

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

Kun-Pei Lin¹, Jen-Hau Chen², Ta-Fu Chen²,
Ping-Keung Yip³, Chen-Shuo Hong¹, Chi-Yin Hu¹,
Yen-Ching Chen¹

1. National Taiwan University, Taiwan

2. National Taiwan University Hospital, Taiwan

3. Cardinal Tien's Hospital, Taiwan

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

Dhananjan M Rubasinghe, Indika Karunathilake, S Arunan, D.C Athukorala, E.A.J.R Athukorala
University of Colombo, Sri Lanka

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

Chun-Min Chen¹, Hereng-Chia Chiu¹, Judy Mullan²,
David Griffiths², Irene A. Kreis²

1. Kaohsiung Medical University, Taiwan

2. University of Wollongong, Australia

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