

Thesis Title	Prevalence of Depressive Symptoms and Its Determinants among Myanmar Migrant Workers in Chiang Rai Province, Thailand
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ABSTRACT

Depressive symptoms are a serious mental health condition and represent a growing public health concern worldwide, particularly among vulnerable populations such as migrant workers. However, evidence-based research focusing on depressive symptoms among Myanmar migrant workers in Chiang Rai Province remains limited. Therefore, this study aimed to estimate the prevalence of depressive symptoms and identify key determinants among Myanmar migrant workers in Chiang Rai Province, Thailand. A community-based cross-sectional study was conducted among 425 Myanmar migrant workers aged 18 years and above from eight randomly selected communities in Mueang Chiang Rai and Mae Sai districts. Data were collected using a structured and validated questionnaire, including the Patient Health Questionnaire-9 (PHQ-9) to assess depressive symptoms. Descriptive statistics were used to summarize participant characteristics and prevalence, while chi-square tests and multivariable logistic regression were performed to identify associated factors, with statistical significance set at $\alpha = 0.05$. The majority of participants were female (51.3%), with a mean age of 33.72 years ($SD \pm 10.28$), and most were employed in construction work. The prevalence of depressive symptoms was 37.6% (95% CI: 33.2%–42.4%). Seven factors were significantly associated with depressive symptoms, including being a family member rather than head of household (aOR = 1.74; 95% CI: 1.02–2.58), undocumented legal status (aOR = 2.32; 95% CI: 1.09–4.91), underlying diseases (aOR = 2.53; 95% CI: 1.51–4.25), lack of formal healthcare utilization (aOR = 1.82; 95% CI:

1.12–2.97), moderate to high perceived stress (aOR = 1.85; 95% CI: 1.06–3.25), history of violence (aOR = 3.16; 95% CI: 2.00–4.99), and low social support (aOR = 1.86; 95% CI: 1.18–2.92). A substantial proportion of Myanmar migrant workers experienced depressive symptoms. Targeted public health interventions focusing on legal protection, improved access to healthcare, stress management, violence prevention, and strengthened social support are recommended to reduce this burden.

Keywords: Depressive Symptoms, Myanmar Migrant Workers, Prevalence, Determinants

