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CONTRIBUTIONS TO THE STUDY OF YOUNG ADULT'S DEPRESSION: STUDYING THE GENDER DIFFERENCES IN THE PREVALENCE OF DEPRESSIVE SYMPTOMATOLOGY IN A PORTUGUESE YOUNG ADULTS COMMUNITY SAMPLE

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This study aims to describe the prevalence of depressive symptomatology among young men and women in a Portuguese non-clinical representative community sample, with ages between 18 and 29. The Center for Epidemiologic Studies Scale - CES-D (Radloff, 1977), and a Questionnaire including questions concerning sociodemographic variables, general health variables and women health variables, as well as interpersonal stress factors were mailed to a sample of 1480 subjects. A phone line was available and local papers asked for collaboration. 83 young adults aged between 18 and 29 (M=28, 33,7%; F=55, 66,3%) answered the CES-D and the Questionnaire. A gender difference in the intensity of depressive symptomatology was founded and it was higher in young women ($18,56 \pm 13.7$) in comparison with young men ($13,43 \pm 7.5$) ($t=-3,455$; $p=0.001$). Logistic regression has shown that young women have a double risk of being depressed in comparison with young men and has also shown significant risk increments in depressive symptomatology among rural, non-college and recent unemployed respondents in comparison to urban residents, students and employed young adults. Significant risk increments in depressive symptomatology was also found among young adults with previous depressive episodes and among subjects who report feelings of loneliness, lack of sexual pleasure or interest and high concerns about body appearance and weight (both young men and women). Some other risk factors for depression in young adulthood are discussed as well as the need of preventive focused programs in specific risk groups such as young women and recent unemployed young adults.