

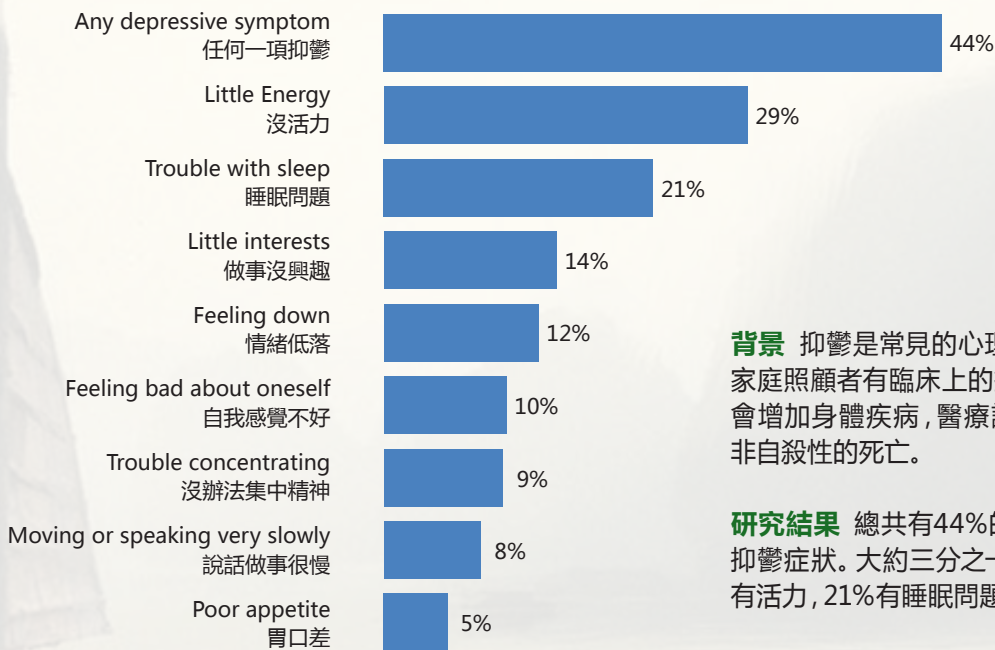


**BACKGROUND** Depression is the most pervasive mental health illness. Research shows that 40% to 70% of family caregivers have clinically significant symptoms of depression. Depression symptoms among adult children are associated with increased physical illness and lower rates of healthcare utilization and can lead to fatal consequences such as suicide.

**STUDY RESULTS** A total of 44% of participants showed at least one depressive symptom in the past two weeks. About one in three adult children reported a lack of energy, 21% reported trouble with sleep, and 14% reported little interest doing things.



## DEPRESSIVE SYMPTOMS 抑鬱症狀



**背景** 抑鬱是常見的心理疾病。研究顯示40%至70%的家庭照顧者有臨床上的抑鬱症狀。成年子女的抑鬱症狀會增加身體疾病，醫療護理使用，甚至導致自殺和其他非自殺性的死亡。

**研究結果** 總共有44%的受訪者在過去兩週有至少一項抑鬱症狀。大約三分之一的成年子女在過去兩週感覺沒有活力，21%有睡眠問題，14%做事沒有興趣。

**CONCLUSION** Depression is a critical issue facing adult children. Chinese adults are more likely to report somatic depressive symptoms, which would complicate recognition and diagnosis of depression. Community health workers and other health care professionals should overcome the challenges related to detecting, preventing, and implementing treatments for depression. Government and community should provide more bilingual/bicultural adult day care or temporary placement in a care facility for older adults to allow adult children have respite.

**結論** 抑鬱是成年子女面臨的一個嚴重問題。華人成年子女更容易注意到身體症狀方面的抑鬱表現，這使得對於抑鬱的檢測和診斷變得更複雜。社區健康工作者和其他健康護理專業人員應該克服在監測，預防以及治療抑鬱上面的挑戰。政府和社區應該提供更多的雙語老人日間照顧服務，這樣子女能夠些許休息。