

## DEPRESSION- SELF ESTIMATION AT THE HEALTH CENTER OF NI&SCARON; NON-MEDICAL STAFF

*N. Ilic*<sup>1</sup>, *V. Ilic*<sup>2</sup>

<sup>1</sup>Psychiatry, <sup>2</sup>General Practice, Health Center-Nis, Nis, Serbia

The aim of this paper is to estimate level of depression at the non-medical staff in our institution, inside the reliability of the instrument used.

We have used the ZUNG self-estimation depression scale, and it was filled in by 53 of non-medical employees, of both sexes, in the 25-55 years age range.

Twenty two male and thirty one female examinees were involved, so the sex ratio was 1.4 : 1.

**Results:** Depression-free are 15 of examined employees (26.41%), three of them (5.66%) are depressive in remission. Depressive with other disorders are 28 employees (52.83%), and eight non-medical workers (15.09%) need depression medical treatment. Considering the female examinees, 7 of them are depression-free (22.58%), two of them are depressive in remission (6.45%), 16 of them are depressive with other disorders (51.61%), and 6 female examinees (19.35%) need depression medical curing.

The separate male results are following:

Seven male examinees are depression-free (31.8%), one of them (4.54%) belongs to the depression in remission category, 12 of them (54.54%) are depressive with other disorders, and 2 male examinees (9.09%) need depression medical treatment.

Above mentioned proves the greater depression occurrence at female examinees.

The suicidal thoughts are present at 5.66% of the examined workers.

Results denotes depression level at the examined group, and primarily give accent to the etiologic factors for depression origin. Considerably factors involved in this problem, among the others, are the low social-economic status and numerous traumatic events in the recent time period.