JOURNAL ARTICLE

Evaluation of depression and related factors in the seasonal agricultural workers

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Topic: depressive disorders

Issue Section: DL Migrant, LGBTI and minorities health

Background:

The aim of the study is to determine the frequency of depression in seasonal agricultural workers and to evaluate the variables considered to be related.

Methods:

The study is a cross-sectional study was carried out on seasonal agricultural workers working in the countryside of Eskişehir (Turkey) in 2017. A total of 308 seasonal agricultural workers agreed to participate in the study constituted the study group. The Patient Health Quastionnaire-9 (PHQ-9) was used to assess the frequency and severity of depression in the study. Logistic regression analysis was performed to determine the independent variables associated with depression.

Results:

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In the study group, 110 (35.7%) were male and 198 (64.3%) were female. The age of the seasonal agricultural workers ranged from 18 to 92 years, with a mean age of 37.81 ± 13.83 years. The prevalence of depression in seasonal agricultural workers was found 87.3% (n = 269) in the study. In multivariate analysis, depression was found to be higher those sitting in a rented home (OR: 6.751) and those with physician-diagnosed chronic illness (OR: 3.422) ($p \leq 0.05$ for each). Depression was found to be minimal in 27.9%, mild in 34.2%, moderate in 32.7%, moderately severe in 4.1% and severe in 1.1% in seasonal agricultural workers.

Conclusions:

It is thought that depression can be prevented by arranging projects that provide economic support to seasonal agricultural workers and arranging trainings to protect their health.

Key messages:

- Seasonal agricultural workers are exposed to the worst conditions of working groups.
- We believe that the protection of the health of this group should be one of each country's policies.

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