

P-507 - UNEMPLOYMENT AND INCOME LOWERING INCREASE RISK OF DEPRESSION RELAPSE

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Introduction: Some studies have suggested that the current global financial and economic crisis is having a negative impact in the population mental health. However, data on previously remitted Major Depressive Disorder (MDD) patients is not available.

Aims: To assess depression status in a population sample of remitted MDD patients after the onset of the current global financial crisis.

Methods: Study design Retrospective, observational. Population sample 80 patients (40 men, 40 women) attending a private psychiatric clinic in Porto, Portugal, between January 2007 and September 2011, were reviewed retrospectively. Inclusion criteria were diagnosis of moderate to severe MDD in 2007, remission in 2008 and change in employment status or income between 2009 and 2011. Patients were divided in two groups: Group 1, who have lost their job or >50% of income between 2009 and 2011, and Group 2, who remained employed or with >50% of income. Assessed parameters HAMD17 and BDI.

Results: Between 2009 and 2011, 50% of men and 30% of women from group 1 and 8% of men and 12% of women from group 2 relapsed. 40% of men and 10% of women from group 1 relapsed to a more severe MDD when compared to 2007, while in group 2 there was no change in severity status within those who relapsed.

Conclusions: Results suggest that the global financial crisis, when leading to unemployment or loss of income, is responsible for an overall 30% increase of MDD relapse. Men seem to be more vulnerable than women when facing economic adversity.