

## **P-497 - FREQUENCY OF DEPRESSIVE DISORDERS IN A REPRESENTATIVE SAMPLE OF PATRAS, WEST GREECE**

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**Introduction:** The city of Patras participates in the “Healthy Cities” project implemented by the WHO - Europe office. Within this framework the “Profile of the city of Patras” was examined and depicted in a study conducted among the city's population.

**Aims:** To estimate the frequency of depressive disorders as reported by the citizens of the city and examine burdening as well as protective factors.

**Methods:** A representative random stratified sample was selected to be interviewed, including 769 men and 930 women, from the city area. Participants answered a questionnaire which enquired among other on self perceived physical and mental health. Participants were also asked the following questions: “Do you have/had in the past depression or/and anxiety?” and “Have you received a medical diagnosis for this disorder?”.

**Results:** Approximately 55% of the sample reported they had experienced anxiety and depression (41% moderate and 14% severe episodes). Diagnosed depression was reported by 3%. Depressive disorders were more frequently reported by women (65%,  $p < 0.001$ ), older aged citizens (62%,  $p < 0.001$ ), people out of employment (59%,  $p = 0.001$ ), married (59.1%,  $p < 0.001$ ), lower educational status (70%,  $p < 0.001$ ) and lower family income ( $< 1000\text{€} = 62.6\%$ ,  $p < 0.001$ ). Depressive disorders were more frequent among people with chronic diseases ( $p < 0.001$ ).

**Conclusions:** Anxiety and depression are frequently reported disorders among the citizens of Patras although official medical diagnosis is rarely provided and consequently therapy is rarely offered. Specific population groups -women, elderly citizens, patients with chronic diseases- are more vulnerable to depressive disorders requiring specialized medical attention.