

Defeat Depression

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Depressive disorders are most common type of psychiatric disorders. About 5% 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.

- To spread awareness about depression and prevention of suicides in the community.
- To assess the degree of depression in community.
- To identify introvert and extrovert personalities.
- To provide on the spot need based counselling and interventions.

Implementation

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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.

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 1
Awareness about Depression

Areas	Rural Community	Market No. 1	Market No. 2	Grand Total
Name of People	65	250	275	590

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

Table 2
Degree of Depression

Tested for Depression	Assessed	Normal	Mild	Moderate	Severe	Counseling	Intervention done
Rural Community	12	2	1	3	6	26	14
Market No. 1	31	15	6	6	4	45	31
Market No. 2	24	14	4	3	3	15	15
Grand Total	67	31	11	12	13	86	60

Campaign Results

The data from different places was analyzed and tabulated as follows:

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

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



Table 3
Personality Profile

Tested for Depression	Assessed	Mixed	Introvert	Extrovert	Counseling
Rural	18	11	2	5	7 Clients
Community Market No. 1	30	14	5	11	16 Clients
Market No. 2	20	6	5	9	14 Clients
Grand Total	68	31	12	25	37 Clients

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 counselling was done for 16 (53.3%) 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, counselling was done for 14 (70%) clients.

Evaluation

Overall, the campaigns carried out at three places were successful. The objectives set up 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 cam-

paigns 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

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Asstt. Professor : M.Sc. (Community Health Nursing) with 3 years of teaching experience.

Lecturer :

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- (ii) M.Sc. (Medical-Surgical Nursing including fundamentals)
- (iii) M.Sc. (Obst. & Gynaec Nursing)
- (iv) M.Sc. (Psychiatric Nursing)
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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