

Table 1. Percentage of Depressed Mood (Weighted Samples)

Category	Depressed mood (%)
Never	52.7
Seldom	23.6
Sometimes	15.8
Often	5.8
Very often	2.1
Total	100.0

Family Concern

Subjects' family concern was measured by the question: "Do you feel that your family members are concerned about you?" The choices included: "none of them concerned, some of them concerned, most of them concerned, and all of them concerned".

Help-seeking Strategies

The help-seeking strategies for depressive symptoms of those who were ever depressed were divided into 2 groups (i.e., "positive" versus "negative" strategies) after coding the open-ended question: "When you feel depressed, what is the first thing you usually do?" The positive strategies referred to an active mode for alleviating depression, while the negative strategies referred to a passive mode.

RESULTS AND DISCUSSION

Because subjects in the present study were selected using a stratified random sampling procedure, the resulting samples were weighted to represent the entire 1994 OATHPP cohort. The percentage of subjects' depressed mood is shown in Table 1. The chi-square test results and percentage of depressed mood according to subjects' demographic characteristics are presented in Table 2.

Depressed Mood

Overall, 47.3% of the subjects reported feeling depressed during the past 6 months (see Table 1). Results of chi-square tests indicate that age, gender, and education level are related to depressed mood (see Table 2). The prevalence of depressed mood states (i.e., sometimes or often felt depressed) in the present study was

Table 2. Chi-square Test and Percentage of Depressed Mood by Demographic Characteristics (Weighted Samples)

Variable	Depressed mood (%)			Pearson Chi-square
	None/seldom	Sometimes	Often	
Age				10.829*
65-74	74.6	17.9	7.5	
75+	81.0	10.0	9.0	
Gender				12.114**
Female	73.0	16.6	10.4	
Male	79.8	15.0	5.2	
Education				7.355*
Illiterate	72.1	17.4	10.5	
Literate	78.4	15.0	6.6	
Marital status				3.328
Married	76.7	16.4	6.9	
Other	75.3	14.8	9.9	
Religious belief				1.323
No	78.0	13.2	8.8	
Yes	75.9	16.3	7.8	

*: $p < 0.05$, **: $p < 0.01$

somewhat higher among women than among men (27.0% versus 20.2%). Similar to results reported in studies of Western societies, a higher prevalence of depressive symptoms was found among elderly women than among men.^{6,19,20} The explanation for this gender difference is likely to be similar in Western studies, namely the social role expectations among women and men²¹ and differential exposure and vulnerability to stressors.²¹

Help-seeking Strategies

Help-seeking behavior was probed for subjects who reported feeling depressed during the past 6 months with the question "When you feel depressed, what is the first thing you usually do". As shown in Table 3, more than 20% of the subjects who felt depressed reported using informal resources (e.g., talking with someone or attending religious activities) to deal with depressed mood states. Among the help-seekers in this study, the most popular activities that subjects undertook to alleviate depression were doing hobbies, talking with someone, praying, sleeping, or taking a walk.

Altogether, 16% (20 out of 122) of the subjects who felt depressed during the past 6 months said that they "did nothing" to alleviate depression. The potential ex-