

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

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## TUFH 2021 ABSTRACTS

Title	COMMUNITY PARTICIPATION AND RISK FOR DEPRESSIVE SYMPTOMS IN RURAL AREAS
Type	Oral Presentation <i>Innovative Ways for Community Mobilization and Engagement of Stakeholders</i>
1st Author	DANA JUNGBAUER
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Abstract N <sup>o</sup>	TUFH685
Content	<p>Research has shown that social participation has a positive effect on health, particularly mental health. We looked at the relationship between community participation/involvement, social networks, and risk for depressive symptoms. Methods: The survey used consisted of the Lubben Social Network Scale (LSNS-18) and the Patient Health Questionnaire-9 (PHQ-9). It was distributed to patients, aged 18 years and older, in healthcare clinics in rural areas. Results: We found that the total score of the PHQ-9 was negatively correlated with the total score of the LSNS-18 and each subscales, meaning that participants who scored high on the LSNS-18 and each subscale, suggesting a viable social network, were less likely to score high on the PHQ-9. This indicates that social connectedness with family, friends, and neighbors can be beneficial in preventing depression. Participants that answered they often participated in community activities were also significantly less likely to score high on the PHQ-9, as were participants who felt they spent enough time participating in and contributing to the community in which they lived. Participants that were married, living with a partner or in a relationship were also significantly less likely to score high on the PHQ-9, as were those with children and those that were employed. Conclusion: These results show that social networks and community participation are key factors of better mental health. Future treatment options for depressive symptoms should aim to improve social support and social activities that will positively impact mental health.</p>