

Symposium | MDD : [Symposium 43] Time for united action on depression

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 2 (Main Hall B)

[Symposium 43] Time for united action on depression

Moderator: Mian Yoon Chong (HMI Medical, Singapore & Regency Specialist Hospital)

[SY-43-04] The impact of depression on healthcare systems and professionals: a cultural perspective

*Vittorio De Luca^{1,2,3}, Silvia Gubbini¹ (1. ASL RM5, Monterotondo (RM) (Italy), 2. Istituto Italiano di Igiene Mentale Transculturale (IMT) (Italy), 3. Istituto di Ricerche Europee in Psicoterapia Psicoanalitica (IREP) (Italy))

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Depression is the leading cause for seeking care at public specialized psychiatric centres in Italy, as well as one of the main reasons for psychiatric admission to emergency departments and acute psychiatric units. It is also a major cause of access to rehabilitative treatments in post-acute facilities. Despite the availability of treatments with proven short- and long-term efficacy, depression carries a high risk of recurrence, chronicity, and premature mortality, whether by suicide or medical conditions more prevalent than in the general population. Beyond its significant impact on public health and collective wellbeing, depression represents a personal and systemic challenge for healthcare professionals, particularly those in mental health services. These workers face an elevated risk of psychological distress, clinically relevant mental health conditions, major depressive episodes, and suicide. The authors examine the burden of depression within the work of mental health professionals, its influence on career decisions, and its consequences for their mental health. The presentation also explores cultural factors involved in care processes during a historical phase in which service cultures are strained by rising conflict and social inequality, requiring adaptation within the public health system.