

Depression Global Etic Findings about Gender, Income-groups and Localities; a Comparative Study

Dr. Naveed Shibli, Hina Majid, Amana Zafar Ahsan, Amana Khalil, Moon Abdul Rauf, Salma Liaqat, Saira Yousaf, Iqbal Mehmood

Abstract- Depression is a global common mental disorder, the present study was designed to check the prevalence of etic findings about depression in case of localities, income groups and gender from Faisalabad, findings supported etic findings, regarding localities percentages of prevalence were high in slums as compared with high class localities whereas the presence of depression was more among high class women as compared with women belonging to low income groups.

Index Terms- Depression, localities, gender

I. INTRODUCTION

Depression reflects low mood and aversion to activity and it affects thoughts, behavior and sense of well-being, (Salmans, Sandra 1997). According to European World Health Organization, depression is a “common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.” A few studies about “depression” in Pakistan reveal that there is an increase in the rate of depression in Pakistan (Rozina, Shanila 2012) moreover, during a lecture Professor Dar observed that 35.7% citizen living in Karachi are subject to depression and overall rate of depression in Pakistani population is 34% as compared with its approximate prevalence in the entire world that to her is 20%. In another gender based study conducted in Karachi 65% women belonging to upper and lower classes studied were subject to depression, (Saima, Zafar, Kazi 2012) Whereas in a past study conducted in the Iceland of Manora Karachi Pakistan among fisherman families only 7.5% women were reported to be subject to depression, (N.Nisar, Billoo, Gadit 2004)

Depression is a global issue and many similar studies are there across the cultures. In an attribution styles study a difference of ‘attribution style was found in different cultures (Craig 1999). In a similar study relationship of attribution with depression was found (Craig and Lynn 1985)

Another aspect of depression that has been widely studied is the relationship of class and depression. In one such study the relationship of socio economic status and depression studied (S. A. Stansfeld, J. Head, M. G. Marmot 1997). There are other multiple studies those studied the relationship of social class and depression. Jain and Aras (2007) in a study founded the relationship of poor socio-economic status and depression. Moreover, Mike (2006) discussed in detail the relationship of social class with depression. In a recent study the relationship of quality of life and depression specially with reference to adolescence discussed (somrongthong, Wongchaes, Loasee 2013) In another study in Indian slums it was studied that how do

depression along with factor contributes into anti social trends (Ramnath et al 2014). The relationship of low socio economic class and depression also reported in another study (V Lorant et al 2003) (Jennifer et al 2001) determined the cluster of factors those to them are responsible for the social class relation with depression.

There are still a few debates there about depression. Roy (1979) grouped depression into three groups whereas (George and Tirril 1978) are prepared to answer questions regarding their work on depression.

Such importance of the topic of depression in clinical psychological literature specially with reference to social class relationship with depression were the main purpose of present study in order to study etic aspects in the study of depression in third largest urban population of Pakistan, the city of Faisalabad.

II. METHOD AND PROCEDURE

Four Representative areas of slums and high class localities selected in the city of Faisalabad and total number of 120 adults and adolescents not less than 13 years of age volunteer participants 15 each from 8 selected localities irrespective of gender individually tested in the present study on 21 verbal questions of Beck Depression Inventory (BDI-11) by Aaron, Robert and Gregory in (Aaron et al 1996) to assess and not to diagnose the existence of the presence of symptoms of depression among the participants because of its easy administration within 5 to 10 minutes.

III. RESULTS

The minimal and mild depression tested among normal subjects and both categories found, percentages reveal both among participants belonging to slums more as compared with high class localities, whereas the gender based comparison revealed the presence of the inclination of high class women to score more as compared with the women belonging to slums.

IV. CONCLUSION

The study support the presence of etic findings in case of the study conducted in Faisalabad, supporting thereby the use of international mental health classifications like DSM and ICD locally.

REFERENCES

- [1] Aaron T. Beck, Robert A. Steer, Roberta Ball & William F. Ranieri "Comparison of Beck Depression Inventories-IA and-II in Psychiatric Outpatients" *Journal of Personality Assessment* Volume 67, Issue 3, 1996
- [2] Craig A. Anderson and Lynn H. Arnoult (1985). "Attributional Style and Everyday Problems in Living: Depression, Loneliness, and Shyness. *Social Cognition*." Vol. 3, Special Issue on Depression, pp. 16-35.
- [3] Craig A. Anderson 'Attributional Style, Depression, and Loneliness: A Cross-Cultural Comparison of American and Chinese Students' *Personality and Social Psychology Bulletin* April 1999 vol. 25 no. 4 482-499
- [4] George W. Brown, Tirril Harris, "Social origins of depression: a reply" *Psychological Medicine / Volume 8 / Issue 04 / November 1978*, pp 577-588
- [5] JENNIFER E. B. RITSHER, VIRGINIA WARNER, JEFFREY G. JOHNSON, BRUCE P. DOHRENWEND, "Inter-generational longitudinal study of social class and depression: a test of social causation and social selection models" *The British Journal of Psychiatry* (2001) 178: s84-s90
- [6] Jain RK, Aras RY. "Depression in geriatric population in urban slums of Mumbai." *Indian J Public Health*. 2007 Apr-Jun;51(2):112-3.
- [7] MIKE DAVIS "Planet of Slums" published online: 26 APR 2006 DOI: 10.1111/j.1540-5842.2006.00797.x
- [8] N. Nisar, N. Billoo, A. A. Gadit, 2014, "Prevalence of Depression and the associated Risks Factors among Adult Women in a Fishing Community" *JPMA, Journal of Pakistan Medical Association* 54:51
- [9] Professor Dr. Ahsana Dar: "Depression and its Control" Professor Salimuzzaman Siddique Auditorium, International Centre for Chemical and Biological Sciences Karachi University.
- [10] Ramnath Subbaraman, Laura Nolan, Tejal Shitole, Kiran Sawant, Shrutika Shitole, Kunal Sood, Mahesh Nanarkar, Jess Ghannam, Theresa S. Betancourt, David E. Bloom, Anita Patil-Deshmukha, "The psychological toll of slum living in Mumbai, India: A mixed methods study" *Social Science & Medicine* Volume 119, October 2014, Pages 155-169
- [11] Roy A, "Are there different types of neurotic depression?" *British Journal of Medical Psychology*. 1979 Jun;52(2):147-50
- [12] Rozia Jalaluddin, Shanila Jalaluddin, "Factors Influencing Mental Health Policy Process in Pakistan" *Journal of Nursing* Vol 1 (01): 39-43
- [13] V. Lorant, D. Deliège, W. Eaton, A. Robert, P. Philippot and M. Ansseau, "Socioeconomic Inequalities in Depression: A Meta-Analysis" *American Journal of Epidemiology*. (2003) 157 (2): 98-112.
- [14] Salmans, Sandra (1997). *Depression: Questions You Have – Answers You Need*. People's Medical Society.
- [15] Saima Zainab, Zafar Fatmi, Ambreen Kazi, March 2012, "Risk factors for depression among married women belonging to higher and lower socioeconomic status in Karachi, Pakistan" *JPMA, Journal of Pakistan Medical Association*
- [16] S. A. Stansfeld, J. Head, M. G. Marmot, "Explaining social class differences in depression and well-being" *Social Psychiatry and Psychiatric Epidemiology* December 1997, Volume 33, Issue 1, pp 1-9
- [17] Somrngthong R, Wongchalee S, Laosee O. "Depression among adolescents: a study in a Bangkok slum community." *Scand J Caring Sci*. 2013 Jun;27(2):327-34. doi: 10.1111/j.1471-6712.2012.01037.x. Epub 2012 Jul 15.

AUTHORS

First Author – Dr. Naveed Shibli

Second Author – Hina Majid

Third Author – Amana Zafar Ahsan

Fourth Author – Amana Khalil

Fifth Author – Moon Abdul Rauf

Sixth Author – Salma Liaquat

Seventh Author – Saira Yousaf

Eight Author – Iqbal Mehmood