

Depression and anxiety: a comparison of older-aged Greek-born immigrants and Anglo-Australians

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Reference:

Key Words:

Greek, depression, anxiety

Research aim:

To compare depressive and anxiety illness in an older-aged sample of Greek-born (GB) immigrants who were likely to have been excluded from the National Survey of Mental Health and Wellbeing due to their lack of fluency in the English language and for whom rates of mental disorder are unknown, with a comparably recruited sample of Anglo-Australians (AA)

Results/Conclusion:

Greek-born respondents exhibited higher depression and anxiety scores and reported more depressive and anxiety symptomatology than the AA respondents. More GB respondents (17.1%) were likely to be included in the moderate to severe BDI-2 depression categories than AA (4.1%). Greek-born respondents (43.1%) were more likely to be included in the higher anxiety categories (i.e. score 41-80) of the STAI than the AA (15.8%). However, when controlling for health, economic and social factors there was no difference in the BDI-2 measures between the two groups. Despite controlling for these factors the GB still scored more highly on STAI measures than AA respondents.

Implications:

No differences were found between groups on measures of depression once controlling for age, education and occupational level, current financial status, marital status, household composition, current work status, physical health and stress. Such factors were also shown to influence group-differences anxiety but they not entirely explain group differences. Higher anxiety in GB respondents were likely to have been determined through the effects of additional but unmeasured cultural and immigrant status factors. Psychological morbidity in immigrants is best accounted for by considering the influence of social, health and other living conditions in addition to the effects of culture or immigrant status.

Cultural Group(s):

Greek, Australia-born

Location of study:

Victoria (Melbourne)

Age group:

mean age 68

Number included in study:

292; 146 Greek-born Australians and 146 Anglo Australians

Type of participants:

Greek and Anglo-Australians living in Melbourne

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Beck Depression Inventory-II (BDI-2), State-Trait Anxiety Inventory (STAI)

Implications/ Recommendations:

Notes: