

# Awareness on the Methods to Overcome Depression among Undergraduate Students in An University Hospital Setting

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## Abstract

Depression is a mental disorder characterized by persistent depressed mood, loss of interest in activities, significant impairment in daily life. It is a mood disorder of feelings of sadness, loss of anger and interfere in people's life activities. This is a prospective observational study. A well structured questionnaire is administered through online google forms link. This study is approved by the scientific review board of Saveetha Dental College. From the data statistics using SPSS, 67% were aware of methods to overcome depression, 34% felt behavioural changes is a symptom of depression, 27% agreed eating disorder is a symptom for depression and 8% agree that insomnia was a symptom for depression. The association between groups was assessed by Chi Square test where  $p < 0.05$  was considered statistically significant. We have observed that association between gender and responses to awareness on methods to overcome depression was statistically significant ( $p = 0.043$ ). From this study we may conclude that many students are aware about depression and the methods to overcome depression.

**Keywords:** Depression, stress, online survey, stress management techniques

## Introduction

Depression is a mental disorder characterized by persistent depressed mood, loss of interest in significant impairment in daily life. It is a mood disorder of feelings and sadness, loss of anger, interfere in people's daily life activities. The people with clinical depression or other problems of depression can get old traditional treatments. In first stage of treatment they don't get expert help. In this stage they use self help materials like books, tapes called bibliotherapy<sup>1</sup>. About most of the population in the United States believe the Chronic Obstructive Pulmonary Disease is due to depression and

anxiety<sup>2</sup>. Mobile applications are used as an excellent means to reduce depression. It is used to get rid of mental health problems<sup>3</sup>. The main symptoms of depression is anhedonia that is inability to experience pleasure from activities which are enjoyable. It is found that patients with heart disease, liver disease, blocking of arteries have high depression compared to normal people.<sup>2</sup>

These days in the United States, an antidepressant Sertraline (Zoloft) is used to correct the imbalance of chemicals which reduces the depression. It gives good results in reducing depression<sup>4</sup>. Music is known for its mending properties, it is used in relieving stress and depression, music gives pleasant state and decreases the depression and decreases depression and stress. Ian Hackie et al felt that the burden of depression is due to economic and social cost<sup>5</sup>. Paul Farrand felt that cognitive behaviour therapy can be used to reduce depression it helps to improve the emotional regulation for the Armed Forces. In one such study uses rats for diabetic activity<sup>6</sup>. Serotonin transporter inhibitor is used to treat depression by increasing the 5 hydroxytryptamine in the brain<sup>7,8</sup>.

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ME These feels that psychotherapy can be used to treat patients who do not give response to antidepressant medicines<sup>8</sup>. For children the treatment suggested for depressive disorder is mostly play therapy<sup>9</sup>. Ladson Hinton feels that family members have key roles in the life of old depressed men as the expectation of old men would be care from their loved little ones<sup>10</sup>. Some feel depression can be reduced by dance movements as when we dance out, all the depression and stress vanishes away<sup>11</sup>. Some studies show even functional impairment causes depression; these impairment are the cause of depression<sup>12</sup>

Previous studies on nanoparticles<sup>13,14</sup>, natural products<sup>15-23,24</sup>, enzymatic studies<sup>25</sup> enriched my research knowledge and improved my passion for research. Nowadays the most common problem is depression. This research focuses on how to overcome depression and the methods to overcome depression .

## Materials and Methods

This was a prospective observational study .The advantages of the study were economical, easy to create, wide reach, gathers large data, quick interpretation. The questions were circulated to the age group of 18 to 24 years and circulated among 100 undergraduate college students. The sampling method used in our study was simple random sampling .

The questionnaire was a self structured questionnaire administered through google forms to the participants. Each output variable was collected as ordinal data and the collected data were represented as pie charts. A statistical test was done using a software SPSS. Statistical test used descriptive analysis and frequency percentage. The list of output variables were demographic information, eating disorder, sleep patterns, stress management techniques. The method of representative of each output variable pie chart. The association between groups was assessed by Chi Square test where  $p < 0.05$  was considered statistically significant.

## RESULTS AND DISCUSSION:

From the data statistics using SPSS; 67% of participants are aware of methods to overcome depression. 34% feel behavioural changes were a symptom for depression; 27% felt eating disorder is a symptom for

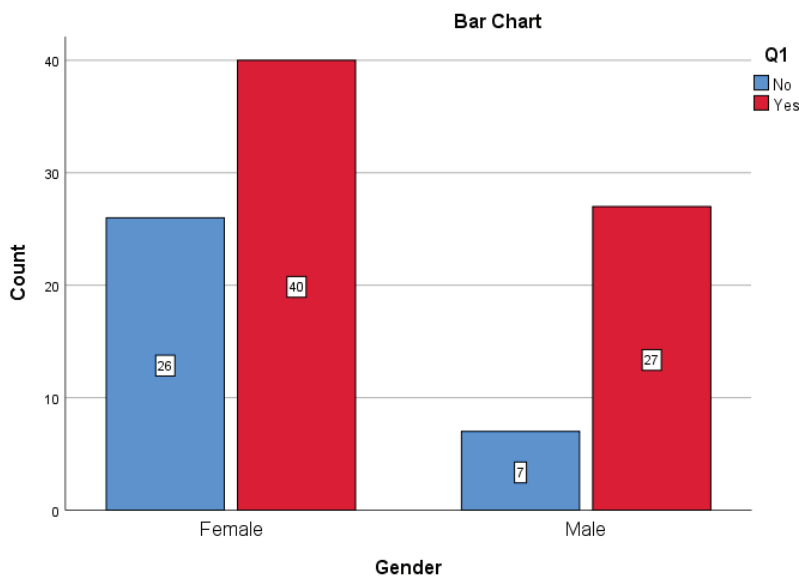
depression; 8% agreed that insomnia was a symptom of depression. 33% agreed that being with friends was a method to overcome depression .19% agreed that social media as a method to overcome depression ; 22% agreed that sleeping as a mode overcome depression. 70% agreed that depression is a mental health disorder characterized by depressed mood. 52% agreed that drugs reduce depression ; 48% feel drugs do not reduce depression. 71% felt that depression leads to suicide.

We have seen the association between gender (X axis) and responses to awareness on the methods to overcome depression (Fig 1), responses to awareness on symptoms for depression (Fig 2), responses to awareness on methods to overcome depression ( Fig 3), responses to awareness on the definition of depression (Fig 4), responses to awareness on antidepressant drugs (Fig 5), responses to awareness on suicidal tendency due to depression (Fig 6).

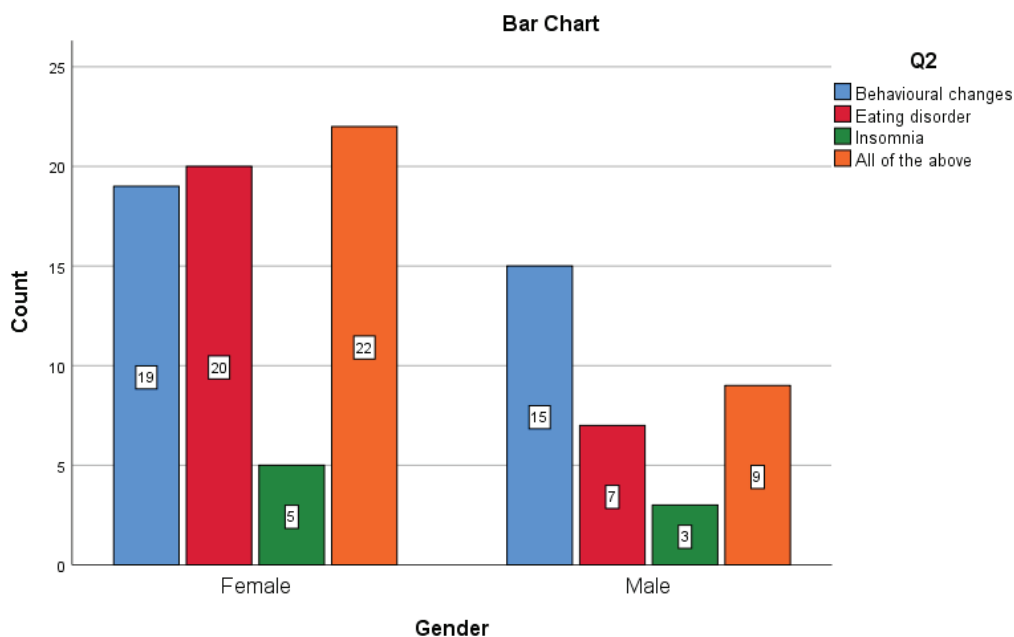
We have observed that association between gender and responses to awareness on methods to overcome depression was statistically significant (  $p = 0.043$  ) and association between gender and responses to awareness on anti - depressive drugs was statistically significant (  $p = 0.025$ ). The statistical associations between groups was assessed by Chi Square test where  $p < 0.05$  was considered statistically significant.

According to previous studies, 43.6% were aware about depression<sup>26</sup>. 83.4% felt behavioural changes are the major symptom of depression; 95% felt depressive disorder is a disability<sup>27</sup> 64% agreed that depression affect memory<sup>28</sup>. In the study by Shukri it was important to know about childhood obesity as it is also a cause for depression<sup>29</sup> .71% feel depression leads to suicide 9.5% students attempted suicide in the previous study. This may be caused due to depression.

## GRAPHS:



**Figure 1:** Bar chart depicts the gender wise responses regarding awareness on the methods to overcome depression. X axis depicts the gender and Y axis depicts the frequency of responses. Red colour bar denotes a positive response and blue colour denotes the vice versa. Majority, 40% of women reported they were aware, while only 27% reported they were aware on methods. Chi square test was done and it was found to be insignificant statistically (Pearson Chi square value = 3.589), P=0.058



**Figure 2:** Bar chart depicts the association between gender(X axis) and responses to awareness on symptoms for depression (Y axis). 22% female reported behavioural changes, eating disorder, insomnia are the symptoms of depression and 16% male reported behavioural changes are the symptoms of depression. Blue denotes behavioural changes ,red denotes eating disorder, green denotes insomnia and orange denotes all of the above. Female were more aware of the symptoms of depression . Chi square test was done and was found not to be significant statistically (Pearson Chi - Square value = 2.720, p =0.437).

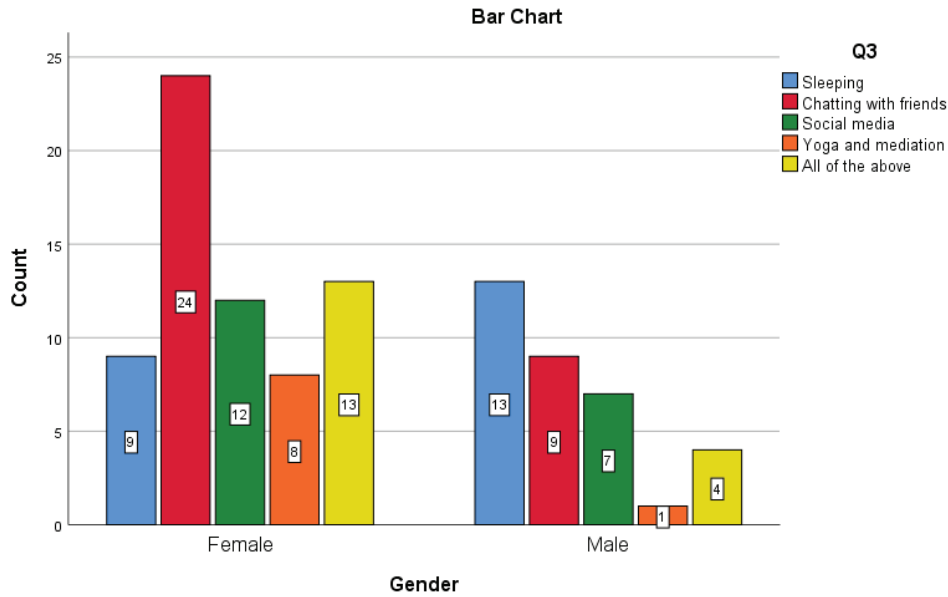


Figure 3: Bar chart showing the association between gender (X axis) and responses to awareness on preferred methods to overcome depression (Y axis). 24% females reported chatting with friends as a means to reduce depression and 13% male reported sleeping to reduce depression. Blue denotes sleeping, red denotes chatting with friends, green denotes social media, orange denotes yoga and meditation and yellow denotes all the above options. It was found that females were more aware than males. Chi square test was done and it was found to be statistically significant (Pearson Chi square value = 9.838, P=0.043).

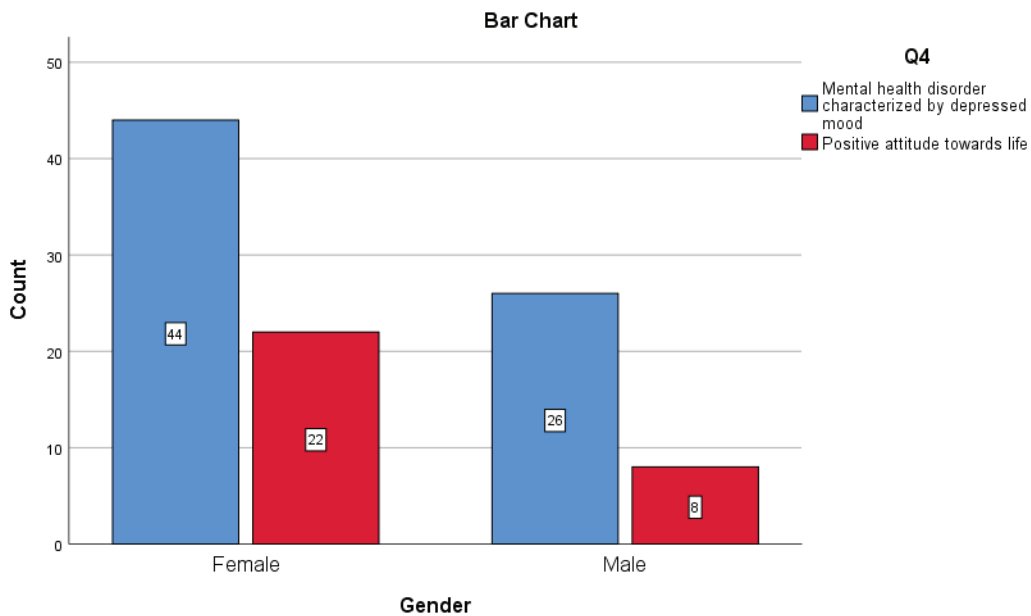
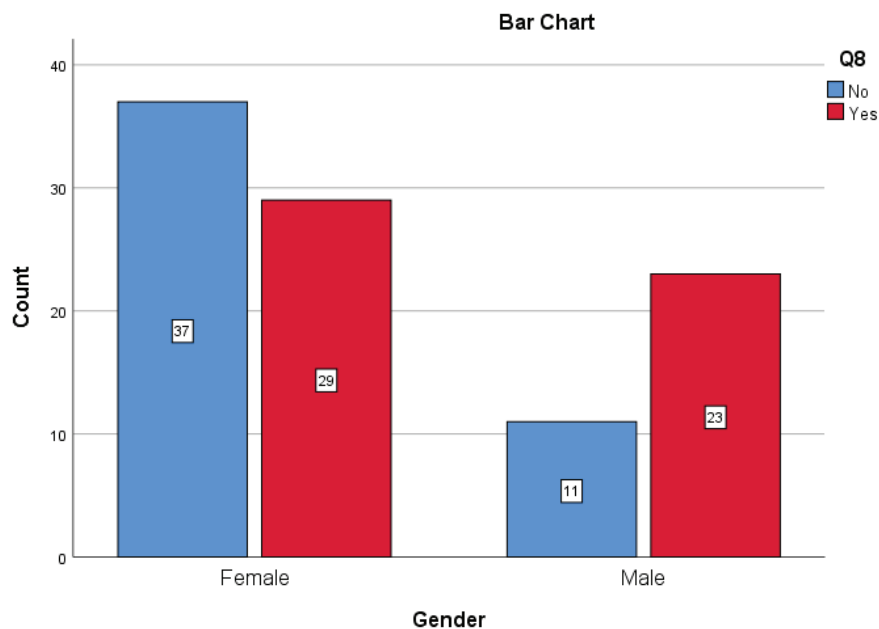
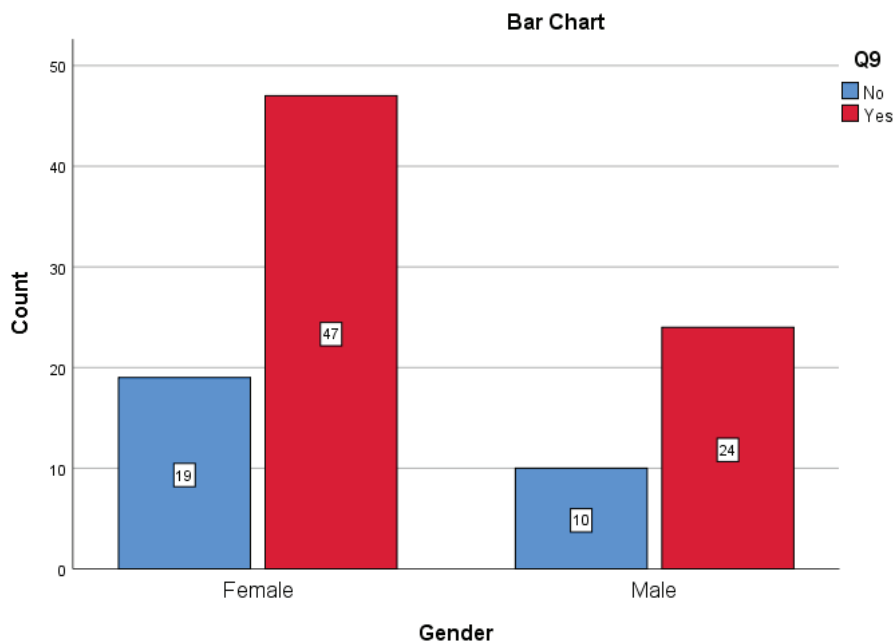


Figure 4: Bar chart showing the association between gender(X axis) and responses to awareness on the definition of depression (Y axis). 44% female reported depression is defined as a mental health disorder characterized by depressed mood and 26% male reported depression is defined as mental health disorder characterized by depressed mood. Blue denotes mental health disorder characterized by depressed mood and red denotes positive attitude towards life. Females were more aware than males. Chi square test was done and it was found not to be statistically significant. (Pearson Chi square value = 1.027,P=0.31).



**Figure 5:** Bar chart showing the association between gender (X axis) and responses to awareness on anti depressive drugs (Y axis). 37% females and 23% of males reported drugs don't reduce depression. Blue bar denotes no and red bar denotes yes, implying females were more aware than males. Chi square test was done and it was found to be statistically significant (Pearson Chi square value = 5.053, P=0.025)



**Figure 6:** Bar chart showing the association between gender (X axis) and responses to awareness on suicidal tendency due to depression (Y axis). 47% females and 24% females reported depression leads to suicide. Blue denotes a negative response and red denotes positive response. Female were more aware than males. Chi square test was done and it was not statistically significant. ( Pearson Chi square value = 0.004, P=0.948)

### Conclusion

Depression is a group of conditions associated with the elevation or lowering of a person's mood. The causes of depression are death or loss of a person, serious illness, personal problem like social isolation, personal conflicts. The

symptoms of depression are fatigue, insomnia, overeating, restlessness, aches, pains, suicidal thoughts. From this survey we can conclude that many students were aware of depression and the methods to overcome it.

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**Ethical Clearance:** It is taken from “Saveetha Institute Human Ethical Committee” (Ethical Approval Number- SDC/SIHEC/2020/DIASDATA/0619-0320)

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