

Depression

Hantong Hu

What is depression?

- Mood disorder
- Affect cognition and daily activities
- High prevalence and impairment

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Risk factors

01	Biological/genetic	<ul style="list-style-type: none">• What genes are responsible?<ul style="list-style-type: none">◦ Possible genes: Serotonin production, mitochondrial dysfunction etc.• Evidence for genetic<ul style="list-style-type: none">◦ Twin study
02	Psychological/ Behavioral	<ul style="list-style-type: none">• Life events, Abuse/trauma• Smoking, obesity, limited physical activities, and a less healthy diet• More factors → greater odds
03	Social/economic	<ul style="list-style-type: none">• Lower socioeconomic status<ul style="list-style-type: none">◦ Higher morbidity and disability◦ Poorer access to health care

Preventions and Impact on biostatistics

Primary

Relax, socialize, and take good care of yourself

Secondary

Depression screening

- PHQ-9
- CES-D

Tertiary

Medication
Cognitive therapy

- Biostatisticians may be focusing on clinical trials and medical researches, but it is important to understand health is not only about medication
- It is also important to consider health disparity before making conclusions