



# DEPRESSION 抑鬱症

**BACKGROUND** Depression is the most prevalent mental health illness. Late life depression can lead to fatal consequences including both suicide and non-suicide mortality. It is also closely linked to physical illness and disability. Depression in elderly people often goes untreated because many people think that depression is a normal part of aging. Racial disparities in the diagnosis, detection, and treatment of depression are also very common. National studies suggest that 14% of American older adults have clinically relevant depressive symptoms.

**STUDY RESULTS** Our data show that over half of study participants (55%) reported at least one depressive symptom. About one in three older adults reported trouble with sleep (35%) or lack of energy (31%) in the past two weeks. 16% reported little interests in doing things, and 15% reported feeling down or had trouble concentrating on things.

**背景** 抑鬱是常見的精神疾病，可以誘發自殺或非自殺性死亡。老年抑鬱與身體疾病和殘疾有密切關係。由於人們往往認為抑鬱是老年常見現象，所以容易忽視對它的治療。抑鬱的診斷以及治療還存在很大的種族差異性。美國統計顯示14%的老人有臨床相關的抑鬱症狀。

**研究結果** 超過一半（55%）的老人有至少一項以上的抑鬱症狀。三分之一的老人在過去兩個星期感覺睡眠困難（35%）或者沒有活力（31%）。



## Depressive Symptoms 抑鬱症狀



**CONCLUSION** Depression is not inevitable during aging. However, Chinese older adults continue to be affected by depressive symptoms. There is ample evidence to suggest that Chinese older adults are more likely to present with the physical aspects of depression (such as sleep problems or pain), rather than mood or cognitive symptoms. This can further complicate recognition and diagnosis of depression. Partnerships must be forged between family, the community gatekeepers, health care professionals, and policy makers to overcome challenges related to detecting, preventing, and implementing treatments for depression.

**結論** 抑鬱是老化過程中可以避免的現象，然而華裔老人卻持續受到抑鬱的影響。研究顯示華裔老人抑鬱更多表現在身體症狀上如睡眠問題或身體疼痛等，而非情緒或認知方面，這也使對抑鬱的偵測和診斷變得更複雜。家庭成員，社區服務者，醫療服務者以及政策制定人員應攜手克服對抑鬱者老診斷，預防以及治療的困難。