

Table 5. Management of depression as indicated by study doctors

How is the patient currently being managed?	<i>n</i> (%)
Mode of depression management (<i>N</i> =618)	
Prescribed medication	313 (50.6%)
Counseling provided	259 (41.9%)
Follow-up scheduled	240 (38.8%)
Currently under care of another professional	190 (30.7%)
Being observed	180 (29.1%)
Referred to health care professional	53 (8.6%)
Patient refused follow-up	1 (0.002%)
Follow-up: Types of medications prescribed (<i>n</i> =313)	
Antidepressants	263 (84.0%)
Benzodiazepines	70 (22.4%)
Z-class drugs	41 (13.1%)
Anti-psychotics	26 (8.3%)
Others (herbal treatments, antihistamines, beta blockers, anti-epileptic agents, food supplements)	30 (9.6%)
Follow-up: Types of counselling provided (<i>n</i> =259)	
Supportive	215 (83.0%)
Problem-solving	49 (18.9%)
Cognitive behavioural therapy	36 (13.9%)
Activity planning	31 (12.0%)
Others (hypnosis, interpersonal therapy, family therapy, relaxation techniques)	6 (2.3%)
Follow-up: Types of health professionals referred (<i>n</i> =53)	
Government-funded psychiatric services	12 (22.6%)
Private Psychiatrist	4 (7.5%)
Counsellor	18 (34.0%)
Social Worker	3 (5.7%)
Psychologist	7 (13.2%)
Emergency department	1 (1.9%)
Others (IMHP, professional not specified)	11 (20.8%)

Note. Total percentage can exceed 100% as multiple responses were permitted.

IMHP = Integrated Mental Health Program of the Hong Kong Hospital Authority