



ORIGINAL RESEARCH

Knowledge and Awareness of Depression and its Management among Residents of Surulere Local Government Area (LGA), Lagos State, Nigeria

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ABSTRACT

Background: Depression is a common mental disorder and the leading cause of disability for both males and females. It is projected to become the second most burdensome disease and the largest contributor to disease burden by 2020 and 2030 respectively. When depression is understood and identified early by the society, every individual developing the condition can seek timely intervention.

Objective: To determine the knowledge, awareness and management of depression among residents of Surulere Local Government Area (LGA).

Methods: A descriptive cross-sectional study was carried out among residents of Surulere LGA. A pretested 4-part questionnaire was administered to 423 residents of the LGA using a multi-stage sampling technique to elicit responses on their knowledge, awareness and management of depression. Data was collected over a period of 8 weeks and analysed using EPI INFO Version 7

Results: Response rate for this study was 86.1% and majority accurately identified the symptoms of depression (89.3%). About 95.0% and 97.8% of the respondents agreed that seeking professional care and talking to someone, respectively can help in the management of depression. More importantly, over 90.0% of all respondents exhibited good knowledge of depression and its management. A statistically significant association exists between respondents' age, marital status, ethnic group, level of education and the overall level of knowledge and management of depression ($p < 0.01$).

Conclusion: Overall knowledge of depression and its management was good among the respondents. However, knowledge and attitude gaps still exist and interventions need to be made.

Keywords: Knowledge, Awareness, Depression, Mental disorder, Management, Surulere