

## PRESS RELEASE

### More than half of university students in Hong Kong show signs of depression

(Hong Kong, 24 September 2018) – A study in the newest issue of the *Hong Kong Medical Journal* shows that up to 68.5% of university students in Hong Kong report some degree of depression and 54.4% report some degree of anxiety.

Worrying increases in the numbers of students who died by suicide in recent years has led to widespread concern. The number of reported suicides among those aged 15 to 24 years has tragically increased year on year from 52 in 2014, to 68 in 2015 and 75 in 2016. First author, Kevin Lun, together with a team of fellow students of the Li Ka Shing Faculty of Medicine at The University of Hong Kong, sought to investigate the underlying rates of depression and anxiety in university students in Hong Kong.

The authors asked undergraduate students to voluntarily complete three questionnaires. These surveys were designed to evaluate the students' depressive and anxiety symptoms. Responses were received from 1119 students enrolled in one of the eight University Grants Committee-funded universities in Hong Kong. Overall, 68.5% of students reported mild to severe depressive symptoms and 54.4% reported mild to severe anxiety symptoms. Of particular concern are the 9% of university students who report moderate to severe depressive symptoms and the 5.8% of students who show severe anxiety symptoms.

Although the rate of anxiety is in line with earlier studies, the rate of depression among students has increased in recent years. The authors found that students who exercised regularly and slept well tend to have lower levels of depression or anxiety. Certain personality traits, such as high levels of self-confidence, satisfaction with academic performance or personal relationships, and optimism about the future are also linked to lower levels of depression or anxiety. The authors want to raise awareness of depression and anxiety among undergraduate students.

The research article "Depression and anxiety among university students in Hong Kong" was published in the latest issue of the *Hong Kong Medical Journal*.

## 新聞稿

### 過半香港大學生有抑鬱症狀

(香港，2018年9月24日) - 《香港醫學雜誌》最近刊登的一項研究發現受訪香港大學生中高達68.5%表示有一定程度的抑鬱，54.4%則表示有一定程度的焦慮。

近年自殺死亡的學生人數增加，情況令人擔憂且引起公眾廣泛關注。介乎15至24歲的自殺個案數目由2014年的52宗，逐年增加至2015年的68宗，及至2016年的75宗。來自香港大學醫學院的本科生進行研究，檢視香港大學生抑鬱和焦慮的潛在發病率。

研究要求受訪大學本科生自願完成三套問卷調查。問卷調查旨在評估學生的抑鬱和焦慮症狀，共收到來自香港八間大學教育資助委員會資助大學共1119名學生的回覆。總體而言，68.5%受訪學生表示有輕度至重度抑鬱症狀，54.4%則有輕度至重度焦慮症狀。值得關注的是，9%受訪者表示有中度至重度抑鬱症狀，而5.8%則表示有嚴重焦慮症狀。

雖然焦慮發病率與早期研究數據一致，但近年學生的抑鬱發病率卻有所增加。研究發現經常運動和睡眠質量良好的學生能減低抑鬱或焦慮水平。有自信、對學業成績或人際關係感到滿意，以及對未來樂觀也與較低抑鬱或焦慮水平相關。作者期望這項研究能提高大學生對抑鬱和焦慮症的認識。

詳細內容可參閱研究原文《香港大學生的抑鬱和焦慮狀況》。

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Source:

Kevin WC Lun, CK Chan, Patricia KY Ip, Samantha YK Ma, WW Tsai, CS Wong, Christie HT Wong, TW Wong, D Yan. Depression and anxiety among university students in Hong Kong  
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