

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/344574022>

Role of social integration in the protection against depression in the Chilean elderly population

Article in *The European Journal of Public Health* · October 2020

DOI: 10.1093/eurpub/ckaa166.1053

CITATIONS

0

READS

16

3 authors, including:



Leticia De Albuquerque Araújo
University of Chile

13 PUBLICATIONS 0 CITATIONS

[SEE PROFILE](#)



Natalia Bello
University of Bio-Bío

4 PUBLICATIONS 8 CITATIONS

[SEE PROFILE](#)

Some of the authors of this publication are also working on these related projects:



SOCIAL PARTICIPATION IN FOOD SECURITY POLICY IN A BRAZILIAN NORTHEAST CAPITAL [View project](#)



Aspectos de las relaciones sociales y su relación con la funcionalidad y mortalidad de personas mayores chilenas: evidencia longitudinal [View project](#)

Role of social integration in the protection against depression in the Chilean elderly population

Leticia de Albuquerque Araújo

L de Albuquerque Araújo², N Bello Escamilla³, V Sabando Franulic¹

¹Doctoral Program in Public Health, Institute of Population Health, Faculty of Medicine, University of Chile, Santiago, Chile

²Public Health Department, Faculty of Health Sciences, University of Talca, Talca, Chile

³Nursing Department, University of Bio-bio, Chillán, Chile
Contact: leticiadeaa@gmail.com

Chile has improved survival however this process occurs under a framework of socioeconomic and gender inequalities, which results in an impact of mental health, especially in vulnerable groups. The objective was to determine the association between depression and social integration in Chilean older adults.

Cross-sectional study from the National Study of Dependence in Old Person 2010. The risk of depression was amount with Geriatric Depression Scale (>5). The social integration were quantity as frequency of meeting with close relatives (child, partner, daughter/ son-in-law, grandchildren); with other relatives (brother, brothers-in-law, nephews or other relatives) and with friends and neighbors in the last 12 months in 5 categories (never visit; less frequently; 1-2 times a month; 1-2 times a week; every day or almost). Logistic regression models considered the sampling design of the survey to identify association with odd ratio (OR) (never as reference category), adjustment for sex, age, ethnicity, household income, education, housing arrangement and chronic diseases ($p \leq 0,5$).

Total of 4179 older adults 25,3% reported risk of depression, the significative association with close relatives was in daily or almost frequency OR:0.42 (95%CI 0.27-0.67), 1-2 times a week OR: 0,57 (95%CI 0,33-0,99), 1-2 times/month OR: 0,56 (95%CI 0,99); other relatives were lower frequency OR: 0.54 (95%CI 0.38-0.78); 1-2 times/month OR: 0.50 (95%CI 0.31-0.81); 1-2 times/week OR:0.35 (95%CI 0.22-0.55); daily or almost OR:0.27 (95%CI 0.18-0.42). And meeting with friends and neighbors in the same frequency order were OR: 0.66

(95%CI 0.44-0.99); OR:0.43 (95%CI 0.26-0.73); OR:0.4 (95%CI 0.25-0.62); OR: 0.32 (95%CI 0.21-0.47).

There is a negative gradient between depression and the frequency of meeting with friends, neighbors and family, independent of sociodemographic and health characteristics. Social integration must be promoted as a protective factor of mental health in elderly.

Key messages:

- Depression is one of the most common mental illnesses in old age and we found a negative gradient between the frequency of meeting friends, neighbors and family and the possibility of depression.
- It seems essential for public health to have strategies that address social life in old age to strengthen quality of live and mental health.