Depressive disorders are the most common type of psychiatric disorders. About 3% of population (approx. 50 million Indians) suffer from mood disorders. Keeping this in mind a unique community service viz. "Defeat Depression", an awareness campaign was organised in February, 1999 to educate people and on the spot counselling for depression.

Assessment & Planning

The campaign was planned at two busy markets and one village of Delhi having the following objectives.

i. To spread awareness about depression and prevention of suicides in the community.

ii. To assess the degree of depression in community.

iii. To identify introvert and extrovert personalities.

iv. To provide on the spot need based counseling and interventions.

Implementation

The campaign was widely publicised through posters and pamphlets. A health talk on depression was conducted in the village. Beck's Depression Inventory (BDI) to assess depression and Scale to assess introvert and extrovert personality profile were administered on people around. Literature on depression was distributed in the community. On the spot counselling and referrals were given.

<table>
<thead>
<tr>
<th>Areas</th>
<th>Rural Community</th>
<th>Market No. 1</th>
<th>Market No. 2</th>
<th>Grand Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of People</td>
<td>65</td>
<td>250</td>
<td>276</td>
<td>590</td>
</tr>
</tbody>
</table>

Table number 1 shows that 590 people were given awareness about depression.

<table>
<thead>
<tr>
<th>Test for Depression</th>
<th>Assessed</th>
<th>Normal</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
<th>Counselling</th>
<th>Intervention days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural Community</td>
<td>12</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>6</td>
<td>26</td>
<td>14</td>
</tr>
<tr>
<td>Market No. 1</td>
<td>31</td>
<td>15</td>
<td>6</td>
<td>6</td>
<td>4</td>
<td>45</td>
<td>31</td>
</tr>
<tr>
<td>Market No. 2</td>
<td>24</td>
<td>14</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Grand Total</td>
<td>67</td>
<td>31</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>86</td>
<td>60</td>
</tr>
</tbody>
</table>

Campaing Results

From Table 2, it is clear that 67 persons were assessed in one rural area and two markets. Out of them 31 persons (46.2%) were free from depression on Beck's scale, 11 persons (16.4%) had mild depression, 12 had moderate depression. Table shows that in Rural community out of 12 assessed people 2 (16.6%) were normal and 1 (8.3%) had mild depression, 3 (25%) had moderate depression and 6 (50%) had severe depression, which was quite a large number. In Market No. 1, out of 31 people, 15 (48.3%) were suffering from depression, 6 (19.4%) had mild depression, 6 (19.4%) had moderate depression and 4 (12.9%) had severe depression.

Table Number 3 shows the data on the basis of personality profile in different areas. Out of 18 people in rural community 11 (61.1%) had mixed personality, 2 (11.1%) had introvert and 5 (27.7%) people had extrovert personality.

In Market No. 1 it was found...
that out of 30 people 14 (46.6%) had mixed personality and 5 (16.6%) had introvert and 11 (36.66%) had extrovert personality, so the counseling was done for 16 (53.33%) people.

Data in Market No. 2 shows that 20 people, 6 (30%) had mixed, 5 (25%) had introvert and 9 (45%) had extrovert personality. Therefore, counseling was done for 14 (70%) clients.

Evaluation

Overall, the campaigns carried out at three places were successful. The objectives set for the campaigns were met. Extensive awareness about depression was spread. An overwhelming response was received from general public at all the three places. The campaign was attended by large number of people.

Recommendations & Suggestions

1. More & more of such campaigns can be organised at market places as well as factories, residential areas, schools, colleges, office complexes etc.
2. The campaigns may be planned on weekends rather than weekdays to get big gatherings.
3. To assess the mental health of people, other tests can also be administered like 'Anxiety Rating Scale' and 'Self Concept Scale'.

Acknowledgement

The campaigns were organized and conducted under the expert guidance of Ms. Sandhya Gupta, Lecturer, College of Nursing, AIIMS, New Delhi in collaboration with Sampark, an N.G.O. at Modi Hospital, Saket, New Delhi.

References

The Hindustan Times, 'Campaign to Cure Depression Launched', October 9, 2002.
Otherwise there are no reference, as the study is the feed back of market surveys. (Defeat- Depression Campaign).

KASTURBA COLLEGE OF NURSING
HABIBGANJ, BHEL, BHOPAL – 462-024
Requires

Post / Qualifications

Principal : M.Sc. (Nursing) with 8 years experience of teaching including administration.
Asstt. Professor : M.Sc. (Community Health Nursing) with 3 years of teaching experience.
Lecturer :
(i) M.Sc. (Community Health Nursing)
(ii) M.Sc. (Medical-Surgical Nursing including fundamentals)
(iii) M.Sc. (Obst. & Gynaec Nursing)
(iv) M.Sc. (Psychiatric Nursing)
(v) M.Sc. (Paediatric/Child Health Nursing)
Salary : Negotiable but attractive (The facilities like Housing etc. are available).
Appointment : On contract basis (Minimum 3 years).
Note : Retired but healthy eligible candidates may also apply.
How to apply : Application on plain paper giving full name, date of birth, present/permanent address, telephone nos., if any, qualification, teaching experience, basic pay, scale of pay and other allowances in present/ previous employment, nationality, etc. and recent photograph may be sent to the Secretary, BHEL Shiksha Mandal, BHEL, Bhopal – 462 021 on or before 15th December, 2002.

Attention : Authors / Contributors

The Research Report sent by the authors / contributors should contain the date of the study in its content and the references both.

Editor

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