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Depression in young men: A study of risk and protective factors for depressive symptomatology in a Portuguese young men community sample

This study aims to describe the risk factors and protective factors for prevalence of depressive symptomatology among young men in a Portuguese non-clinical representative community sample, with ages between 18 and 29. The Center for Epidemiologic Studies Depression Scales (CES-D; Radloff, 1977), and a questionnaire including sociodemographic variables, general health variables and interpersonal stress factors were mailed to a sample of 1480 subjects. A phone line was available and local papers asked for collaboration. Sixty three young men aged between 18 and 29 answered the CES-D and the questionnaire and found a high level intensity of depressive symptomatology in this sample (18.56+13.7 CES-D mean score). Logistic regression has shown that recent unemployed young men, non college and young men living in rural areas have a significant higher of being depressed in comparison with employed men, college students or young men living in urban areas. It also has shown an increment risk of depression symptomatology among young men with previous depressive episodes, high concerns about body appearance and weight and high concerns about sexual performance. Nevertheless, being employed and/or being student and a self-perceived good health state (self-perceived) founded to be high protective factors for depressive symptomatology. The need for prevention-focused programs for that specific gender group (especially recent unemployed young men, with previous depressive episodes and/or high concerns about body appearance and weight) is discussed.

Biography

Monica Mendes is a Specialist in Clinical Psychology with over 10 years' experience in Psychotherapy and Counselling for a variety of emotional and situational problems. She customizes therapy to suit each client, drawing from a variety of techniques to enable patients to find the best path to healing and growth. She coordinated the Psychology and Mental Health Department of the Lisbon University Medical Health Center for over 12 years and was Assistant Professor of Developmental Psychology and Educational Psychology for 14 years in the Higher Institute of Sciences and Education (ISEC). As a Senior Supervisor of Clinical Psychology trainee of the Portuguese Board of Psychology, she coordinated the Psychotherapy and Clinical Psychology Consultation of the College Pedagogical and Counselling Center of the Faculty of Psychology of Lisbon University, Portugal and Co-founded the Early Intervention Center for Child Development and Family Support in Portugal.

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