



Service Priorities and Programmes
Electronic Presentations

Convention ID: 378

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Physical and sociopsychological profiles of chinese population with mild to severe depressive disorders

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Keywords:

Depression

Chinese

Physical

Sociopsychological profiles

Introduction

Clinical depression is characterized by an all-encompassing low mood accompanied by low self-esteem and stress; loss of interest or pleasure in normally enjoyable activities. Patients were prone to develop further severe mental illness requiring hospitalization. However, there was paucity of evidence on the profiles of depressive disorders among Chinese population which may provide essential information for planning of effective care.

Objectives

The aim of the study was to investigate the physical and sociopsychological profiles of Chinese population with mild to severe depressive disorders in providing reference information for planning effective care.

Methodology

Chinese adults with diagnoses of mild to severe depressive disorders referred from the Department of Psychiatry of Kowloon Hospital and Kwai Chung Hospital were recruited from February 2012 to October 2013. Physical items included percentage of body fat and the body mass index (BMI), flexibility by sit and reach test, muscular strength of maximum dominant hand grip and cardiovascular endurance of maximum oxygen uptake (VO₂max) were measured. Self-esteem by Rosenberg Self-Esteem Scale (RSES) and demographics were also examined.

Result

A total of 84 (67 females (F) and 17 males (M) with mean age 47.37±10.61) subjects were recruited. Among all the subjects, 52.38% of them were married; 46.43% were housewives and living with family (83.33%); 29.76% attained tertiary education level and 83.33% were prescribed with anti-depressants. When compared to the normative data, the sample has higher % body fat (F:33.82±6.15, M:24.90±6.16%) and BMI of

female subjects ($23.86 \pm 3.76 \text{ kgm}^{-2}$) was above average. Most of the components of physical fitness were very much below average including VO₂max (F: 23.50 ± 5.69 , M: $28.28 \pm 6.25 \text{ mLkg}^{-1} \text{ min}^{-1}$), sit and reach test scores (F: -1.90 ± 9.25 , M: $-4.97 \pm 9.16 \text{ cm}$) and maximum dominant hand grip strength of male subjects (M: $30.62 \pm 8.06 \text{ kgf}$). RSES (F: 23.82 ± 4.88 , M: 25.06 ± 3.91) were below mean of Hong Kong. The results of this study revealed that Chinese population with mild to severe depressive disorders have lower physical fitness level and self-esteem. Tailored made intervention program may need to cater this population in both physical and mental aspects for holistic recovery care.