

Culture and Depression

- The word 'depression' is absent in some languages, which provides an indication that the experience and expression of the symptoms as our culture has defined them vary markedly across cultures.
- Few studies have really examined race, ethnicity and culture as they relate to presence of and treatment for depression.
- Affective responses and expressions of feelings differ from culture to culture thus making the diagnosis process more difficult.
- Treatment is often not culturally sensitive, as many cultures prefer informal supports to that of a formal treatment.

