



**THE NETWORK**  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT

# TUFH2020 MEXICO

**VIRTUAL CONFERENCE**

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

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## TUFH 2020 Abstracts

<b>Title</b>	<b>Depression among First-year Students of a Public University in Mexico City</b>
<b>Type</b>	TUFH Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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<b>Country</b>	Mexico
<b>Abstract N°</b>	TUFH187
<b>Content</b>	<p>Introduction: Depression is a growing problem among Mexican young adults that affects their personal, family and social relationships. Young people with depression tend to experience difficulties for interacting with peers and may present behaviors that threat their health and lives including use of tobacco, alcohol and drugs. Objective: To analyze the relationships between depression and different types of violence, and between depression and substance use among first-year students at the UAM Xochimilco. Method: 3,730 students responded an online survey. The dependent variable, depressive symptomatology, was evaluated with the Depression Scale of the Center for Epidemiological Studies. The independent variables were physical or verbal abuse by family members, family environment, violence at school and intimate partner violence, as well as tobacco, alcohol and drugs consumption. Results: The prevalence of depression was 20.7%. In women, the multinomial logistic regression showed that the risk for depression was higher among those who reported physical or verbal abuse by family members and violence at school, and among those who grew up in conflictive family environments. In men, this association was observed for the variables of physical or verbal abuse by family members and violence at school. The risk for depression was also higher in women who consumed five or more alcoholic drinks per occasion. Conclusions: In this study, especially among women, depression was associated with conflictive family environments and with alcohol use. Understanding different factors associated with depression in students allows appropriate interventions within the university and referral to specialized mental health services..</p>