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ONLINE PATHWAYS OF DEPRESSION

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Objectives: Evaluation of concepts and reactions on a public online forum concerning depression.

Methods: Revision of 100 consecutive entries posted using an adapted Collazzi method.

Results: Comments were divided according to their content and the main subjects found were symptomatology, suicide, therapeutic advice and concerns about medication, psychotherapy and alternative therapies. The effect of a support group was found to be present based on the comments to each individual post by diminishing loneliness and deconstructing desperation. Non-therapeutic opinions were expressed and there were high levels of expressed emotion.

Conclusion: The absence of a health professional as group moderator may lead to conflict and misleading remarks.