



Development Thai Surveillance System for Depression



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Introduction

In Thailand, depression has been found to contribute to the Global Burden of Disease (GBD) and be the first-leading cause of Disability AdjustedLife Year (DALY) in women and fourth in men. Since there has been no surveillance system which is effective enough, depression becomes the cause of reduced quality of life for individuals and their families, is a risk factor for suicide, and often worsens the outcome of other physical health problems. In spite of this, the 2003 national survey of mental health epidemiology found that the prevalence of depressive disorder among Thai people was 3.2% of major depressive disorder (about 871,700 patients), 1.18 % of dysthymia (about 321,300 patients). Of those, only a few received service from the public health care.

Objective :

To develop a depression surveillance system in Thailand, including prevention of depression relapse at provincial level.

Method :

This study consisted 4 stage;

- 1st stage; reviewed literature for technology, measurement and information of surveillance system.
- 2nd stage; situational analysis of health care system, pilot in Yasothorn province. screening test, diagnostic test, technologies in order to promote mental health and prevent depressive disorders among I-san language and manage the severity of depression according to the primary and secondary care guideline.
- 4th stage; piloted with 946 volunteers, 328 nurses, 21 residents in primary care and 297, 588 people in community of Yasothorn province.

Data analysis; Questionnaires were used to collect quantitative data which were analyzed using descriptive statistics.

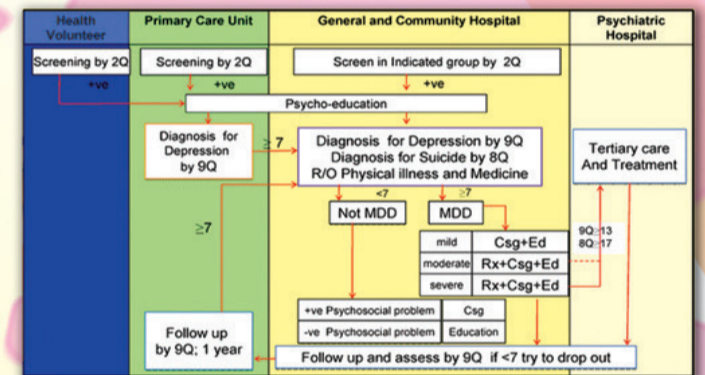
Result :

Based on the situational analysis, it was found that there has not been any depression surveillance system, particularly one which is contextualized to the circumstances. Besides, there has not been any screening and diagnostic test, as well as prevention. Accordingly, a contextualized depression surveillance system was developed;

- Tool for screening and diagnostic test I-san dialect; 2- question screening test (2Q) for finding risk group, 9- question diagnostic test (9Q) for depression and 8- question diagnosis for suicide (8Q). (picture 1)
- Technology for awareness and psycho-education to promote mental health and prevent depressive disorders among I-san people and risk groups; Five technologies including; 6 music, 12 short stories, 12 documentaries, 1 comic, 4 radio spots and 1 short movie. (picture 2)
- Depression surveillance system; the system consists of two components namely 2Q used by public health volunteers, 9Q and 8Q diagnosis for suicide used by public health officers, which was aimed to identify depression and suicide severity and monitor relapse of depression and suicide idea and manage the severity of depression according to the primary and secondary care guideline. (picture 3)
- After pilot study; apart from these tools, risked people also received supports according to the severity of the symptoms including health education, counseling, psychosocial intervention, pharmacotherapy. Information technology which was networked to local databases was also implemented to prevent further development of the symptoms.



Picture 1 Tools



Picture 3 Depression Surveillance System

Among 297,588 people which were the study's target group, 9.89 % were at risk of having depression. When diagnosed with 9Q, 7.20 % of them were found to suffer from depression, with 71.27% mild, 18.95 % moderate, and 9.78 % severe symptoms. Surprisingly, it was also found that all people diagnosed as patients were at risk of suicide. Nevertheless, 31.94% of them received supports as guided. What seemed to be significant was that the rate of access to the system increased for 7.72%; 0.85% of relapse and 0% of suicide idea was found.



Picture 2 Technologies

Conclusion :

The first time in Thailand, the depression surveillance system developed and piloted at Yasothorn province became effective. The system could find, screen, diagnose, give support to and treat the patients holistically. More importantly, as the screening test and diagnostic test were the important component of this system, it was very likely that this contextualized system would be able to ease off GBD and DALY in I-san, and hopefully Thailand in the near future.

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