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## Priority of Mental Health training for young people

Maria Helena de Agrela Gonçalves Jardim<sup>1,2</sup> and Maria Regina Teixeira Ferreira Capelo<sup>1,2</sup>

<sup>1</sup>Madeira University, Portugal

<sup>2</sup>University of Fortaleza, Brazil

**Objectives:** To evaluate the level of depression and suicidal risk of young students from 12 to 18 years of the autonomous region of Madeira. Select training and intervention strategies for mental health promotion and prevention in young people, on the basis of the data obtained.

**Methodology:** Descriptive, analytical and inferential Study a representative sample (n = 1557) and stratified, probabilistic of both sexes by municipality of RAM, who attend normal schooling (elective year 2014-2015), with a sampling error of 1.2%, using Zung Depression Scale and Suicidal Risk Scale of Stork, having been guaranteed confidentiality, anonymity with informed consent of both the young and the responsible (Regional Secretariat of education, the boards of Directors of schools and caregivers).

**Results:** The average age of young people is 15.2 years, 55.2% female. Most shows no depression (81.5%), or suicidal risk (67.7%). However as regards depression noted that 18.5% have depressive mood (18.2%) and major depression (0.3%). As for the risk suicidal 16.8% of young people should be the subject of concern, as 10.1% reveal weak risk, 4.0% showed important suicidal risk and 2.7% suicidal risk is extremely important.

Table 1-characteristics of the sample in terms of suicidal risk and depression

Variable	n	%
<b>Rank of suicidal risk</b>		
"Normal" State	1054	67.7
Intermediate state or doubtful	241	15.5
Weak risk	158	10.1
Suicidal risk important	62	4.0
Suicidal risk is extremely important	42	2.7
x = 51.49; Md = 48.00; s = 27.29; xmin = 2.00; xmax = 146.00; p = 0.000		
<b>Level of depression</b>		
"Normal" State	1270	81.5
Dysthymia	283	18.2
Major depression	4	0.3

There is an association between depression and suicidal risk (p = 0.000) and between the two gender disorders (both p = 0.000) and age group (respectively p = 0.043 and p = 0.000), being the highest values of 15 to 18 years.

Table 2 – correlation between the suicidal risk and the depression

Variable	Depression		
	n	r	p
Suicidal risk	1557	+0.67	0.000

According to increase schooling increases the risk of suicide and depression, as well as on the basis of the number of Deprecations. The marital status of the parent's influence on depression and suicidal risk (p = 0.001; p = 0.003), being most evident in young people whose parents are not married. The fact that the youth they deal with disease (p = 0.000; p = 0.038), alcohol consumption (p = 0.000 and p = 0.003) and socializing with colleagues (p = 0.000; p = 0.000) influences significantly the two mental illnesses. The taking drugs only influences the risk suicidal (p = 0.000) and not practice sports only contributes to the risk of depression (p = 0.000).

**Conclusions:** These results are a contribution on the scarce existing statistics in this field of action, depression and risk of suicide, an incentive to the scientific community for future research and development programs support strategic interventions in youth mental health promotion and the social and educational policies. In universities is relevant and a priority to create a strategy that encompasses training programs of coping strategies and coaching, aimed at reducing the stigma about mental health, in order to facilitate applications for aid in situations of upheaval and rethink the true meaning that life holds for each and your community, never neglecting the socio-cultural and spiritual values, while respecting the bonds of social cohesion and integration in a globalized world.

### Speaker Biography

Maria Helena Goncalves Jardim is (2002), with Portuguese recognition in Nursing Sciences (2005). Post-Doctorate in Collective Health, University of Fortaleza, Brazil (2017). Coordinating professor at the University of Madeira, Researcher at UICISA-E and CINTESIS. Visiting Researcher CAPES / FUNCAP at UNIFOR, Brazil, published 40 articles in specialized journals and 76 papers in event notices, has 11 chapters of books and 4 books published. It has 187 technical production items. Participated in 48 events abroad and 157 in Portugal. Guided 3 doctoral theses and coorienta 3, guided 6 master's dissertations, in addition to having supervised completion of undergraduate and graduate studies in the areas of Sociology, Other Social Sciences, Health Sciences and Psychology. Received 11 awards and / or honors. Between 2005 and 2008 he coordinated 1 research project. Currently participates in 5 research projects, and coordinates 2 of these. He works in the areas of Medical Sciences with emphasis in Health Sciences, Social Sciences with emphasis in Psychology and Social Sciences with emphasis in Sociology. In his professional activities he interacted with 121 collaborators in co-authoring of scientific works.

e: hjardim@staff.uma.pt