

A new experimental protocol to identify risk and protective factors:

RELATIONSHIPS BETWEEN DEPRESSIVE SYMPTOMS AND LIFESTYLE IN YOUNG ADULTS

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Background

Major depressive disorder (MDD)

- = One of the most common psychological disorders
- ~3.8% of the worldwide population
- ~11% of the adults' population
- First onset: around 20 years old in 75% of the cases

“Lifestyle”

- = Everyday behaviors in several life domains
*family, health, work, ...

Lifestyle factors play an important role in the development, evolution and treatment of MDD.

➔ **Since depression is the leading cause of disability and the second leading cause of death until 29 years, addressing depressive symptoms of adults aged between 25 and 54 years seems of interest.**

Aims ?

- (1) Assess relationships between lifestyle and depression in young adults
- (2) Highlight lifestyle risk factors and protective factors associated with depression

How ?

A cross-sectional study with **200 participants** from 18 to 29 years (N based on an a priori power analysis)

Lifestyle-related behaviors will be assessed in parallel with depressive symptoms

Predicted findings ?

Conclusion and Predicted Findings

- Based on both prevalence rates and consequences of depression, offering primary healthcare to depressed individuals appears essential. Then, **our project is anchored in both prevention and primary care perspectives.**
- Results of this study are hypothesized to be able to **highlight lifestyle risk and protective factors associated with depression in young adults.** Then, clinical perspectives regarding lifestyle modifications to reduce depressive symptoms might be offered.