	Divorced	5	7	1	0	0	13
	Widowed	2	0	0	0	0	2
	Singles	19	7	4	0	2	32
Total		238	102	25	8	6	379

Association of depression in diabetic patients with job status:

Job status was a factor thought to has some effect, it also had 5 groups, each one has his own prevalence rate.

In employee, prevalence of depression among them showed 32.22%. While in military, all participants had no depression, furthermore, in free-lancer participants, prevalence of depression was 75%.

Once again, in retired, prevalence was 48.15%.

In participants who had no job, rate of depression was 36.64%.

After these results, there was statistically highly significant association between depression among diabetic patient with job status.

[Table 9]

Table 9:- Association between depression among diabetic patients with job status.

		Depression		Total
		Normal	Depressed	
Job Status	Employee	122 (67.78%)	58 (32.22%)	180
	Military	6 (100%)	0	6
	Free lancer	2 (25%)	6 (75%)	8
	Retired	28(51.85%)	26 (48.15%)	54
	No job	83 (63.36%)	48 (36.64%)	131
Total		223	156	379

Chi-square= 13.161

P-value= 0.011

After comparison the severity of depression among diabetic patients and job status, results showed a statistically significant association. [Table 10]

Table 10:- Severity of depression among diabetic patient with job status.

		Severity of depression					Total
		No depression	Mild depression	Moderate depression	Moderately severe	Severe	
Job	Employee	121	39	12	8	0	180
	Military	6	0	0	0	0	6
	Free lancer	2	6	0	0	0	8
	Retired	28	17	7	0	2	54
	No job	81	40	6	0	4	131
Total		238	102	25	8	6	379

Association of depression in diabetic patients with Co-morbidities:

There was a question about Co-morbidities factor if it has a role in depression.

In Diabetes mellitus only without other comorbidity, the prevalence of depression was 35.27%, while in diabetic patient with hypertension Depression percent was 36.21 %.

On other hand, diabetic patients with hypothyroidism in this study don't express symptoms of depression with a prevalence of 0%, furthermore, 30% of diabetic patient with obesity had depression.

Once again, in diabetic patient who had hypertension and hypothyroidism, prevalence of depression was 71.43%.

In diabetic patients with hypertension and obesity, prevalence of depression was 43.48%, lastly diabetic patients with hypertension, hypothyroidism, and obesity had a prevalence of depression 100 %.

After comparison, there wasn't an observed significant association between prevalence of depression among diabetic patient and comorbidities. [Table 11]

Table 11:- Association between depression among diabetic patients with comorbidities.

		Depression		Total
		Normal	Depressed	
Comorbidities	Diabetes mellitus	134 (64.73%)	73 (35.27%)	207
	Hypertension	74 (63.79%)	42 (36.21%)	116
	Hypothyroidism	4 (100%)	0	4
	Obesity	14 (70%)	6 (30%)	20
	Hypertension + Obesity	13 (56.52%)	10 (43.48%)	23
	Hypertension + hypothyroidism	2 (28.57%)	5 (71.43%)	7
	Hypertension + Obesity + Hypothyroidism	0	2 (100%)	2
Total		223	156	379

Chi-square= 10.461

P-value= 0.107

On other hand, results of severity of depression among diabetic patients with comorbidities found to has a statistically significant association between them. [Table 12]

Table 12:- Severity of depression among diabetic patient with comorbidities.

							Total
		Normal	Mild depression	Moderate depression	Moderately severe	Severe	
Co-morbidities	DM	131	58	10	4	4	207
	HTN	74	28	10	4	0	116
	Hypothyroidism	4	0	0	0	0	4
	Obesity	14	4	2	0	0	20
	HTN + Obesity	13	7	3	0	0	23
	HTN + hypothyroidism	2	5	0	0	0	7
	HTN + Obesity + Hypothyroidism	0	0	0	0	2	2
Total		238	102	25	8	6	379

P-value= 0.000

Association of depression in diabetic patients with smoking:

In study of smoking factor, results showed prevalence of depression among diabetic patients who are smokers 37.04%.

While prevalence among non-smoker diabetic patients were 36.31%.

In comparison, results found no statistically significant association between depression in diabetic patient and smoking. [Table 13]

Table 13:- Association between depression among diabetic patients with smoking.

Count		Depression		Total
		Normal	Depressed	
smoking	Yes	34	20 (37.04%)	54
	No	207	118 (36.31%)	325
Total		223	156	379

Chi-square= 0.011

P-value= 0.918

Finally, the studying of severity of depression among diabetic patients and smoking showed a significant association. [Table 14]

Table14:- Severity of depression among diabetic patient with smoking.

		No depression	Mild depression	Moderate depression	Moderately severe	Severe	Total
Smoking	Yes	34	10	6	4	0	54
	No	204	92	19	4	6	325
Total		238	102	25	8	6	379

P-value= 0.011

Discussions And Conclusions:-

Discussion:-

The present study is descriptive cross-sectional study aimed to estimate the Prevalence of depression among diabetic patient attending primary health care in Al Madinah city, Saudi Arabia and it's associated factors.

Patient health questionnaire (PHQ9) was the tool used in this study, with sensitivity of 82% and specificity of 83% with cut off score 10 and more(16).

Of three hundred seventy-nine patients accepted to participate in this study, the estimated rate of depression among diabetic patients attending primary health care in Al Madinah city is more than one third 36.4%, most of them are mild depression.

(Twenty-six point nine % was mild depression, 6.6%was moderate depression, 2.1% moderately severe depression and 1.6 % severe depression).

Our prevalence was higher than rates that found in other studies like Jazan which showed rate of depression 20.6% (5), furthermore was higher than rate in Kuwait which was 30.2% (6), once again higher than depression found among diabetic patients in Bahrainwith 33.3% (7), it was also more than prevalence that found in urban south Indian which was 15.1%(8).

On other hand,it was less than prevalence of depression among diabetic patient in Arar which showed 37.4%(4).

Depression found to be related with one factor in this study, whichwas job status.

Job status founded to have statistically significant association with prevalence of depression among diabetic patients, with P-value: 0.011, which is similar to results found in research was done in Arar,this study found a significant association between occupation and depression among diabetic patients(4), while other research was done in

Myalasia to find if current employee status has a significant association or not, final result showed no significant association(14).

Other factors did not show any significant associations like marital status and age.

In gender, the study showed non-significant association between gender and occurrence of depression among diabetic patient which is similar to that research done in Jazan and found that gender is not associated with depression among diabetic patients(5), once again no association was found in Malaysian study(14), while meta-analysis that done in UK showed significant association between depression in diabetic patient and gender, it showed a prevalence of 23.8% in female and 12.8% in male(9), other meta-analysis done in US found depression more in female diabetic patient than men with diabetes(2), other research which done in Arar, and results showed female were more associated with depressive disorder (4), in addition, other research done in Kuwait, indicate that gender was highly statistically significant association with depression among diabetic patients(6).

In this study there wasn't a significant association between age and depression among diabetic patient which is similar to the research done in Jazan which found no association between them (5), on other hand, other researches like Arar's research found a significant association between age and depression among diabetic patients at age of 50 years and older(4), Furthermore, Malaysia's research also found highly significant association between age and depression among diabetic patients (14), in addition, a research which done in Kuwait found an association between them particularly in patients who were 60 years and old(6), a meta-analysis was carried out among US diabetic adults who's 18 years and older, results of this study support that there was an association between age and depression among diabetic patients which increased at ages 30-39 years (2).

In marital status, results indicate that there wasn't significant association between it and depression among diabetic patient, similarly, results of research done in Bahrain showed no association between marital status and depression among diabetic patients (7), in addition, Malaysia's research results indicate that there was no significant association between depression among diabetic patients and marital status(14), on other hand, in Arar, the results found that unmarried diabetic patient at higher risk than married diabetic patients to have depression (4).

In comorbidities factor, our study showed no statistically significant association between depression among diabetic patients and comorbidities, on other hand, that research done in Malaysia, results found a significant association between comorbidities and depression among diabetic patients (14).

Smoking factor, results of the study found that there is no association between smoking and depression among diabetic patients, similarly, in Bahrain study for association of smoking and depression among diabetic patients, it showed no significant association between them(7).

Conclusion And Recommendations:-

In this study, depression is highly prevalent, almost more than one third of diabetic patient attending to primary health cares are at risk of depression as the prevalence in this study was 36.4%.

And in the factors that studied here, there is significant effect to raise the prevalence of depression among diabetic patients in one factor which was job status, other factors not founded to be associated with depression among diabetic patients.

For the policy makes in primary health care centers in Al Madinah would be advised to encourage early detection of depression and its associated factors play a major role in improving adherence diabetic patients to his medications and prevents or delay complications of diabetes mellitus.

Family physician advised to apply patient centered approach and screening for depression during regular visits to follow diabetes, and go with detailed history for depression if screening was positive and treat it accordingly.

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Appendix:-

استبيان البحث

بيانات المشارك:

1- العمر:

2- الجنس:

3- الحالة الاجتماعية:

4- المهنة:

5- أمراض مزمنة أخرى:

6- التدخين:

هذا الاستبيان يهدف لمعرفة بعض المعلومات التي تساعد على قياس مستوى الاكتئاب لمراجعين المراكز الصحية المصابين بالسكري في المدينة المنورة، وإعطاء الإرشادات المناسبة لهم وكما سيتم استخدامها لاحقاً في دراسة العلاقة بين المتغيرات، وسيتم التعامل مع المعلومات الواردة في إجاباتكم بسرية تامة، ولن تستخدم هذه المعلومات إلا لأغراض التقييم والدراسة.

أ- أوافق على المشاركة ☐ب- لا أوافق على المشاركة ☐

الباحث الرئيسي د/ عبد العزيز الحيفي تحت إشراف د/ عبد الإله الشاعري استشاريأكاديمية طب الأسرة بالمدينة المنورة.

خلال الأسبوعين الماضيين كم مرة عانيت من المشاكل التالية:

جدول رقم ١٠ : استبيان الأسئلة التسعة الإكتئاب: (PHQ-9 Questionnaire)

السؤال	أبدأ	بعض الأيام	أكثر من نصف الأيام	كل يوم تقريباً
١ قلة أو فقدان الاهتمام أو لإستمتاع بممارسة الأشياء	٠	١	٢	٣
٢ الشعور بالحزن أو ضيق الصدر أو اليأس	٠	١	٢	٣
٣ الصعوبة في الدخول للنوم أو النوم بانتظام أو النوم أكثر من العادة	٠	١	٢	٣
٤ الشعور بالتعب أو بقلّة الحيوية	٠	١	٢	٣
٥ قلة الشهية أو كثرة الأكل	٠	١	٢	٣
٦ الشعور بعدم الرضا عن النفس أو بالفشل أو بالإحباط	٠	١	٢	٣
٧ الصعوبة في التركيز على الأشياء مثل قراءة الصحف أو مشاهدة التلفزيون	٠	١	٢	٣
٨ بطء في الحركة أو الكلام بدرجة ملحوظة من الآخرين أو على العكس من ذلك كثرة التعامل والتحرك الى درجة فوق العادة	٠	١	٢	٣
٩ الشعور بتفضيل الموت على الحياة أو بإيذاء النفس بطريقة ما	٠	١	٢	٣
المجموع الكلي				