

# Difference in prevalence of depression and anxiety among young rural and urban Australians- A systematic review and meta-analysis



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## Background

- Anxiety and depression have high burden of disease in the young people population of Australia, but spatial variation is inconclusive.
- Aim: To check for difference in prevalence of depression and anxiety between rural and urban population aged between 10-24 years.

## Methods

**Search:** Medline, Scopus, Web of Science, CINAHL, PsychINFO.

**Eligibility:** representation of population peer-reviewed assessment tools

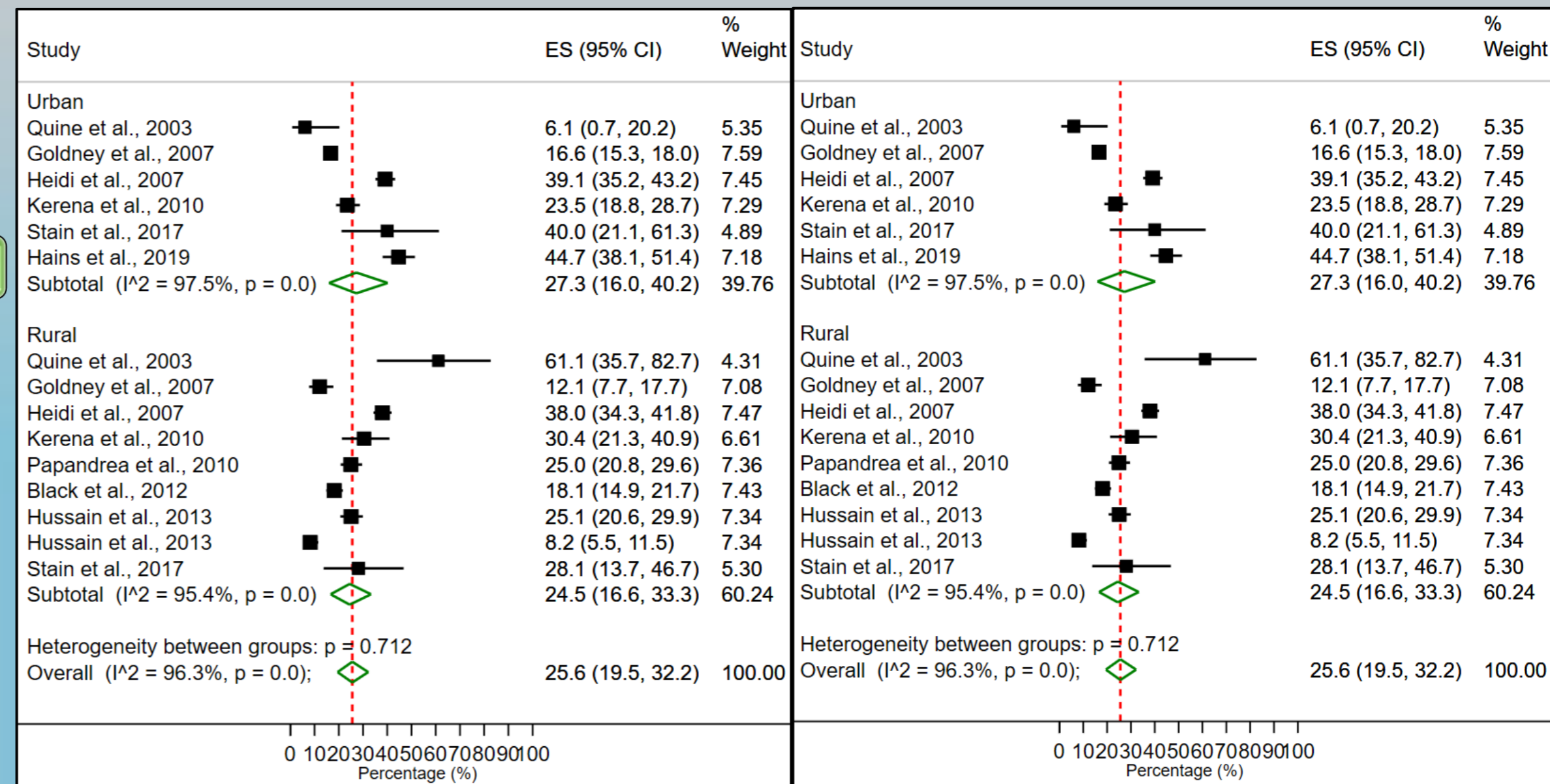
**Data :** Study characteristics, design, measure findings.

**Quality Appraisal:** Joanna Briggs Institute

**Meta analysis:** Random effects model, pooled prevalence, sub group analyses.

## Results

- Nine from 602 studies were identified for meta-analysis.



## Quantitative Analysis

- ❑ Higher prevalence in urban areas than rural.
- ❑ Anxiety more prevalent than depression.
- ❑ High heterogeneity between rural and urban, but not statistically significant.
- ❑ Pooled prevalence higher than national estimates.

## Qualitative Analysis:

- ❑ Rural areas have “poorer” social determinants
- ❑ Overall, women experience high prevalence, but rural men specifically experience higher prevalence.



**Mental health literacy is key, because prevention is better than cure!**