Early Prediction and Prevention of Affective Disorders

Summary / Zusammenfassung
Epidemiologic data suggest that 10-15% of the general population display insufficient coping skills under chronic stress (“poor copers”). Of the “poor copers”, a 10% subgroup will eventually develop an affective illness. Young students who are under chronic stress due to their frequent exams are ideal for studying this issue. Analysis of UZH student data over the past 20 years revealed that an almost constant percentage of students per year graduated from university with a master’s degree (70%), despite the fact that during this period (1) the total number of students increased from 16,229 to 26,168; and (2) the socio-cultural environment changed dramatically. Up to one third of non-completers may be poor copers as suggested by estimates from the data of the students who sought psychological support. Normative data derived from our studies on coping behavior and general health with 404 students in Lausanne, 407 students in Los Angeles, and 406 students in Zurich allow us to (1) reliably identify subjects with insufficient coping skills, and (2) analyze interrelations between coping skills on the one hand, and “consumption behavior”, “regular exercises”, “physical health”, “psychosomatic disturbances”, and “mental health” on the other. We are currently carrying out a multi-center validation study at 6 European universities with 1,500 students at each site. The respective results will clear the way for a prospective study on the efficacy of primary prevention in psychiatry.
Weitere Informationen unter http://www.ifrg.uzh.ch/optimi.php

Publications / Publikationen

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Chronic stress, insufficient coping skills, affective disorders, early detection, students
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Other Links to external Webpages / Andere Links zu externen Webseiten
http://ifma-health.com

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