

questionnaire on the knowledge, attitude and practice of blood donation. The questionnaire was modified and translated from a similar study in Quebec, Canada and had been pre-tested on a group of medical students. Results showed that 38% of the 406 respondents had donated blood at least once in their lifetime. Forty one percent blamed medical reason for not donating blood. The level of knowledge in most of the respondent was moderate (61.8%). Respondents with high knowledge scores have the intention to donate blood should there be depletion in blood supply ($P=0.013$), and majority of them had actually donated blood in the past. Most respondents who donated blood had no intention to donate blood but donated impromptu. In conclusion blood donation campaigns should be expanded to disseminate information on blood donation and provide opportunity for people to donate blood.

Oral Track 18- Mental Health

OT18-1

Association between Religion and Dementia

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Background: Dementia is a growing health issue in the elderly. Several risk factors, e.g., age, gender, and genetic factors have been related to dementia risk. However, studies exploring the relationship between religion and dementia are few.

Methods: A total of 169 patients with Alzheimer's disease (AD), 97 patients with vascular dementia (VaD) and 215 controls were recruited from National Taiwan University Hospital and Cardinal Tien's Hospital from 2007 to 2009. A questionnaire was administered to collect information on religion and social activities. **Results:** Christians or Catholics had a lower risk of AD [adjusted odds ratio (AOR)=0.26, 95% confidence interval (CI)= 0.12-0.58], but not VaD, than non-believers after adjusting for age, gender, and education level. Taoists and Buddhists showed a decreased, but not significant, risk of dementia.

Interactions between religion (believers vs. non-believers) and social activities (>2 vs. ≤ 2 times/month) were not significant for AD ($p=0.37$) and VaD ($p=0.93$). Both non-believers and believers with less social activities (≤ 2 times/month) had a higher risk of AD (AOR=3.15, 95%CI=1.62-6.14; AOR=1.93, 95%CI=1.01-3.68, respectively), but not VaD, as compared to believers with more frequent social activities (>2 times/month). **Conclusions:** Religion and social activities seemed protective factors for the risk of AD. Future studies exploring the association between religiosity and dementia are warranted, as it may vary across different cultures.

OT18-2

Is there A Difference in Help Seeking Behavior in Stressful Situation among Individuals with Different Psychological Status? A Colombo Experience

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Introduction: The help seeking behavior of an individual at a stressful situation, is important to consider when planning health educational programmes to improve their coping strategies. As there is a wide variation in help seeking pattern among different individuals, recognizing this variation helps to refine the objectives of such interventional programmes.

Methodology: This descriptive cross-sectional study was carried on systematically randomized 240 permanent residents aged 20-39 years at Homagama Pradeshiya Sabha, a sub-urban community in Sri Lanka. Informed verbal consent was obtained from the participants, before allowing them to answer the pretested and validated General Wellbeing Schedule (GWS) questionnaire. Data was analyzed using SPSS-15.

Results: There were 107 males and 133 females in the sample. 53.3% were married & 70.8% were permanently employed. 10 % (24/240) of the sample was severely distressed while 48.75% (117/240) were moderately distressed & rest of 41.25% (99/240) were in positive wellbeing according to GWS questionnaire. The majority of severely and moderately distressed individuals had not met a suitable person to ask for help (41.6% and 50.42% respectively). 33.3% & 25.6% of them respectively, had never thought of getting any help when they were distressed. In contrast majority (45.6%) of positively wellbeing individuals had always sought help from others when distressed & only 10.2% of them had never thought of it. **Conclusion:** Individuals who are psychologically well tends to seek help from others when in distress, while severely and moderately distressed individuals tend to avoid getting help from others. We recommend a public awareness programme to address this.

OT18-3

Trajectories of Depression and Their Relationship with Health Status and Service Use

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Purpose: This longitudinal study was conducted between 1994 and 2004 in a cohort of southern Taiwan community-living elderly residents. The study aims to explore the trajectories of depression and how these patterns differed between respondents who survived and those who died during data collection phases; this study

also investigated how health status change and health/social service use predicted the different trajectories of depression.

Design and Methods: Depression, chronic disease, disability and health/social service usage data were collected over six waves. Clusters of depression were used to define a categorical response variable. Baseline levels and new occurrences of chronic disease and disability, and the frequency of health/social service use during this period were chosen as the predictors of depression trajectories.

Results: Changes in levels of depression during the ageing process were identified. Different trajectories clearly reflected heterogeneity within depression and the association with mortality. The study highlighted that diabetes, gastrointestinal problems, heart disease and disability, whether at baseline or as new occurrences, were predictors of health decline. High use of health/social services were also predictive of increased depression.

Implications: These findings identified depression as a highly dynamic process, characterized by different trajectories of depression between states of no, mild and severe depression. Greater awareness of these various trajectories should potentially improve the prevention and/or management strategies of depression.

OT18-4

Psycho-Social Consequences and Resiliency amongst Widows Who Lost their Husband in Extra Judicial Killings in Jaffna Sri Lanka

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The death of a spouse causes various psycho-social consequences in young widows regardless of cause of death. But increased number of extra-judicial killings in Jaffna leads to abnormally complicated reactions among them. Aim of this study was to find out the psycho-social consequences in young widows who lost their husband in extra judicial killings. 47 widows were studied in this descriptive study. Pre-designed, interviewer administered questionnaire and culturally adopted Tamil translation of Inventory of Traumatic Grief (ITG) were used to collect data. More than 95% of killings made by fatal gun-shot injuries, and 23% of killings were witnessed by the widows, whose mean age was 27. According to ITG, 46.8% of this population had the diagnosis of traumatic grief (TG). The incidences of TG decreased significantly post-killing and also according to age of widow. TG was shown to increase with number of exposures to previous war stressors, and the women were witness to her husband's killing. The functional ability of the widows as determined by the survey decreased with increased TG. Seventy five percent of women surveyed expressed

isolation from their community, and 28% experienced symptoms of Psycho-somatic diseases such non-specific joint and back pain. The study, although limited in scope and depth of assessment of the protective and risk factors, are significant in revealing the impact of such extra-judicial killings on women's psychosocial impact and survival. Further targeted interventions are needed to support such women; within conflict affected settings this forms a formidable challenge

OT18-5

Perceived Stress, Sources and Severity of Stress among Undergraduate Medical Students: A Cross-Sectional Questionnaire Survey from A Pakistani Medical School

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Background: Recently there is growing concern about stress during undergraduate medical training. However studies about the same are lacking from Pakistani medical schools. The objectives of our study were to assess perceived stress, sources of stress and their severity and to assess the determinants of severely stressed cases.

Methods: A cross-sectional, questionnaire-based survey was carried out among undergraduate medical students of CMH Lahore Medical College, Lahore, Pakistan during the time period of January to March 2009. Perceived stress was assessed using the perceived stress scale. A 33-item questionnaire was used to assess sources of stress and their severity.

Results: The overall response rate was 80.5% (161 out of 200 students). The overall Mean Perceived Stress! w! as 30.84(SD= 7.01) and was significantly higher amongst females. By logistic regression analysis, severely stressed cases were associated with occurrence of psychosocial [OR 5.01 (95%CI 2.44-10.29)] and academic related stressors [OR 3.17 (95%CI 1.52-6.68)]. The most common sources of stress were related to academic and psychosocial concerns. , 'high parental expectations', 'frequency of examinations', 'vastness of academic curriculum', 'sleeping difficulties', 'worrying about the future', 'loneliness', 'becoming a doctor', 'performance in periodic examinations' were the most frequently and severely occurring sources of stress.. There was a negative but insignificant correlation between perceived stress and academic performance ($r=-0.099$, $p>0.05$).

Conclusion: The higher level of perceived stress warrants need for interventions like stress management programs to reduce the negative impact of stress and hence improve quality of life for these students.