

Prevalence of Depressive Symptoms and Major Depressive Disorder Among Adolescent Students in Minufiya Governorate

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Abstract:

This epidemiological study investigates both depressive symptoms and major depressive disorder in adolescents in Minufiya governorate and identifies any significant trends associated with their occurrence. A stratified random sample of 1030 adolescent students from 20 schools were administered a questionnaire requesting demographic information, beside Children's Depression Inventory, Beck's Depression Inventory and semi structured psychiatric interview. 8% of the studied students were found to have depressive symptoms while only 5.1% were found to have major depressive disorder. Depression was 1.6 times more likely to occur in females than males. The prevalence rates of depressive symptoms and disorder among adolescent were found to be variably affected by residence, socioeconomic status, death of parents, parent's divorce, family history of psychiatric disorders and substance use disorder. Presence of depressive symptoms or major depressive disorder in adolescents adversely affect their scholastic achievement wards: adolescent- depression- Minufiya.

Introduction :

During early adolescence years young people make their first attempts to leave the dependent secure role of a child and to establish themselves as unique individuals independent of their parents. It is the time of emotional turmoil, mood liability, gloomy introspection, great drama and heightened sensitivity (David, 1999). Adolescence is a critical period of development and represents a period of high risk for depression (Rutter, 1996). Depressive disorders in adolescents are valid clinical entities which can be identified using adult diagnostic criteria (Lam et al., 2005). Depression in adolescence is a major public health problem that is associated with significant morbidity and mortality, and a large number of them still unrecognized and untreated leading to serious difficulties in school, work and personal adjustment which often continue into adulthood (Peden et al., 2005). Internationally, overall rates of adolescent depression have varied a cross-countries and cultures. Low rates were reported from Italy with rates of depression in adolescents as low as 3.8%, while higher rates were reported from Australia 14.2% & Swedish 13.3% (Boyd et al., 2000; Stavrakaki et al., 1991) reported rates of 10% in Canadian adolescents, and (Ollendick and Yule, 1990) found a similar rate in Chinese adolescents. In Australia, (Cosgrave et al., 2000) concluded that 18-40% of surveyed adolescents reported depressive symptoms (El-Sherbini et

al., 1995) found that depressive symptoms were present among 48% of adolescents in Assuit. The difference in prevalence of depression can be explained by different instruments and methods used and/or cultural differences (Boyd et al., 2000). It is of utmost importance for parents and mental health professional to understand that adolescent who cries for help may be in real trouble not just passing through a stage, (Lewinsohn, 1999).

Aim of the work:

The aim of this study is to assess the prevalence rates of depressive symptoms and major depressive disorder among adolescent students in Minoufiya governorate, and identifies any significant trends associated with their occurrence.

Subjects and Methods:

This epidemiological study was carried out on consented 1030 adolescent students during the period from October 2004 to April 2005, chosen according to stratified random sampling procedure from mixed ten preparatory and ten secondary schools chosen randomly from all the governorate 10 zones. (two schools from every zone). Half of them from towns and the other half from rural areas. School and parental