

P-721 - DEPRESSION IN OLDER PEOPLE: PREVALENCE AND UNDERDIAGNOSIS IN MEMBERS OF DAY CARE CENTERS IN PATRAS

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Introduction: Depression is the most common mental health problem among older people, posing a critical impact on their well-being and the quality of life.

Aims: To estimate the prevalence and under diagnosis of depression in elderly, and to investigate the association with various factors.

Methods: Data on 239 members of “day care centres for older people” in the municipality of Patras, W-Greece, were recorded, including questions regarding self-reported and/or diagnosed depression (EHIS). Furthermore, the Greek version of the Geriatric Depression Scale (GDS-15) was applied. The scores of GDS were compared to the corresponding EHIS answers and associated to various basic parameters.

Results: The results of GDS indicated 45% having depression (36% moderate, 9% severe). Having ever been affected with chronic depression reported 49 (20.5%), out of them 34 (66.7%) were diagnosed by physician. In detail, out of the 162 (67.8%) subjects reporting never have been affected by depression, 37 (22.8) and 8 (4.9%) screened positive for moderate and severe depression, respectively. In 27 individuals who reported not to know if they have depression, 16 revealed depressive symptoms using the GDS. Depression is more frequent in women, in not married, including divorced and widowed, in subjects living alone at home (62% vs 38.1%, $p=0.003$), and in elderly with chronic diseases (50.8% vs 27.5%, $p=0.02$).

Conclusions: High prevalence of depressive symptoms in elderly population is evident, but rarely recognized. The systematic use of short GDS versions in primary care may increase detection rates of depression among the elderly.