

328/ IMPACT OF DEPRESSIVE SYMPTOMS IN SOCIAL FUNCTIONING AND QUALITY OF LIFE IN A BRAZILIAN PRIMARY CARE SERVICE USERS

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Depressive disorders constitute a major public health problem due to their high prevalence and psycho-social impact. Depressed patients are assiduous users of primary care services, even though they are often not diagnosed as such. The objective of this study is to describe and to evaluate depressive symptoms in individuals that seek primary care services in Porto Alegre, south Brazil, and to characterize those patients with respect to impacts quality of life and social functioning. 2201 primary care users were evaluated in the city of Porto Alegre, south Brazil in relation to their physical and emotional health using the following instruments: 2 questions from the World Health Organization Quality of Life instrument (WHOQOL-Bref); Medical Outcomes Study Short-Form 12 (SF-12) and MHI 5 (MHI-5); Centers for Epidemiologic Studies - Depression (CES-D), plus additional questions about work loss days and health care utilization. 79.5% of the individuals were female, avering 40 years of age. The intensity of depressive symptoms (measured by CES-D) was 20.2 for women and 16.2 for men. All the appraised parameters had an inverse relationship with the intensity of depressive symptoms. Patients with worse perceptions of their health, worse life quality, worse social functioning, more days as inpatients, larger number of medical consultations and more missing working days presented larger intensity of depressive symptoms. The data reinforce findings in other countries that depressive symptoms have a strong impact in social functioning, quality of life and health resource utilization in primary care patients. Keywords LIDO Study - Depression - Primary Care - Quality of life - Social Functioning - Evaluation.