

Week 5 Evidence Synthesis: Depression

Depression is a national practice problem, a form of mental illness which raises the probability of other chronic illnesses such as heart disease and diabetes (CDC, 2021). An important indicator of general wellbeing and mental health among older adults is depressive symptoms, with most of these symptoms causing higher instead of disability, physical illness, and an increase in health care cost. At least 1 out of every 6 adults will experience some form of depression sometime in their life span, with it affecting approximately 16 million adults in America at any age in any demographic (CDC, 2021). According to (World Health Organization (2021), depression as it progresses can cause worsening situation, increase stress and lead to more stress and dysfunctional behavior in the life of the person it affects.

The authors in the selected quantitative study, used a cross-sectional design and surveyed medical students and residents to assess the prevalence of depression, anxiety, and burnout. They found that the prevalence of depression, anxiety, and burnout was higher among medical students and residents than in the general population. 651 medical students and residents who were chosen randomly were surveyed between December 2018 and February 2019 (Pokhrel et al., 2020). The article by Pokhrel et al. (2020) investigates depression, anxiety, and burnout among medical students and residents at a medical school in Nepal. According to Pokhrel et al. (2020), the mental health of the student's studying medicine is considered the same or even better as the general popular prior to beginning medical school. In addition, the study states that about a third of medical student worldwide experience some form of depression which is considered much higher than the public around 3.66.6% (Pokhrel et al., 2020). Furthermore, an increased rate of depression is found in medical student in their first year and these symptoms connected to lack of sleep, intense stress from their personal experiences and burnout (Pokhrel et al., 2020). Furthermore, the authors found that the prevalence of depression and anxiety was significantly higher in the female students and residents compared to their male counterparts, with no significant difference in burnout noted between the genders (Pokhrel et al., 2020).

The articles for review are by Cheruvu and Chiyaka (2019), Eigenhuis et al. (2021), Pokhrel et al. (2020), and an evidence synthesis will be based on all three articles. The three studies under consideration examine the prevalence of symptoms of depression and the variables influencing the behavior of older persons, medical students/residents, young adults, and adolescents in seeking help (Cheruvu & Chiyaka, 2019; Eigenhuis et al., 2021; Pokhrel et al., 2020). All age groups, particularly adolescents, young adults, elderly individuals, and medical students and residents, are at increased risk for developing symptoms of depression. Therefore, it is important to understand the elements that influence the behavior of various populations when seeking treatment. To achieve this goal, the three evaluated studies investigate the prevalence of depressive symptoms and the factors influencing people's behavior regarding seeking help and managing mental health issues. While studies by Cheruvu & Chiyaka 2019; Pokhrel et al., 2020) offer essential details on the occurrence of depression among older adults and medical students,