

MENTAL HEALTH: PREVALENCE OF DEPRESSION IN OLDER ADULTS IN AN INDIGENOUS COMMUNITY

Authors: Edna Marlene Martínez Hernández, Sandro Radovanovic, Michelle González Amador



INTRODUCTION

The World Health Organization (WHO, 2023) mentions that 14% of people over 60 years of age suffer from mental disorders, mainly depression and anxiety, aggravated by factors such as isolation, loneliness and poverty, affecting women more than men.

In Mexico, during 2018 the prevalence of depression in adults of the general population was 17.9%, being higher in women (22.5%) than in men (12.3%), and higher in rural areas according to the National Health and Nutrition Survey (ENSANUT, 2020). Based on the National Health and Aging Survey (ENASEM, 2023), it highlights that depression continues to be one of the most common disorders in adults over 60 years of age, despite having social and family networks with a high prevalence, especially in women (31.6%) compared to men (17.7%).

POBLACIÓN DE 53 AÑOS Y MÁS CON 5 SÍNTOMAS DEPRESIVOS O MÁS DURANTE LA SEMANA PASADA (AUTODECLARACIÓN), SEGÚN SEXO



Fuente: INEGI. Encuesta Nacional sobre Salud y Envejecimiento en México (ENASEM), 2012, 2018 y 2021

JUSTIFICATION

Despite the persistence of the problem, there is a marked absence of specific studies on the prevalence of depression in older adults from indigenous communities in Mexico. This lack of research limits the proper understanding of the cultural, social, and economic factors that affect the mental health of these vulnerable populations. The lack of data also hinders the development of public policies and intervention programs that are culturally sensitive and effective in addressing the needs of these communities.

RESEARCH QUESTION

Therefore, this research aims to provide information that makes this gap in knowledge visible and, in turn, answer the following question:

What is the prevalence of depression in older adults in an indigenous community?

GENERAL OBJECTIVE

To analyze the prevalence of depression in older adults in an indigenous community.

RESEARCH PROPOSAL

To answer the research question, I propose a quantitative transversal analytical methodology.

Study population:

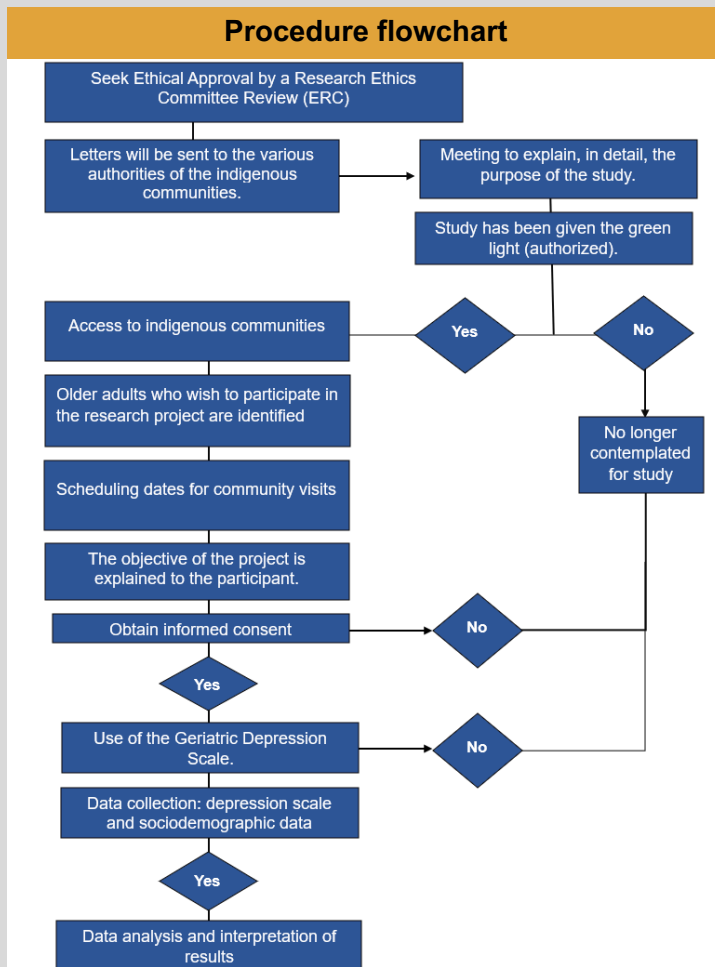
Senior citizens aged 60 and over from indigenous communities in the Huasteca Potosina.

Instrument:

Yesavage 9-item Geriatric Depression Scale.



Procedure flowchart



TECHNOLOGICAL OPPORTUNITIES

Access to mental health services:

Through telemedicine platforms, access to mental health professionals can be facilitated without the need to travel to urban centers, which is essential in rural and indigenous communities where services are often limited.

Culturally Adapted Mobile Apps

The development of applications that promote emotional well-being, adapted to the cultural and linguistic contexts of indigenous communities, can help provide psychological support and monitoring of depressive symptoms in a continuous and accessible way.

Data analysis to improve public policies:

AI can analyse large volumes of data related to mental health in these communities, helping to identify trends and specific needs. This facilitates the creation of more effective public policies adapted to local realities.

Preservation of language and culture in intervention

By using natural language processing technologies, it is possible to create care systems in indigenous languages, which not only facilitates communication, but also respects the culture and identity of patients, promoting more comprehensive and personalized care.

BIBLIOGRAPHICAL REFERENCES

- Encuesta Nacional sobre Salud y Envejecimiento en México (ENASEM). Julio, 2023. Comunicación social. https://www.inegi.org.mx/contenidos/saladeprensa/boletines/2023/ENASEM/ENASEM_21.pdf.
- Shamah-Levy T, Vielma-Orozco E, Heredia-Hernández O, Romero-Martínez M, Mojica-Cuevas J, Cuevas-Nasu L, Santaella-Castell JA, Rivera-Dommarco J. 2020. Encuesta Nacional de Salud y Nutrición 2018-19: Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública. https://ensanut.insp.mx/encuestas/ensanut2018/doctos/informes/ensanut_2018_informe_final.pdf.
- Organización Mundial de la Salud (OMS). Octubre, 2023. Salud mental de los adultos mayores. <https://www.who.int/es/news-room/fact-sheets/detail/mental-health-of-older-adults>

