

## RISK FACTORS OF DEPRESSION 2004

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### Executive Summary

**Introduction:** According to WHO's Global burden of diseases – 2000 analysis depressive disorders place an enormous burden on society and are ranked as the fourth leading cause of burden among all diseases, accounting for 4.4% of the total DALYs.

**Objective:** To find out the risk factors of depressive disorder in patients reporting to Psychiatry Department, Medical College Hospital, Trivandrum during the time period Nov 1 – Nov 30,2007 (one month).

**Methodology:** Case – control study involving 50 cases and 100 controls was conducted with the help of proforma designed after reviewing literature and making necessary modifications after a pilot study.

**Conclusion:** Stress, financial problems, and history of alcoholism and substance abuse in family have been statistically proven by Logistic regression to be the risk factors of depression.

Educational status, family history of psychiatric illness, suicide, co morbidity, sleep disorders, medications, bad childhood experiences and hypothyroidism were also found to be the risk factors of depression.

