

## P02-287 - PRIMARY PREVENTION IN DEPRESSION. HOW TO INFORM PRIMARY CARE ATTENDEES ABOUT THEIR RISK LEVEL AND RISK PROFILE OF MAJOR DEPRESSION?

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**Introduction:** The predictD study is a pioneering international study whose main objective was to develop a risk index for the onset of major depression in general practice attendees.

**Objective:** The aim of this exploratory study was to determine the opinion of primary care attendees and their general practitioners about how to implement primary prevention of major depression. The intervention consisted of informing primary care attendees about their risk level and risk profile for the onset of major depression.

**Methods:** The study participants were primary care attendees and general practitioners in urban health centres of 7 Spanish provinces. The methodology used was qualitative: there were 14 in-depth interviews (two from each province), 7 DAFO groups and 7 focus groups.

**Results:** The results showed that attendees generally welcomed this precautionary measure. Some even proposed potential changes in their lifestyles to prevent depression, such as improving social relationships, taking things more calmly or doing more leisure activities, while others asked their GP for advice. The GPs were more resistant about informing primary care attendees, raising doubts about the validity-reliability of the instrument, their lack of education about what they should or should not advise their attendees, the danger of creating excessive fear in their attendees, or the barrier of lack of time in the office to do these activities.

**Conclusions:** Primary care attendees welcome this preventive measure more than their general practitioners.