
DETERMINANTS OF DEPRESSION AMONG PORTUGUESE ADOLESCENTS

N. Veiga¹, C. Pereira², O. Amaral², C. Chaves², P. Nelas², M. Ferreira², I. Coelho³

¹Health Sciences, Universidade Católica Portuguesa, Viseu, Portugal ; ²CI&DETS, Health School - Polytechnic Institute of Viseu, Viseu, Portugal

; ³USF, Grão Vasco, Viseu, Portugal

Background: The incidence of depressive symptoms among adolescents has been increasing in the last years and several risk factors have been associated with depression which has become a major public health issue.

Objectives: Assess the prevalence and determinants of depression in a Portuguese sample of adolescents.

Methods: A cross-sectional study was designed with a sample of 447 adolescents aged 12 to 19 years old, attending a public school in Sátão, Portugal. A self-administered questionnaire with questions about socio-economic status, risk behaviours and sleep disorders was answered by adolescents. Depressive symptoms were assessed by the Portuguese validated version of the Beck Depression Inventory, and the *cut-off point* for depression was 13 points. We considered the following global scores: 0–13: minimal depression; 14–19: mild depression; 20–28: moderate depression; and 29–63: severe depression. Prevalence was expressed in proportions and compared by the Chi-square test.

Results: The prevalence of depressive symptoms was 13.2%. According to the severity of depressive symptomatology, the prevalence of minimum, slight and moderate depressive symptoms was 57.4%, 5.4% and 2.3%, respectively. Depression was associated with insomnia (yes, OR=7.9 95%CI=3.1-19.9), residence area (urban, OR=1.4 95%CI=1.1-2.1), father's educational level (<9yrs, OR=3.4 95%CI=1.1-10.2), alcohol consumption (OR=1.6 95%CI=1.1-2.2), coffee consumption (OR=1.4 95%CI=1.0-1.9) and smoking habits (OR=1.5 95%CI=1.2-1.8).

Conclusions: Adolescents who develop depression are also likely to develop insomnia. Depressive symptoms are associated with socio-demographic variables and addictive habits. Mental health promotion should be considered in school programmes in order to decrease the risk of depression and associated diseases.