1ST PHASE OF RESEARCH

Aims to investigate the effects of the economic crisis on mental health and use of services in a subsample of the population studied in the World Mental Health Survey Initiative Portugal conducted in 2008.

Includes modules to assess common mental disorders (CIDI-SC), psychological distress (Kessler-10), use of services and psychotropic medication, economic situation, social support, community involvement.

METHODS

1. Descriptive statistics were used to compare psychological distress (Kessler-10; cut-off>24) and use of any psychotropic medication between 2008 and 2015.

2. Chi-square tests were used to analyse the differences in the proportion of participants with or without Major Depressive Episode (MDE) and Generalized Anxiety Disorder (GAD) according to economic situation (financially deprived or not), social support and community involvement (0-100 score with the median as cut-off point; values below the cut-off indicate low social support and low community involvement).

RESULTS

Psychological distress in 2008 and 2015 (Kessler-10)

<table>
<thead>
<tr>
<th></th>
<th>2008 (n=562)</th>
<th>2015 (n=911)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>13.6</td>
<td>16.8</td>
</tr>
<tr>
<td>Moderate</td>
<td>4.4</td>
<td>7.6</td>
</tr>
<tr>
<td>Severe</td>
<td>1.8</td>
<td>6.8</td>
</tr>
<tr>
<td>Any psychological distress</td>
<td>31.2</td>
<td>19.8</td>
</tr>
</tbody>
</table>

Increase in the prevalence of psychological distress using K-10 from 2008 and 2015, which appears to be particularly relevant in the severe distress group.
Use of psychotropic medication in 2008 and 2015

Social support and common mental disorders (MDE and GAD)

**RESULTS**
- Overall increase in the consumption of psychotropic medication

**RESULTS**
- People with lower social support are more likely to have a diagnosis of MDE

**RESULTS**
- People that report financial deprivation are more likely to have a diagnosis of MDE and GAD

**RESULTS**
- People with higher community involvement are less likely to have a diagnosis of GAD

**CONCLUSIONS**
- The preliminary results suggest a deterioration of the mental health of the Portuguese population after the Economic Recession
- Financial deprivation appears to be related to both MDE and GAD
- Good social support and strong community involvement are related to better mental health outcomes

**NOVA MEDICAL SCHOOL · PROJECT TEAM**
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