

# PROMOTING AWARENESS OF DEPRESSION THROUGH A MENTAL HEALTH PROMOTION PROGRAM

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## Background

Mood disorders are common, with anxiety and depression being the most prevalent. Depression, which affects 13% of the population, is a major public health problem. In response to this problem, Slovenia launched a mental health promotion program called **Improving Literacy on Mood Disorders (OMRA)** in 2017. This initiative is based on the concept of mental health literacy (MHL) and aims to improve the understanding of mood disorders through the provision of educational workshops and an online platform.

- It is of crucial importance to:
- raise public awareness of mental disorders
  - their treatment and
  - reduce stigma

## Methods

To assess knowledge of depression, **1,485 participants** of OMRA's online and on-site workshops held **between October 2018 and March 2024** completed a questionnaire: The *Depression Literacy Questionnaire (D-li)*; before and after the psychoeducational sessions. The Wilcoxon Signed Ranks Test was used to test the effect of the workshops on depression literacy, and the Kruskal-Wallis test and Mann-Whitney U test were used to test the association between D-li questionnaire scores and selected sociodemographic variables.

## OMRA in action



Portorož, 30. 9. 2023



Celje, 13. 5. 2023



Ljubljana, 10. 10. 2025



Slovenj Gradec, 23. 5. 2019



Metlika, 18. 11. 2023



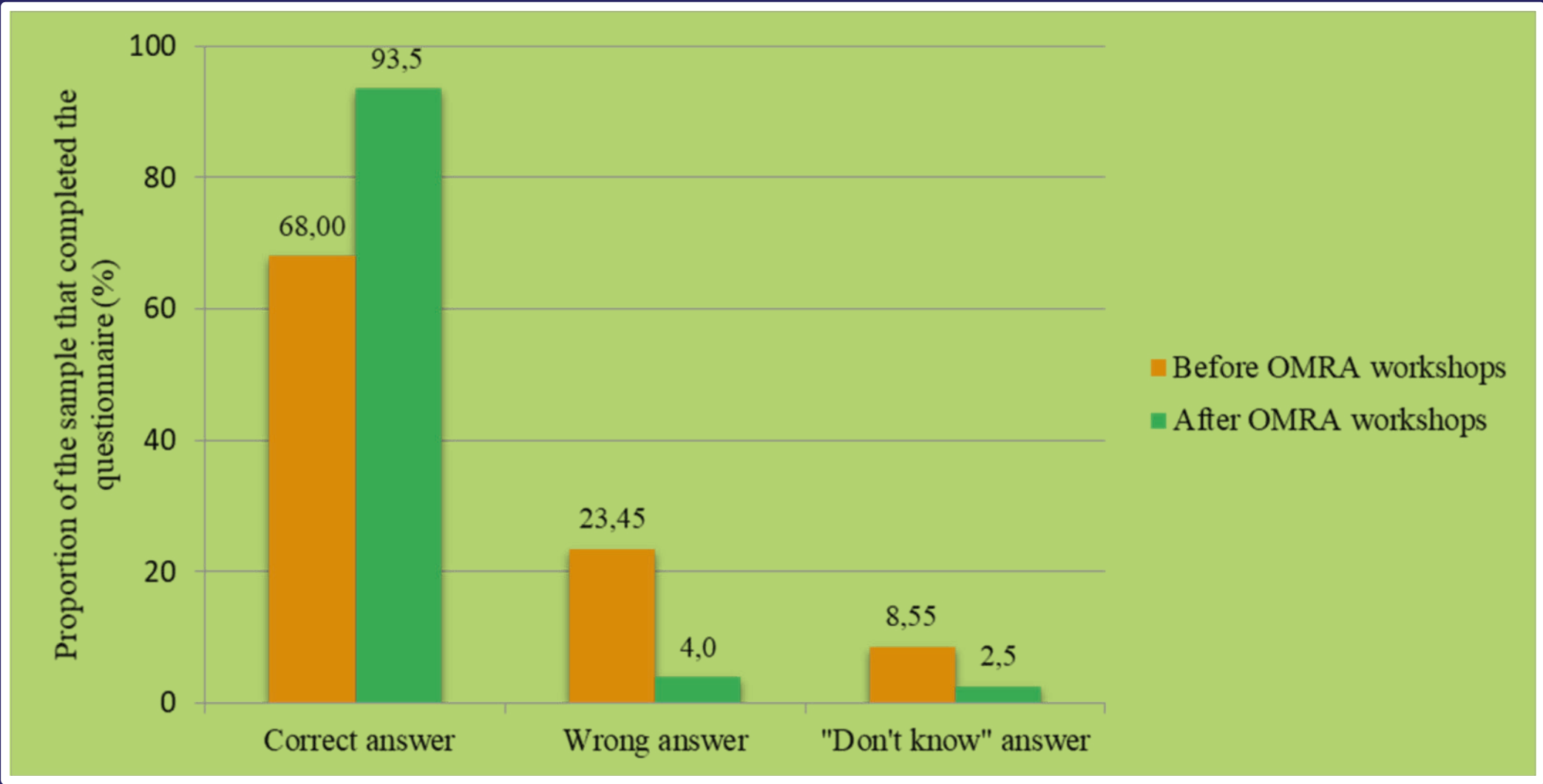
Radovljica, 10. 10. 2021

## Results

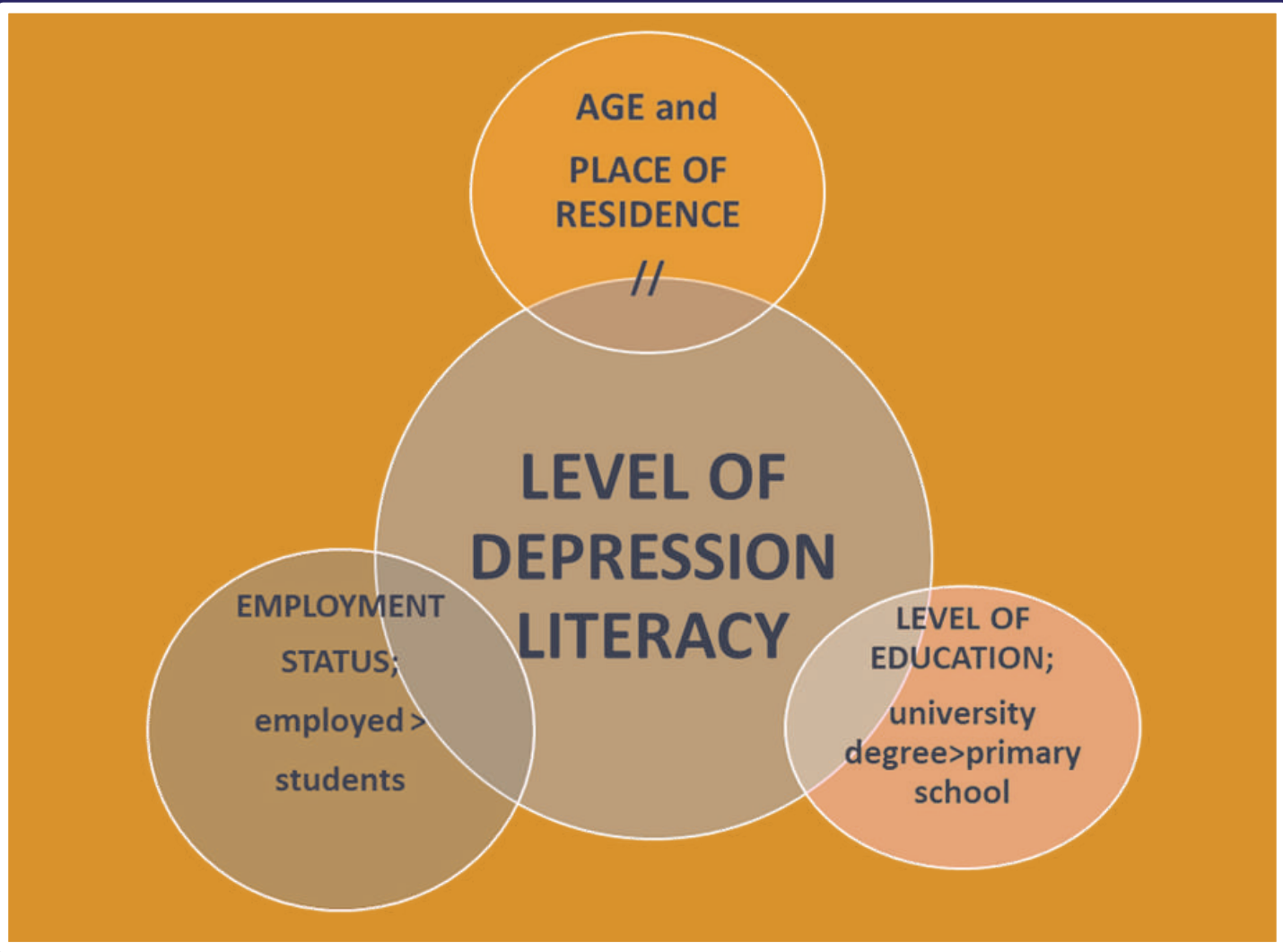
The results showed that the average knowledge of depression **increased by 25.5% ( $p < 0.001$ )** after the workshop. Of the socio-demographic factors — gender, age, place of residence and education — **gender had the greatest impact on knowledge of depression, with women scoring higher on average than men ( $p = 0.024$ )**.

Table 1: Sociodemographic characteristic of the study participants

Gender (%)	Age (Mean age $\pm$ SD)	Place of residence (%)	Education (%)	Employment status (%)
Female: 87.9	M=44.27 (SD $\pm$ 12.12)	Urban: 48.6	Primary school or less: 2.5	Student: 3.8
Male: 12.1	M=42.70 (SD $\pm$ 10.95)	Rural: 51.2	Shorter school education: 0.5	Employed: 79
			Vocational school: 4.5	Not employed: 10.6
			Secondary school: 15.5	Retired: 6.6
			Higher education: 12.3	
			Faculty, university: 54.3	
			Master's or doctorate: 10.3	



Picture 1: Impact of the OMRA workshops on depression literacy level



Picture 2: Effect of socio-demographic variables on the level of depression literacy

Remember: Investing in mental health pays off!



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