



IS SINGAPORE MORE DEPRESSED THAN OTHER COUNTRIES?



Share of the population with depression, 2017

World 264,460,000
Singapore 201,022

Lifetime prevalence of mental illness in SG

Lifetime prevalence indicates the percentage of population who will experience a certain type of mental disorder at least once in their lifetime.



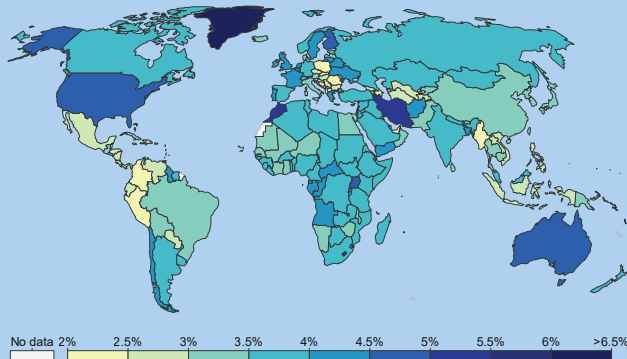
2 Main Types of Depression

- Major Depressive Disorder (MDD)
- Persistent Depressive Disorder (PDD)

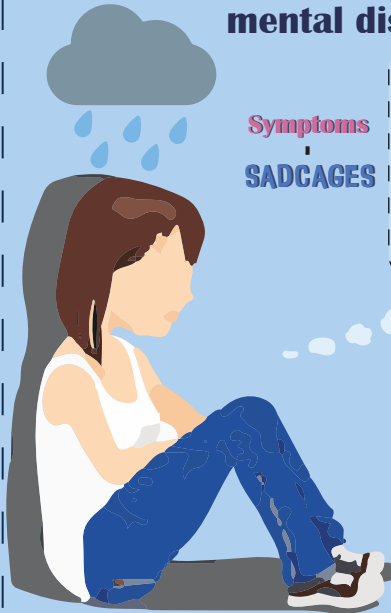
Lifetime prevalence of MDD

2010 **5.8%**
2016 **6.3%**

Prevalence of depressive disorders, 2017



Major depressive disorder is **TOP 1** mental disorder in Singapore



Symptoms
SAD CAGES

- S - Sleep disturbances
- A - Appetite change
- D - Depressed mood of feelings of sadness over a sustained period of time
- C - Concentration problems
- A - Anhedonia: Loss of interest in enjoyable activities
- G - Guilt or shame
- E - Energy and enthusiasm low
- S - Suicidal thoughts due to feelings of helplessness and hopelessness

How to prevent depression in the first place?

National and Economy level

- Be cognisant of the economic ramifications of a high percentage of population experiencing depression
- Set depression research as national medical research priority
- Augment institutional support

Individual level

- ♦ Exercise regularly
- ♦ Reduce stress
- ♦ Get sufficient sleep
- ♦ Manage chronic illnesses
- ♦ Reduce alcohol and drug use

CONCLUSION

In comparison with nations across the globe, occurrence of depression in Singapore falls on the average occurrence of depression among global populations. However, Singapore sees higher occurrence of depression among Southeast Asian nations. Despite this, Singapore's depression situation has seen significant improvements, as seen in its sharp decrease in DALYs. Despite an improving depression circumstance shown with continual decrease in DALY, occurrence of depressive disorders in Singapore remains a major issue. Beyond professional help, this highlights the importance of kind and helping actions that individuals can undertake in relief of depressed population in Singapore.

WHAT CAN WE DO TO HELP THEM?

We should try to help someone with depression such as being a good listener and support them. Often, the simple act of talking face to face and supporting can be an enormous help to someone suffering from depression. By doing this, we can help people who suffer from this illness to get better.

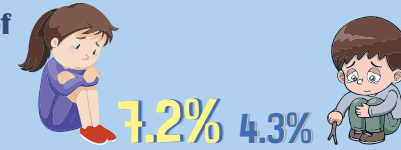
HOW TO COPE WITH DEPRESSION?

- Start smiling to lift your mood
- Make it happen by thinking positively
- I can do it - an affirmation is halfway towards solving the problem
- Laugh out loud to relieve tension and find humour in the situation
- Embrace optimism to better cope with stress

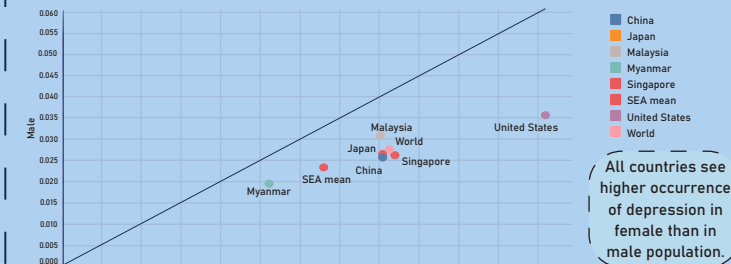
SUPPORT FROM PROFESSIONALS

- ★ National Care Hotline (MSF)
- ★ Mental Health Helpline (Institute of Mental Health)
- ★ HealthLine (Health Promotion Board)
- ★ Polyclinics and Hospitals

Lifetime Prevalence of MDD in SG among genders

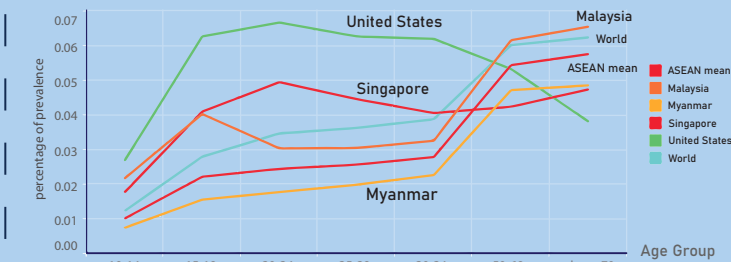


Prevalence of depression, males vs. females, 2017



All countries see higher occurrence of depression in female than in male population.

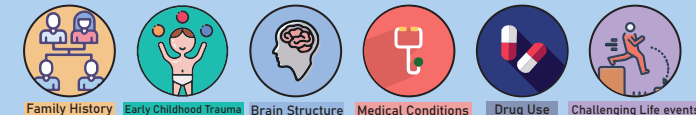
Prevalence of depression by age, 2017



Nyberg et al (2010) found aging negatively impacts prefrontal activity of the brain, which explains the rising occurrence of depression in older populations throughout various countries and regions in relation to the Harvard study that reveals **inactive frontal lobe of the brain** as a major cause of MDD.

RISK FACTORS

There are several potential causes of depression. They range from biological to circumstantial.

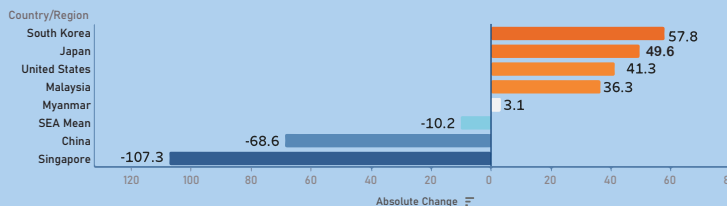


Singapore is one of the **HIGHEST** in substance-use disorders in the region (SEA) - Higher occurrence of depressive disorder in Singapore in SEA

Changes in age-standardized DALYs from 1990 to 2017 per 100,000 individuals

WHAT IS DALY?

DALY is short for "Disability-Adjusted Life Years", which is used to measure total burden of disease - both from years of life lost and years lived with a disability. One DALY = One lost year of healthy life.



Despite Singapore's relatively high occurrence of depression in Southeast Asia, its depression situation has seen significant improvements over the years, as shown in its sharp decrease of DALY numbers (-107.3) from 1990 to 2017. Such decrease is among the sharpest in the world.