Socioeconomic Status and Depression in Japan

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Background

• Depression is one of the most common mental disorders in the general population, which has the 7th highest suicide rate globally.

• However, depressed patients are underdiagnosed and undertreated in the general population.

• We aimed to evaluate the prevalence of depression in the general Japanese population and the relationship of socioeconomic status (SES) factors with that disease.

Methods

• This was a cross-sectional study.

• We used a population weighted random sample from a nationally representative panel of adults (≥20 years).

• A baseline questionnaire was used to capture demographic data, lifestyle habits, and SES parameters including family income, education level, and type of family.

• Depression was defined as a score of >9 on the Patient Health Questionnaire (PHQ-9).

Results

• 3,722 people were included in this study (mean age, 52 years old (SD, 18); 1,758 (47.2%) men.)

• The prevalence of depression was 27.1% (n=1,007), among whom 605 (60%) was women.

• Only 55 (5.5%) were already diagnosed with depression.

Multivariate Logistic Regression

• **Men**, the risk factors for depression included
  – lower educational attainment (OR: 1.3),
  – low family annual income (<$30,000, OR: 2.3)
  – past history of depression (OR: 3.8).

• **Women**,
  – obesity (BMI ≥25 kg/m2, OR: 1.5)
  – past history of depression (OR: 5.4)
  – SES was not associated with depression.

Conclusion

• Depressive disorders are highly prevalent in the Japanese general population (27%).

• SES including education level and family annual income are not associated with women depression but with men depression.

References


