

Table 4 Binary logistic analysis of factors associated with mental distress among mothers

Food security status	Having mental distress ^a			
	Crude OR (95% CI)	P	Adjusted OR (95% CI)	P
Food secure	1.0 (reference)		1.0 (reference)	
Mildly food insecure	2.38 (1.29–4.37)	0.005	2.19 (1.11–4.31)	0.024
moderately food insecure	5 (3.10–8.09)	< 0.001	2.57 (1.42–4.65)	0.002
severely food insecure	29.44 (13.38–64.8)	< 0.001	12.88 (5.16–32.17)	< 0.001
Income				
Able to save money	1.0 (reference)		1.0 (reference)	
Meet routine expenses and emergencies	3.04 (1.95–4.73)	< 0.001	1.27 (0.74–2.18)	0.391
Just meet routine expenses	8.48 (4.67–15.40)	< 0.001	2.31 (1.13–4.75)	0.022
In debt	16 (7.03–36.44)	< 0.001	4.15 (1.53–11.28)	0.005
SES				
High	1.0 (reference)		1.0 (reference)	
Middle	4.02 (2.35–6.86)	< 0.001	2.26 (1.2–4.25)	0.012
Low	5.51 (3.13–9.70)	< 0.001	2.14 (1.06–4.34)	0.034
Very low	11.75 (6.51–21.2)	< 0.001	3.39 (1.66–6.91)	0.001
Husband				
Present	1.0 (reference)		1.0 (reference)	
Working abroad	0.42 (0.28–0.61)	< 0.001	0.57 (0.36–0.92)	0.022
Violence				
No	1.0 (reference)		1.0 (reference)	
Yes	2.44 (1.6–3.74)	< 0.001	1.296 (0.77–2.18)	0.328
Type of family				
Nuclear	1.00 (reference)		1.00 (reference)	
Extended	0.65 (0.43–0.98)	0.041	0.71 (0.42–1.18)	0.185
No. of children	1.17 (1.02–1.35)	0.027	1.23 (1.03–1.48)	0.025

N.B. Dependent variable mental distress.

R² = 0.401.

^a Hopkins Symptom Check List total score > 1.75.

CI = confidence interval; OR = odds ratio; SES = socioeconomic status.