

Características sociodemográficas y clínicas de pacientes diagnosticados con depresión en Centros Comunitarios de Salud Mental (COSAM) de Santiago, Chile

Sociodemographic and clinical characteristics of patients diagnosed with depression in Community Mental Health Centres (COSAM) in Santiago, Chile

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Introduction: The study aimed to characterize a sample of depressive patients who attend to Community Mental Health Centres (COSAM) in Santiago, regarding their sociodemographic and clinical characteristics and the associations among these variables. **Method:** 88 patients treated at 5 different COSAM in Santiago were assessed with self-report questionnaires regarding sociodemographic variables, severity of depressive symptoms (BDI), general and social functioning (OQ-45) and health-related quality of life (SF-36). Descriptive and correlational analyses were performed to describe sociodemographic and clinical features of the participants, and to address the associations between depressive symptomatology, general functioning and quality of life. **Results:** Participants were mostly women, with chronic and severe depressive symptoms and high frequency of comorbid physical illnesses, they presented reduced quality of life and impairments in general and social functioning. Female gender and a history of physical illness were significant predictors of the severity of depressive symptoms. The latter, in turn, showed moderate to high correlations with the different dimensions of general functioning and quality of life, especially with lack of vitality, impact of health and emotional problems in social life, work and daily activities and, the perception of an impaired mental health. **Conclusion:** Depressive disorders in patients treated at COSAM are highly limiting and are associated with low quality

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