

Anxiety and depression in Chinese patients attending an Australian GP clinic

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Reference:

Key Words:

depression, anxiety, GP, recent migrants

Research aim:

To ascertain whether recent Chinese immigrants to Australia may be at greater risk (compared to those in traditional Asian regions) of depression and anxiety because of issues related to integration into Australian society

Results/Conclusion:

Fifty-five percent (83) of patients had a K10 score that indicated medium or high risk, and 44% (71) had a high SPHERE score (PSYCH-6 and/or SOMA-6). There was an association between increased risk of depression or anxiety and reduced occupational status but not social isolation. Discussion Half the Chinese patients presenting at this general practice were at high risk of psychological distress (as measured by standard screening instruments). The proportion of patients in this Study at risk of psychological distress on screening is more than would be expected in the general Australian population.

Implications:

Though limited by a small sample size and a single general practice location, these findings are of concern and should direct further research.

Cultural Group(s):

Chinese

Location of study:

New South Wales (Sydney)

Age group:

18+

Number included in study:

161

Type of participants:

Chinese patients attending a general practice clinic

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Kessler Psychological Distress Scale (K10) and Somatic and Psychological Health Report (SPHERE) depression screening questionnaires

Implications/ Recommendations:

Notes: