

Levels and rates of depression among Chinese people living in Chinese ethno-specific and mainstream residential care in Sydney

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Key Words:

depression, Chinese, residential care

Research aim:

This study aimed to examine the levels and rates of depression in Chinese residents living in ethnospecific nursing homes (NHs), and Chinese residents living in mainstream NHs in Sydney.

Results/Conclusion:

There were no significant differences in resident depression levels or rates between the facility types. Chinese-specific NH residents had lower prescription levels of antipsychotics and more of them received effective antidepressant therapy in comparison to those in mainstream NHs.

Implications:

These findings suggest that in comparison to mainstream care Chinese ethno-specific care does not impact on levels or rates of depression but is associated with less antipsychotic use and higher numbers of residents treated effectively with antidepressant therapy. Longitudinal research with larger samples and a range of outcome measures including quality-of-life and social engagement is required to explore further the effects of ethno-specific care.

Cultural Group(s):

Chinese

Location of study:

Sydney, ethno specific and mainstream residential care facilities

Age group:

Number included in study:

58

Type of participants:

Chinese specific res care (31) and mainstream care (27)

Research approach:

Mixed methods

Type of data:

Mixed

Secondary data sources used:

Specific scales or analytical techniques used:

Assessments included the Mini-mental State Examination, the Cornell Scale for Depression in Dementia (CSDD)

Implications/ Recommendations:

Notes: