

## 00393 Evaluating Depression Screening for Elderly Singaporeans at Community Health Screening

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**Aims:** LKCMedicine and NHG conducted a community health screening at Pekkio area and it included a depression screening for the elderly. This report evaluates the results of the mental health screening and recommends some considerations for future community mental health screenings.

**Methodology:** 106 participants (>=65-years-old, Male n=51, Female n=55) underwent the 8-subscale "Even Briefer Assessment Scale for Depression" (EBAS DEP) test for first-line depression screening. EBAS-positive (EBAS-score>2) participants then took the Montgomery-Asberg Depression Rating Scale (MADRS) test.

**Result:** 3.8% of participants were EBAS-positive, of which 75% were MADRS-positive. 41.5% of EBAS-negative participants had non-zero (1 or 2) EBAS-scores. Despite being EBAS-negative, 4 participants felt that their life was not worth living within the past 3 months.

**Conclusion:** With high sensitivity but low specificity, EBAS is a useful screening tool. Interestingly, EBAS-positive rate was near the national elderly depression rate (3.7%).

For this screening, only participants who were both EBAS-and-MADRS-positive were referred for supportive counselling. However, given EBAS's high sensitivity and consistency with MADRS, it may be advisable to counsel all EBAS-positive participants, regardless of MADRS-score. EBAS-negative participants with non-zero EBAS-scores may be at risk of subclinical depression or other risk factors for suicide, which is a concern among elderly Singaporeans. If resources permit, supportive counselling and further clinical assessment can be extended to all participants with non-zero EBAS-scores, particularly those who "feel [their] life is not worth living". There were some challenges in conducting a community mental health screening in a public space. Some participants turned down further questions, and some lowered their voice or looked around before answering questions. For future community health screenings, more privacy can be provided by assigning a more secluded corner to be used for mental health screening.