Abstract

Objective. The objective of this study was to determine the signs of stress-associated depression in young people, young adults and older adults. Method. Transversal descriptive correlational study. The information was gathered by applying the following instruments: Mini Mental State Index (MMSI), Riquelme’s Inventory of Depression-Related Symptoms, the Trait-State Depression Inventory, and Informed Consent. A nonprobabilistic sample was chosen, consisting of 278 subjects in the city of Bucaramanga, Colombia, and these were divided into three groups: A1: 83 young people from 18 to 25. A2: 95 adults between 35 and 50 años; A3: 100 older adults of more than 60 years of age. Results. With a Pearson’s correlation of < 1 in the scores of the three populations, there was a positive correlation at a level of significance of 0.01, indicating that there is no depressive disorder but the presence of some symptoms such as sadness, handicap, blame, loss of confidence, among others, which are the result of having to face up to stressful situations to which the three groups were exposed. Conclusions. Factors such as marital status, socio-economic level, sources of stress, support networks, related illnesses, have a bearing on the presentation of depression-related symptoms, irrespective of age.

Keywords

Young people, adults, older adults, depression, stress, aging.