

W02-02

PREVALENCE AND SOCIO-DEMOGRAPHIC STUDAY OF DERESSION IN RAPIDLY DEVOLPING COUNTRY, STATE OF QATAR

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Background: The state of Qatar is a developing country with population 1.6 million people. 30% of population are nationals others are expatriate with different cultural and religious background.

Objective: To describe the sociodemographic features depressive disorder in the hospitalized psychiatric population and to investigate different diagnoses of the depressive disorder spectrum.

Method and result: This retrospective descriptive study was conducted in Rumilah hospital, Hamad Medical Corporation among Qatari and expatriate.

A representative sample drawn from medical records of patients who were admitted to the psychiatric unit from the first of November 2009 till the 30 of April 2010.

Population consisted of 720 subjects (Number of patients who were admitted during six month). It shows that 16.2 % suffering from depressive disorder (N=119) .Unipolar depression was prominent type (70.6%) comparing to bipolar depression among male and female.

Depression was more prevalent among expatriate than nationals, female than male, highly educated individuals, skilled workers and married compared to non skilled, unemployed and single individuals. Associated stressful life events, abusing drugs and alcohol and having chronic medical condition were over represented in people who suffered from affective disorder in our study.

Qatari women in this sample consulted faith healer more than men.

Conclusion and recommendation: The present study has demonstrated that expatriate community suffers more from depression, which may be due to different reason. This problem has already been identified and an appropriate, well resourced psychiatric service has been established by the government to try to manage this very vital problem.