P-517 - THE PREDICTIVE FACTORS OF THE QUALITY OF LIFE FOR PERSONS WITH DEPRESSION: A FOLLOW UP STUDY

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Depression is a common mental disorder that substantially impairs a client's functioning. The aim of this study is to examine the predictive factors of quality of life (QOL) for depression from longitudinal perspectives. 237 outpatients with depression were recruited in the study. They were from a psychiatric outpatient clinic in northern Taiwan. All subjects were tested on the baseline and followed up twice during 3-year period. The average age of subjects was 47.1 years. Most subjects were female, married and lived with their spouses.Seventy subjects participated in both follow ups (T2 and T3). There were no significant differences on the demographic characteristics at T1 between the respondents (N=70) and non-respondents (N=167) except for gender. The subjects were tested on the WHOQOL-BREF-Taiwan version, occupational self assessment, mastery, social support and Center of Epidemiology Study-Depression Scale (CESD). The data were analyzed by mixed effect model using SAS computer program.The severity of depression could predict overall QOL, overall health and 13 items of QOL. The type of antidepressants had significant impact on the subjects' QOL in 10 items. The occupational competence and sense of mastery predicted 13 items (50%) and 14 items (53.8%), respectively.In order to advance the treatment outcomes, the professionals should pay more attention on the enhancement of the sense of competence and mastery. We suggested that treatments should target at improving adaptive skills, lifestyle, and occupational competence.