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ARE GREEKS SAD?

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Introduction: Seasonal Affective Disorder (SAD) is thought to be related to a lack of serotonin, or according to other theories, the primary cause is melatonin produced in the pineal gland, since there are direct connections between the retina and the pineal gland.

Objective: To demonstrate cases of SAD treated in the CMHC of Katerini(northern Greece), in 2009.

Material: Archives of the adult-clinic of the CMHC in 2009.

Method/results: The CMHC accepted 3294 people (1517:males/1777:females) in 2009. 280 were diagnosed with depression (48:males/232:females). 96 were newcomers (22:males/74:females) seeking for session the fall-spring period, complaining about mood swings as daylight hours began to dwindle.

In September: 72 depression cases were reported (63:women/9:men). In December: 92 (73:women/19:men). The references were amazingly high: 84 (71:females/13:males) in March. More than $\frac{3}{4}$ of all sufferers were women,most in their 40s, correlating with international literature. The majority complained about decreased levels of energy/difficulty concentrating/fatigue/increased desire to be alone/increased need for sleep (unlike typical depression). They also mentioned interference with their relationships and work productivity. 1/3 of them received antidepressant medication, whereas Cognitive Behavior Therapy (CBT) was applied to the total of them. Although light therapy is widely recommended, there aren't the means to be applied in the CMHC.

Conclusion: Though SAD is prevalent in most of the Nordic countries and mid-latitude places, our patients followed the SAD pattern with an onset of depressive symptoms in the fall, continuation of symptoms throughout winter and remission of them in the spring according to other international references.