

Depression Among the Urban Elderly Living in Malaysia: Findings from NHMS 2018

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ABSTRACT

INTRODUCTION: Depression is a mood disorder that is can affect daily physical and psychological well-being. Depression among elderly is common but often not recognised or treated. Many previous studies have reported prevalence of depression among Malaysian elderly between 6% to more than 50%. This study aims to evaluate the prevalence of depression among elderly living in urban areas in Malaysia and the factors that are associated with it. **METHODS:** A cross-sectional study was done among elderlies living in urban areas of Malaysia aged 60 and above. The validated Geriatric Depression Scale-14 questionnaire was used to screen for depression. A total score of 6 and above is classified as depression. Chi square analysis was done to analyse all factors associated. **RESULTS:** Out of 1690 urban elderlies interviewed, 169 were found to have depression giving a prevalence rate of 10.1%. Elderlies who were female (10.7%), Bumiputra Sarawak (26.9%), without spouse (15.6%), no formal education (22.1%), unemployed (11.8%) and had an income of less than rm1000 (14.7%) were more likely to be depressed. It was also found that marital status, education level, employment status and income level were found to be significantly associated with depression among urban elderly ($p < 0.05$). **CONCLUSION:** Depression is common among urban elderlies in Malaysia. Recognising these associated factors may indicate that low economic and educational status can contribute to depression among urban elderlies. Creating specialised programs and guidelines for detecting and treating depression can ensure successful management of this common but serious condition among our urban elderly population.

KEYWORDS: elderly, depression, Malaysia

Depression Severity and Substance Use Among School-Going Adolescents in Malaysia

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ABSTRACT

INTRODUCTION: Depression is among the most common mental health disorders. Substance use, especially, alcohol use is common in adolescence and it was found to have association with depression. The aim of this study is to determine the prevalence and association of depression severity with substance use among school-going adolescents in Malaysia. **METHODS:** A secondary data analysis of the Malaysian National School-Based Health Survey 2012 was carried out. A total of 21,764 school-going adolescents between the ages of 12 to 18 participated in the study. Complex sample ordinal logistic regression was employed for analysing and quantifying the odds ratio, in which 95% confidence interval was achieved. **RESULTS:** This study discovered that the prevalence of mild, moderate and severe depression were 16.6%, 12.8% and 3.8% respectively. Multivariable analysis showed that those who smoked (OR: 1.30, 95%CI: 1.15, 1.46), drank alcohol (OR: 1.30, 95%CI: 1.14, 1.48) and used drug (OR: 1.81, 95%CI: 1.24, 2.65) were found to be more likely to experience severe depression. **CONCLUSION:** The exposure to substance usage should be taken into consideration while designing an intervention package to manage adolescents with depression.

KEYWORDS: Adolescent, Depression Severity, Ordinal Regression