

An epidemiological study of depression among sample of Egyptian adolescents (15-18 years old) of both sexes

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Depression is one of the commonest psychiatric disorders. Majority of cases of depression are of mild degree and patients usually do not seek psychiatric help. An epidemiological study of depression among a sample of Egyptian adolescents (15-18 years old) from both sexes in villages of Belbes, Sharqia Governorate was done. The study is made up of two parts, the first part is a theoretical review. The second part is an epidemiological study. Two tools were used: depression inventory (D.I.), the clinical interview (structured interview). Results showed the prevalence of depression among adolescents. But according to the criteria of DSM III-R The results were as followed: Major depressive episode 23 cases (2.53%). Dysthymic disorders 22 cases (2.42%). Depressive symptoms 25 cases (2.75%). Thus the depressive cases (prevalence of depression according to DSM III-R is 45 cases (4.95%). The study of positive cases shows that: Depression is commoner among ages of 16-17 years for both sexes students, especially those in the 3ed class of the preparatory school. The percentage of the married depressed personnel to the married undepressed personnel in the sample is more the percentage of unmarried depressed personnel to the unmarried undepressed personnel in the sample. There is no statistical significant between both sexes. Also the observation reveals that depression is more in nonsmokers, sons of farmers, those with alive parents, non immigrnts, sons of unemployed mothers, absence of consanguinity between parents, low social standard, number of the family between (5-7 persons) and more in 1st sisters and brothers. Depression was accompanied by social stressors in 21 cases and accompanied by economical problems in 20 cases and with health problems in 2 cases and was not associated with such variables in 27 cases.