



*Low Literacy
and
Depression?*

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Depression and Low Literacy Shared Characteristics

Low Literacy

- **Worthlessness**
- **Shame**
- **Low self-esteem**
- **Poor self-efficacy**
- **External locus of control**

Depression

- **Worthlessness**
- **Guilt or shame**
- **Low self-esteem**
- **Poor self-efficacy**
- **External locus of control**

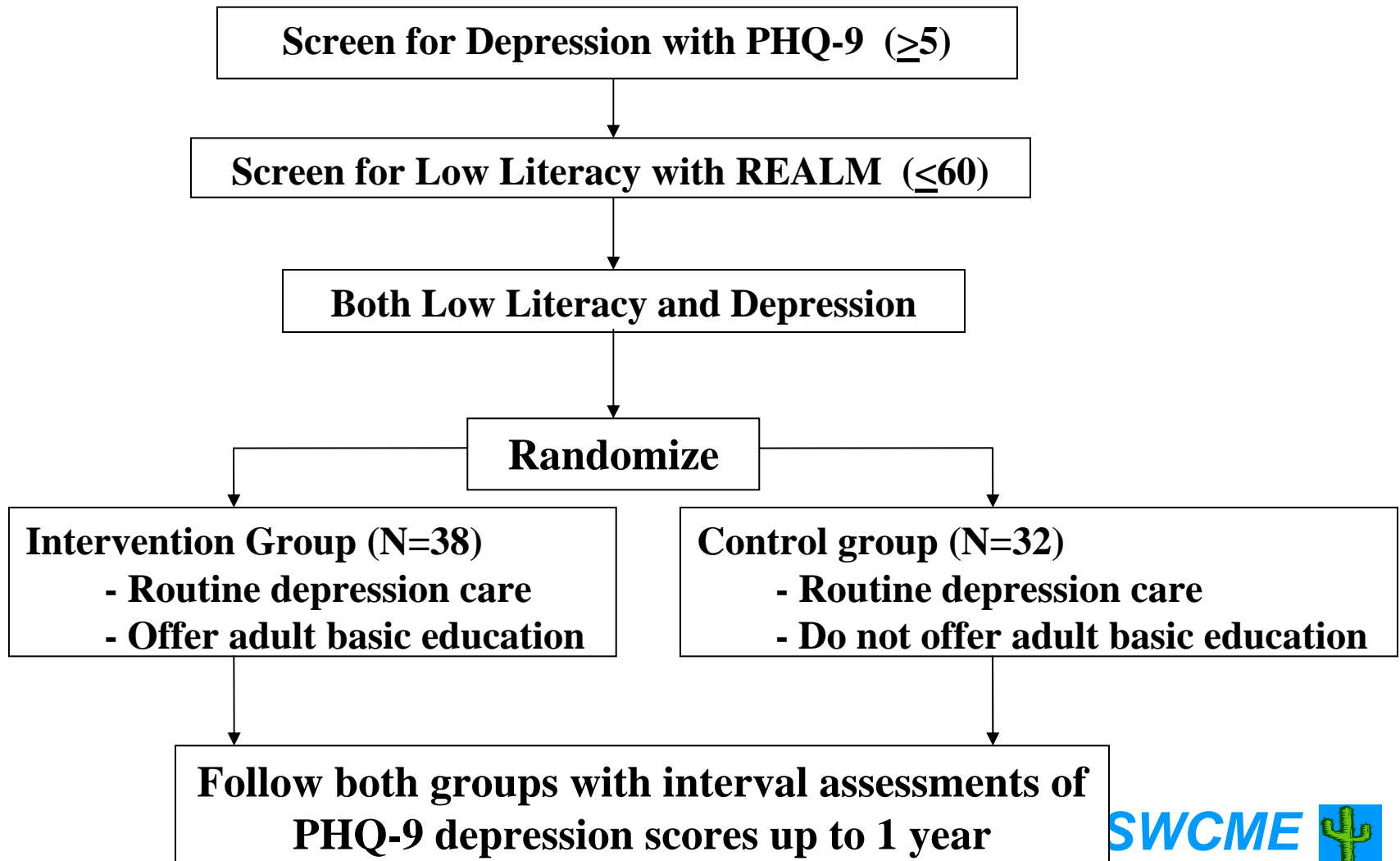
The Question

- **If depression and low literacy have similar characteristics, can improving literacy skills result in improvement in depression (in people who have both low literacy and depression)?**

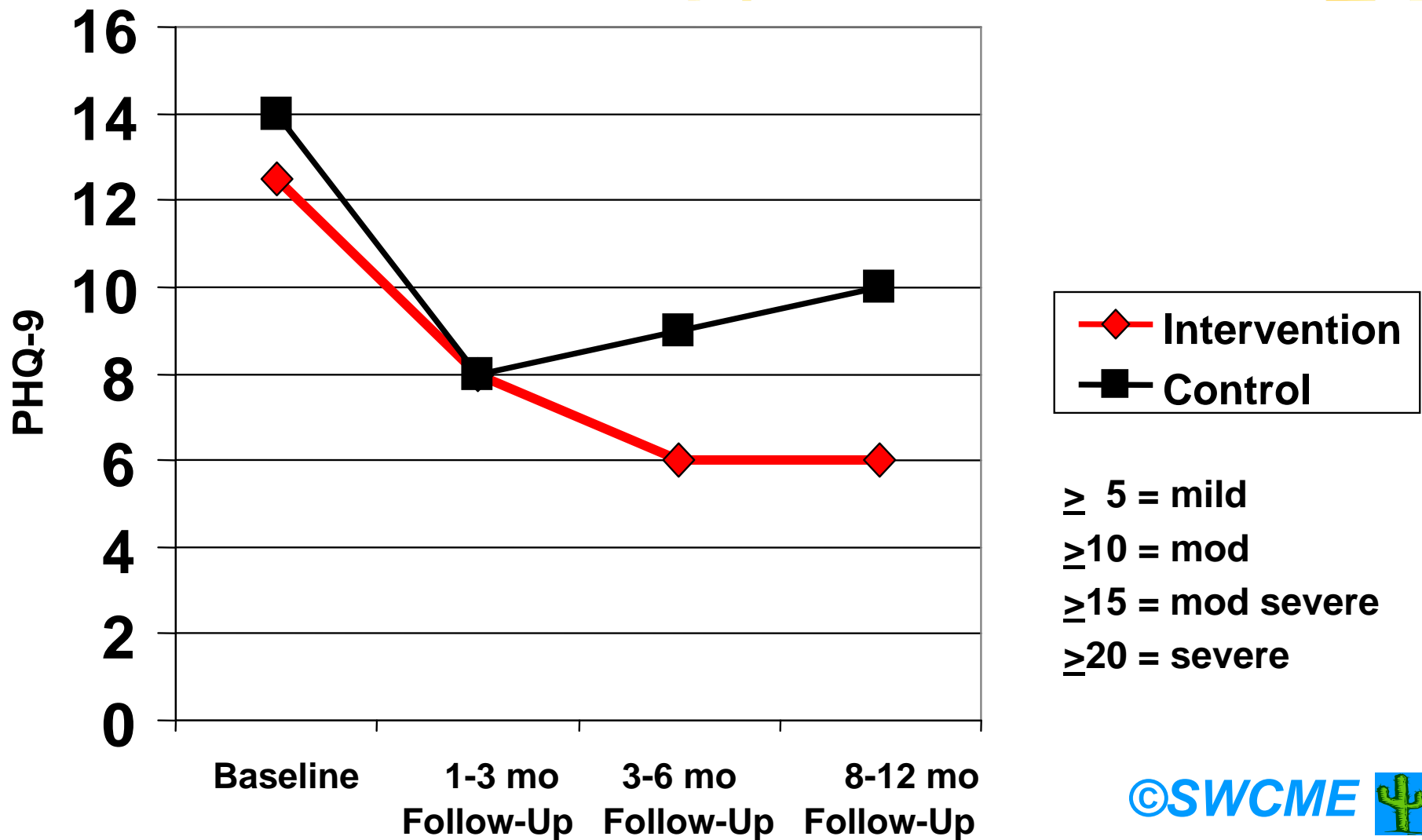
Objective

- **Which is better for patients who have depression and low literacy?**
 - ▣ **Standard depression treatment**
OR
 - ▣ **Standard depression treatment**
plus
literacy education

Methods



Results - Change in Depression Score



Conclusion



- **Adding literacy education to depression treatment (for people with both low literacy and depression) may result in better outcomes.**

Another Idea



IF...

- **Low literacy is a risk factor for depression**

THEN....

- **Is low literacy a risk for postpartum depression?**

AND IF THAT'S TRUE, AND IF

- **"Treating" low literacy improves depression**

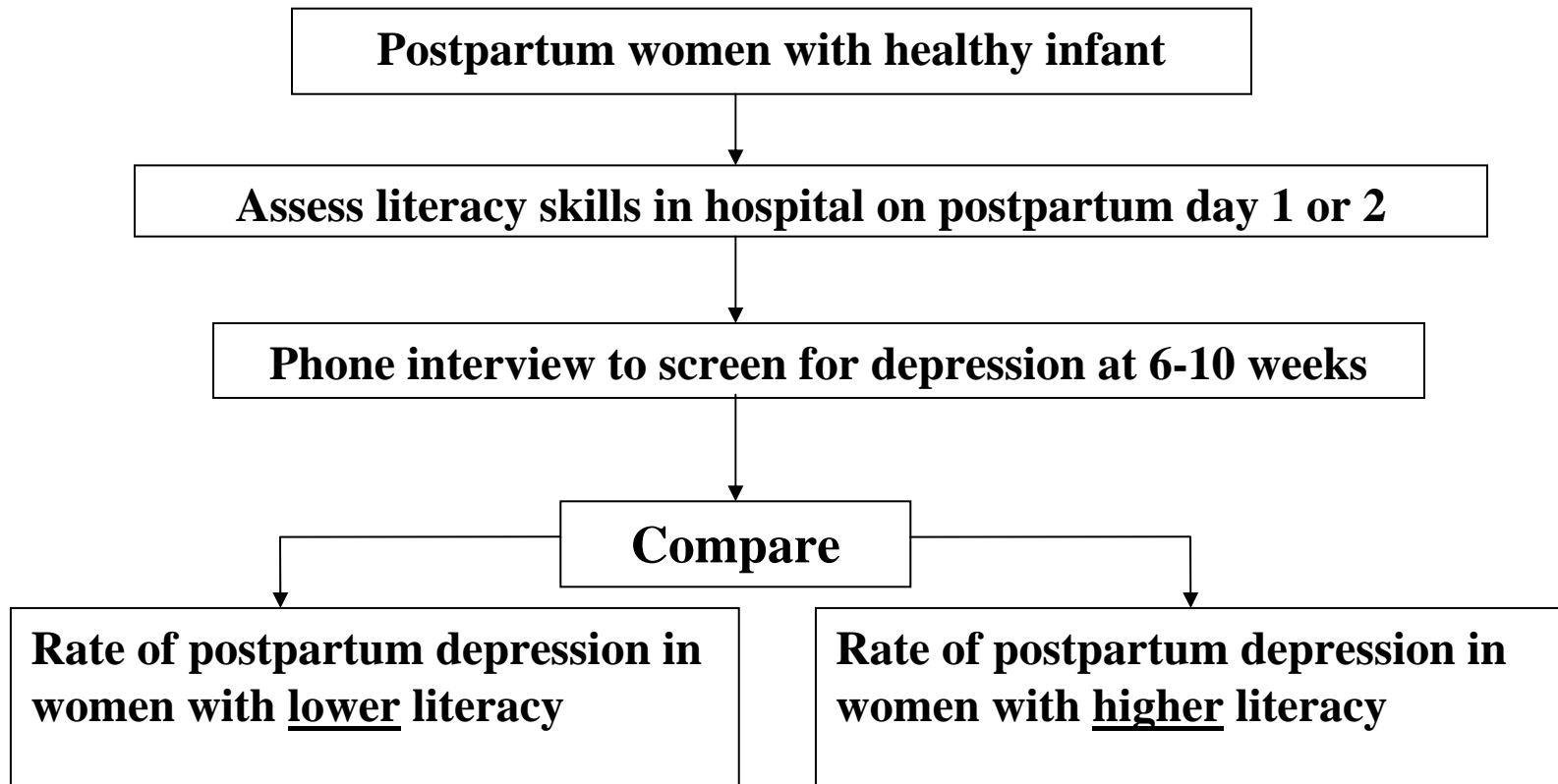
THEN MAYBE....

- **Literacy education can lessen the risk or severity of postpartum depression?**

Objective

- **Determine if low literacy is a risk factor for postpartum depression**

Methods



Nutrition Facts	
Serving Size	½ cup
Servings per container	4
Amounts per serving	
Calories 250	Fat Cal 120
	%DV
Total Fat 13g	20%
Sat Fat 9g	40%
Cholesterol 28mg	12%
Sodium 55mg	2%
Total Carbohydrate 30g	12%
Dietary Fiber 2g	
Sugars 23g	
Protein 4g	8%

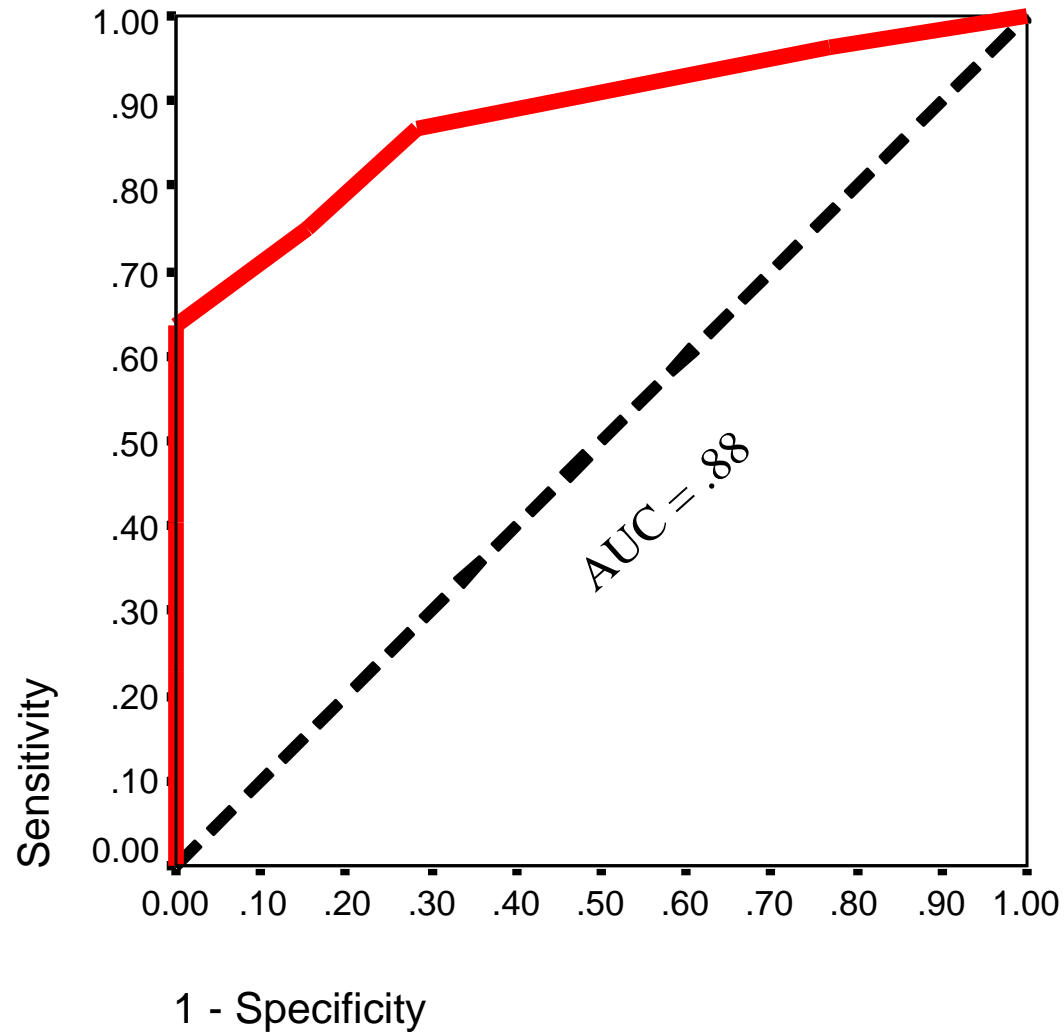
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

The Newest Vital Sign

Present the nutrition label to patient, and ask 6 questions

Receiver-Operator Characteristics (ROC) Curve for the NVS



Edinburgh Postnatal Depression Scale

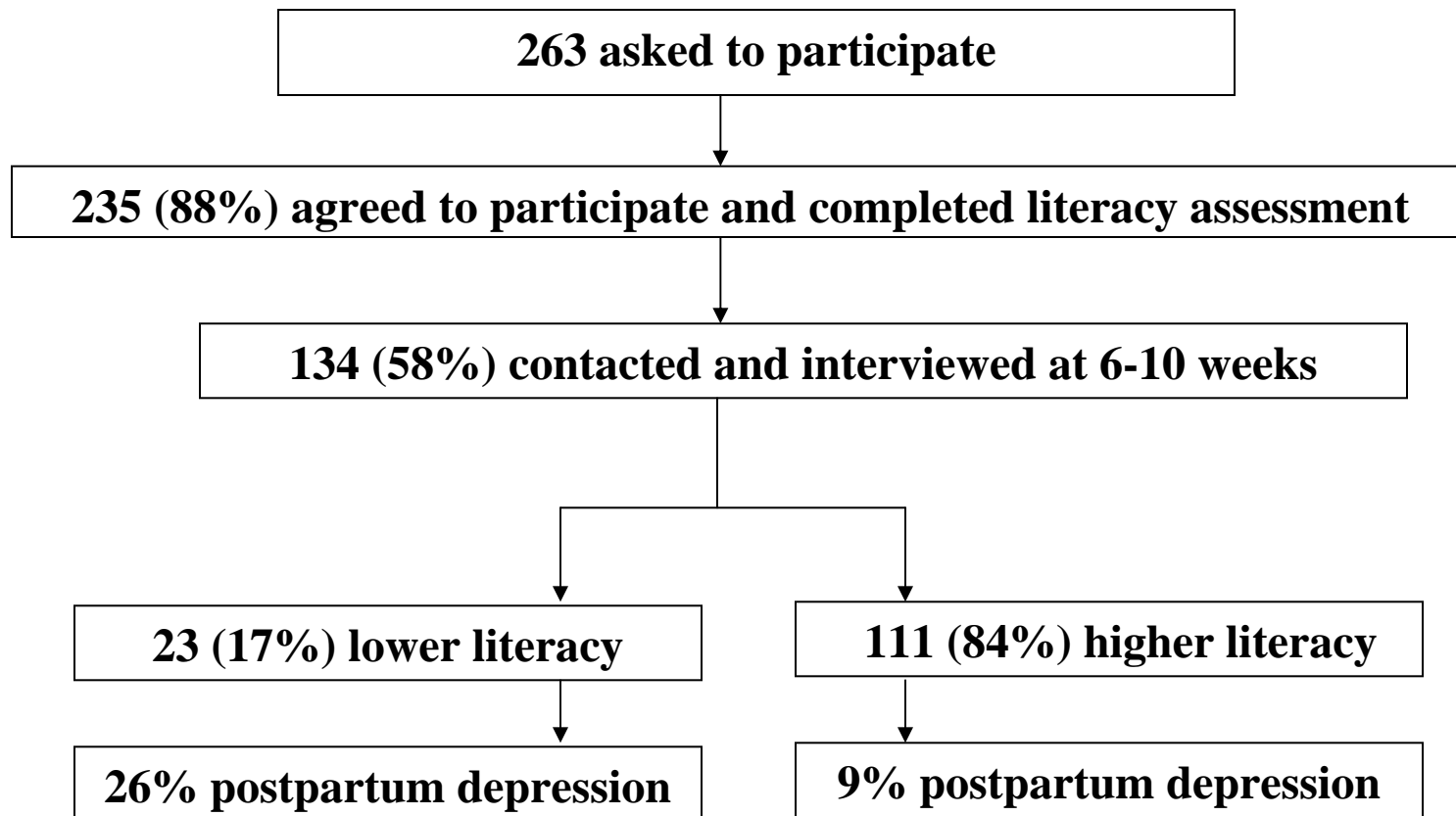
Scores range from 0-30

Scores ≥ 9 signify >92% chance of postpartum depression

In the past 7 days:

1. I have been able to laugh and see the funny side of things
 - As much as I always could
 - Not quite so much now
 - Definitely not so much now
 - Not at all
 2. I have looked forward with enjoyment to things
 - As much as I ever did
 - Rather less than I used to
 - Definitely less than I used to
 - Hardly at all
 - *3. I have blamed myself unnecessarily when things went wrong
 - Yes, most of the time
 - Yes, some of the time
 - Not very often
 - No, never
 4. I have been anxious or worried for no good reason
 - No, not at all
 - Hardly ever
 - Yes, sometimes
 - Yes, very often
 - *5. I have felt scared or panicky for no very good reason
 - Yes, quite a lot
 - Yes, sometimes
 - No, not much
 - No, not at all
 - *6. Things have been getting on top of me
 - Yes, most of the time I haven't been able to cope at all
 - Yes, sometimes I haven't been coping as well as usual
 - No, most of the time I have coped quite well
 - No, I have been coping as well as ever
 - *7. I have been so unhappy that I have had difficulty sleeping
 - Yes, most of the time
 - Yes, sometimes
 - Not very often
 - No, not at all
 - *8. I have felt sad or miserable
 - Yes, most of the time
 - Yes, quite often
 - Not very often
 - No, not at all
 - *9. I have been so unhappy that I have been crying
 - Yes, most of the time
 - Yes, quite often
 - Only occasionally
 - No, never
 - *10. The thought of harming myself has occurred to me
 - Yes, quite often
 - Sometimes
 - Hardly ever
 - Never
-

Results



RR = 2.67 (95% CI 1.23-5.77)

Covariables

Characteristic	Significant?
Literacy	Yes
Mean Number of Children	Yes
Prior Depression	Borderline
Education	No
Employment	No
Ethnic Group	No
Primary Language	No

Conclusion



- **Low literacy appears to be a risk factor for postpartum depression**
- **May co-vary with number of children**

- **Implication - maybe sending women with low literacy for literacy education during pregnancy will less the risk of postpartum depression??**