

## Depression, Hidden Mental Health Problems

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Mental health problems are often ignored in society. Some are hidden behind physical illnesses symptoms. In Indonesia as many as 6 percent of the population suffer from depression but they are not detected. They come to the doctor complaining of physical illnesses instead.

"People with depression in Indonesia come to the doctor complaining they cannot sleep, feel tired, having quick heartbeat, and so on. Unlike in Australia, the patient would openly tell the doctor about their depression," said Dr. Diana Setiyawati, M.HSc.Psy., Psychologist, Director of Center for Public Mental Health at Faculty of Psychology UGM on Monday (2/7) during the International Summer Course II themed *Advocacy Skills in Mental Health System Development: From Research to Policy*. Diana said the patients in Indonesia were unseen. Even in office they work as usual, but they are not productive as they cannot concentrate and think.

"The sign of depression include having no passion for the job. They show symptoms of fatigue, unwilling to think about their future, no spirit, sleeping difficulties, lack of concentration, etc," she said.

Efforts to overcome depression are to make them realise the problem and find the right treatment. Diana said depression can be cured if society knows the symptoms. Steps that have been taken to

overcome depression are by assigning a psychologist in the community health centre.

Meanwhile, Vice-Dean of Research, Community Service and Cooperation of Faculty of Psychology, Prof. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., said the Summer Courses II that lasted from 2-13 July 2018 was joined by 11 international experts and 21 students as well as related agencies.

"The Summer Course raises the theme of *Mental Health Advocacy*. Mental health is the focus of the faculty, what is learned in class would not be useful if not practised. So, this requires advocacy to promote it," said Kwartarini.

A seminar themed *Depression & Culture* will be the culmination of the event, presenting speakers such as Prof. Nila Moeloek, Prof. Byron Good, Prof. Mary-Jo Good, Alasdair Donald, Ph.D., etc.

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