

## Executive Summary

### 1. Purpose

In this study, through a systematic literature review and survey on current use of self-care interventions for subclinical and mild depression, the study team tried to suggest evidence and future research direction for establishing effective self-care interventions for subclinical and mild depression in Korea.

### 2. Methods

1) The Systematic review: After comprehensive review of the literatures about self-care interventions of depression, the study team selected 39 self-care interventions which are available in Korea. Then we performed systematic review process for determining the evidence level of each interventions.

2) The Survey: The study team developed questionnaire about the current use and belief of the self-care interventions for depression. The study team performed survey to 3 groups (the general public, patients with depression, mental health professionals) and compared their perception and usage of self-care interventions among these groups.

3) In the expert consensus meeting, the experts classified self-care interventions based on the result of the systematic review and the survey by delphi method.

### 3. Results

- 1) a systematic review of literature
  - Six psychiatrists selected 39 self-care interventions through the Delphi method.
  - Comprehensive systematic literature review were conducted to 39 interventions and the level of evidence were determined. After

excluding alcohol(complete disagree for use) and exercise(complete agree for use), the remaining 37 interventions were classified by experts consensus meeting which is held by delphi method.

Experts agreed that a total of 6 interventions(aromatherapy, bibliotherapy, computerized intervention, light therapy , relaxation, yoga) are proper for use, 14 interventions(caffeine, carbohydrate rich diet, Korean ginseng, 5-hydroxytryptophan, natural progesterone, omega-3, taurine, vitamin B6, vitamin B12, vitamin B9, vitamin C, vitamin D, Acanthopanax (Siberian ginseng), pomegranate) are not proper for use, and 17 interventions (dance, humor, massage, meditation, music, pets, pilates, pleasant activities, prayer, qigong, recreation, reflexology, singing, tai-chi, multi-vitamins forest activities, horticultural therapy) have inadequate evidence for evaluating its properness for use.

## 2) Survey

152 patients with depression, 201 psychiatrists and 1,000 peoples from general populations were surveyed by the questionnaire which was developed by the study team.

- Subclinical depressive symptom was defined as mild depressive mood or loss of interest are lasting more than a day but not exceeding 2 weeks. 145 patients with depression (95.4%), 723 people from the general population (72.3%) and the 132 psychiatrist (65.7%) reported that they had experienced above symptom in 1 year period.

- The experience of self-care interventions; 26.2% of patients, 67.2% of the general population, and 82.6% of psychiatrists reported respectively that they had the experience of using self-care interventions.

- The difference among groups: The general population had favor for the dietary supplements. They used dietary supplements

more frequently(21.8%) and had more intention for future use(22.8%). However, only 11% of the psychiatrists had used the dietary supplements and the intention for future use was 0%.

#### **4. Conclusions and policy recommendations**

1) About 70% of survey responders had experienced the symptoms of subclinical depression.

2) The self-care interventions for depression were already widely used in Korea. However, the pattern of usage was significantly different between mental health professionals and general populations (the patients with depression reported similar results with the psychiatrist, the study team assumed that the patients might be provided the some information by their doctors).

The results of this study suggest that the general population of Korea has been performing self-care interventions for depression based on subjective preferences, without considering evidence or effectiveness. The use of self-care interventions without any effect may worsen the depression and harm the patients. It is very important to provide proper information of the self-care interventions for depression to general population.

3) In this study, the study team investigated current status of self-care interventions and suggested several proper interventions based on evidence. However, we cannot provide detailed method for each self-care intervention to be performed by the general public.

4) Detailed method and information for effective self-care interventions for depression should be provided with the information about its limitation.