



Depression in older adults from the municipality of Mochitlan, Guerrero (Mexico)

Depresión en adultos mayores del municipio de Mochitlán, Guerrero

Depressão em idosos do município de Mochitlán, Guerrero

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Abstract

Introduction: Depression in older adults is an important aspect since it affects significantly their health and quality of life. As people age, they may experience physical, emotional, and social changes that make them more susceptible to depression. Based on estimations from the World Health Organization, the global population over 60 years of age with some depressive symptoms will increase from 12% to 22% between 2015 and 2050. **Objective:** To identify the prevalence and factors associated with depression in older adults from the municipality of Mochitlan, Guerrero. **Materials and methods:** Mixt quantitative research with an analytical cross-sectional design and a simple random sampling of 26 older adults. Information was collected through a multiple choice survey administered by the researchers using an instrument with four sections. The ethnographic method was used for the qualitative approach, through a semi-structured interview to a focus group of seven older adults, with 3 open questions. **Results:** Mild (38.46%), moderate (7.69%), and serious (3.85) was found. The associated factors were: female gender; type of work; and monthly income. The qualitative analysis showed positive and negative emotions. **Conclusions:** 50% of the population had some type of depression.

Keywords: Emotions; affective disorders, psychotic; mental health. (Source: DeCS, Bireme).

Resumen

Introducción: La depresión en adultos mayores es un tema importante debido a que afecta de manera significativa la salud y calidad de vida. A medida que las personas envejecen, pueden experimentar cambios físicos, emocionales y sociales que los hacen más susceptibles a tener depresión. La Organización Mundial de la Salud (OMS) estima que entre 2015 y 2050 la población mundial mayor de 60 años pasará del 12% al 22% de padecer algún síntoma depresivo. **Objetivo:** Identificar la prevalencia y factores asociados a la depresión en adultos mayores del Municipio de Mochitlán, Guerrero. **Materiales y métodos:** Investigación mixta, cuantitativa con diseño transversal analítico, muestreo aleatorio simple en una población de 26 adultos mayores, se recabo información mediante una encuesta aplicada por los investigadores con opción múltiple utilizando un instrumento de cuatro apartados. Para el enfoque cualitativo se utilizó el método etnográfico, mediante una entrevista semiestructurada con 3 preguntas abiertas a un grupo focal de siete adultos mayores. **Resultados:** Se encontró depresión leve (38,46%), moderada (7,69%) y grave (3,85%). Los factores asociados fueron género femenino, tipo de trabajo; ingreso mensual. El análisis cualitativo mostro emociones positivas y negativas. **Conclusiones:** 50% de la población presento algún tipo de depresión.

Palabras clave: Emociones; trastornos psicóticos afectivos; salud mental. (Fuente: DeCS, Bireme).

Resumo

Introdução: A depressão em idosos é um tema importante porque afeta significativamente a saúde e a qualidade de vida. À medida que as pessoas envelhecem, elas podem passar por mudanças físicas, emocionais e sociais que as tornam mais suscetíveis à depressão. A Organização Mundial da Saúde (OMS) estima que entre 2015 e 2050, a população mundial com mais de 60 anos passará de 12% a 22% sofrendo de alguns sintomas depressivos. **Objetivo:** Identificar a prevalência e os fatores associados à depressão em idosos do município de Mochitlán, Guerrero. **Materiais e métodos:** Pesquisa mista, quantitativa, com desenho analítico transversal, amostragem aleatória simples em população de 26 idosos, as informações foram coletadas por meio de questionário aplicado pelos pesquisadores com múltipla escolha por meio de instrumento de quatro seções. Para a abordagem qualitativa utilizou-se o método etnográfico, por meio de entrevista semiestructurada com 3 questões abertas a um grupo focal de sete idosos. **Resultados:** Foi encontrada depressão leve (38,46%), moderada (7,69%) e grave (3,85%). Os fatores associados foram sexo feminino, tipo de trabalho; ingresso mensal. A análise qualitativa evidenciou emoções positivas e negativas. **Conclusões:** 50% da população apresentou algum tipo de depressão.

Palavras chave: Emoções; transtornos psicóticos afetivos; saúde mental. (Fonte: DeCS, Bireme).

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This study found mild (38.46%), moderate (7.69%), and serious (3.85%) depression in the study population. These results differ from those reported by Peña-Marcial *et al.*⁽¹¹⁾, who registered 81% and 16% for moderate and serious depression, respectively. Similarly, Miranda *et al.*⁽¹³⁾ observed a 60% of mild depression and a 29% of established depression; as well as the study by Lliguisupa *et al.*⁽¹⁷⁾, who report 35.3% mild depression and 11% established depression.

The results show that depression affects both genders differently (0.268). This observation coincides with the study of Cardenas *et al.*⁽¹⁴⁾, who reported that depression was more common in women, suggesting a relationship between gender and depression ($\chi^2=823$ and $p=0.007$). Also, Miranda *et al.*⁽¹³⁾, and Salvador *et al.*⁽¹²⁾, have shown that women are at a higher risk for depression. Likewise, Peña-Marcia *et al.*⁽¹¹⁾, reported that 50.7% of the study population were women experiencing some degree of depression.

The data from this research carried out show that the type of job (0.332) and monthly income (0.298) were related to the presence of depression. These results coincide with the study by Cárdenas *et al.*⁽¹⁴⁾, in which a relationship was found with domestic activities and not doing any activity, presenting a higher frequency of moderate depression in 79.8% and 77.8% respectively ($\chi^2=13.27$ and $p=0.004$). Socioeconomic status also showed a relationship with depression, as did the study conducted by Miranda *et al.*⁽¹³⁾, in which low socioeconomic status was a potential risk factor for depression (55%). The data of this investigation also show that type of job (0.332) and monthly income (0.298) are related to the presence of depression.

Likewise, this study found a relationship of other factors such as the importance of religion in their lives (0.846), being native (0.580), knowing how to read (0.733), number of daily working hours (0.329), belonging to a healthcare institution (0.249), type of institution (0.290), construction material of the home floor (0.325), the person feels comfortable living alone or with other people (0.044). A relationship with the presence of bone fractures was identified χ^2 ($p=0.000$). However, these findings differ from the results of other studies.

The feelings-emotions present in this stage were positive such as tranquility, well-being, strength, encouragement, security and fun and/or negative which included mood swings, longing, hopelessness and boredom. It is mentioned that there are physical problems due to wear and tear, which makes walking difficult, and for this reason older adults prefer to stay at home where they feel comfort, security and protection, some have the support that their family provides them.

These findings coincide with the study by Estupiñán-Palacios *et al.*⁽¹⁸⁾, who found that health problems lead to a feeling of hopelessness and emptiness in your life. The data is based on what is reported by the Ministry of Health of Colombia, about the aging process, which brings with it the loss of the ability to develop habits, causing significant changes in the environment⁽¹⁹⁾. Also coinciding with the study by Martínez-Mendoza

et al.⁽²⁰⁾, which showed the presence of diseases, as well as alterations in their emotional state due to loneliness and distance from their loved ones, which is reflected in sadness, irritability and melancholy.

Samaniego-Zhunio *et al.*⁽²¹⁾ showed that emotions are a reaction that includes experiential, behavioral and physiological elements, through which the person tries to deal with a significant situation or event.

Conclusions

Our results show that depression is a multifactorial health problem that affects older adults, as it is the last stage of their lives when they face: losses, crisis, as well as physical, psychological, family, social, and economic decay, which manifest as mood changes, longing, and hopelessness that sometimes they cannot handle, triggering a great risk for the appearance of diseases. Nevertheless, there are also positive feelings such as tranquility, strength, encouragement, and security, which function as protective factors and may improve the quality of life of older adults.

Recommendations: Health care professionals should conduct continuous screening strategies to identify properly and quickly depression in the elderly population and implement proper interventions coordinated with a multidisciplinary and interdisciplinary team, involving the family, in order to follow up on diagnosed adults according to the Mexican Official Standard NOM-025-SSA2-2014.

To encourage the personnel who work at first level assistance institutions to conduct home visits in order to know, prevent, and follow up on problems and/or needs of older adults.

It is suggested that professional from education institutions should conduct research on elderly populations that live at their own homes in order to identify problems they may experience and search for strategies to improve their quality of life.

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