

Understanding the association of depression with individual and community level factors among middle-aged and elderly participants in the Prospective Urban Rural Epidemiological (PURE) Study-South Africa to inform positive mental health

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With a progressively ageing population worldwide, identification of depression in middle-aged and elderly adults becomes increasingly important to inform promotion of healthy ageing. We aimed to determine the prevalence of depression among middle-aged and elderly adults as well as examine individual and community level factors associated with depression in this age range. We analysed 710 participants aged 45-80 years who participated in the third follow-up round (2015) of the Prospective Urban Rural Epidemiological study in the North West province, South Africa. Depression was assessed using the Patient Health Questionnaire-9. Scores of 10 and above indicated depression. Logistic regressions were used to test for association between depression and related factors. The overall proportion of respondent reporting depression was 52 %. Elderly (60-80 years) participants had 58% higher odds of depression as compared to middle-aged participants (45-59 years). Adjusted Odds Ratio: 1.58; 95% CI:1.08-2.29; p = 0.017; n = 719. The following factors were also associated with depression: type of community (urban vs rural), level of education, experienced major stressful event in the last 12 months, mental health status, and neighbourhood conditions. Depression is common in middle-aged and elderly adults. Mental health promotive interventions aimed at decreasing depression should target at-risk subgroups highlighted in this study.

Biography

Iolanthé Kruger completed her PhD at the age of 29 years from the North-West University. She is was promoted to associate professort in 2018. She authored and co-authored more than 40 papers in reputed journals. She is the national leader for the South African site of the multi-national Prospective Urban and Rural Epidemiology (PURE) study.

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