

P-502 - STUDYING DEPRESSION OUT OFF THE HOSPITAL HALLWAYS - AN EPIDEMIOLOGICAL STUDY IN THE PREVALENCE OF DEPRESSIVE SYMPTOMATOLOGY IN A PORTUGUESE ADULTS COMMUNITY SAMPLE

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The aim of this study is to describe the prevalence of depressive symptomatology among a Portuguese non-clinical representative community sample, with ages between 18 and 65. The CES-D as well as a Questionnaire including questions concerning sociodemographic variables, general health variables and interpersonal stress factors were mailed to a sample of 1480 subjects. A phone line was available and local papers asked for collaboration. A high level of depressive symptomatology was found in the general population (17.91 ± 12.14). Considering a cut off score of 20, the prevalence of high depressive symptomatology in the general population was 32%. A gender difference in the prevalence of depressive symptomatology was also founded: it was 43.6% for women and 15.9% for men. The intensity of depressive symptomatology was higher in women ($20,53 \pm 13.2$) in comparison with men ($13,79 \pm 8.9$) ($t=-5,16$; $p=0.000$). Unemployment and housewife status, low family income levels, low educational level and living in rural areas, low self-perceived general health status, evidence of previous depression episodes and menopause were significantly related with higher CES-D score. Logistic regression has shown women had a double risk of being depressed in comparison with men and housewives and recent unemployed had a triple risk of being depressed in comparison to employed subjects. Having children and high family income adequacy levels were found to be protective factors of depressive disorders.