



Title: Web prototype "Pressus v1.0" for the detection of depressed young people: Psychometric analysis of reliability and validity

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Introduction

Depression in Mexico

In Mexico, approximately 11.2 million people suffer from depression, but only 25% know it.



According to WHO data, depression is considered the leading cause of disability in developed and developing countries.



Depression is an affective disorder in which the ability to enjoy things is lost, with a decrease in vitality accompanied by sadness, insecurity and exaggerated fatigue. It directly affects the productivity and quality of life of people.



1 in 6 adults has depression, which equates to: **11.2 million adults.**

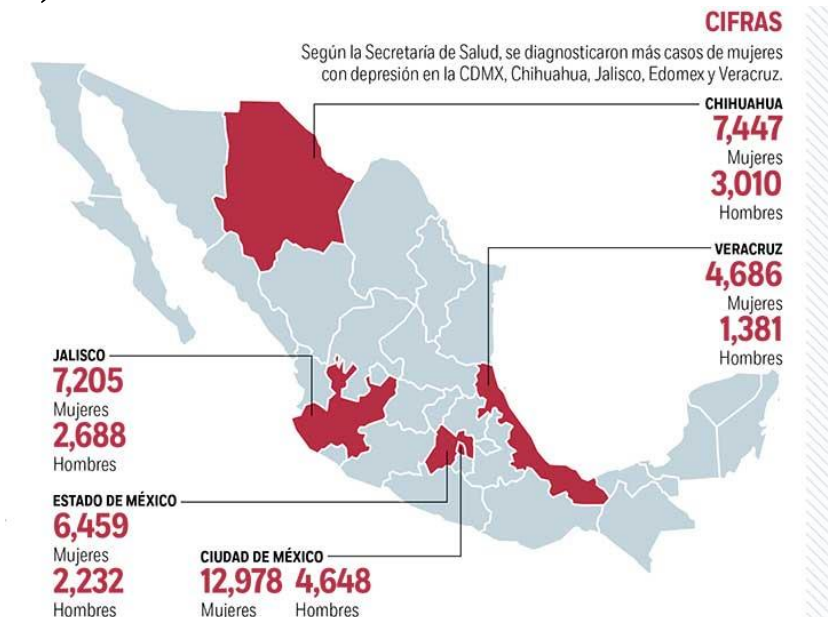
Of the 11.2 million, only 25% are diagnosed.
Approx. 2.8. millions

and of these only 39% are treated.
Approx. 1.1 million

Introduction

In Mexico, the number of young people between 12 and 24 years with depression is approximately 2.5 million, and 9.9 out of every 100,000 have had suicidal ideas, according to the National Institute of Statistics and Geography (INEGI).

This research makes use of Research Technologies to identify, through a test validated by experts, particularities in young people and associate them with depressive disorder. The application determines the level of risk of suffering from the disease.



Methodology - Validated Test

1st. stage

PREPARATION OF THE INSTRUMENT

Specialist psychologists: Comparative analysis of scales to measure depression - Define factors or characteristics.

Result: Test with 81 items

Identified factors: Behavioral, Cognitive, Affective, Somatic and Spiritual.

2nd. stage

INSTRUMENT VALIDATION

Expert Trial Procedure: Psychologists of the region
Concordance analysis using Cohen's Kappa measure.

Results: 2nd. Test version with 86 items

Identified factors: Behavioral, Cognitive, Affective, Somatic and Spiritual.

3rd. stage

PILOT TEST

Form in Google Forms

Participants:

Non-probabilistic sample of the intentional type: 781 young people.

Ages: 16 - 35 years with an average of 19.11

Gender: 46.6% Female, 53.1% Male and 0.3% Preferred not to say

4th. stage

CONSTRUCTION VALIDITY

IBM SPSS Statistics Software Version 28.0.0.0 (190)

The validity of the construct was made from factor analysis with varimax rotation

3rd. Test: The Cronbach's Alpha index obtained was 0.974

Kaiser-Meyer-Olkin measure of sampling adequacy		0.957
Bartlett's test of sphericity	Approx. Chi squared	33511.506
	gl	1176
	S.I.G.	0.0000

Tabla 1 Prueba de KMO y Bartlett. *Elaboración propia.*

The factor analysis with varimax rotation yielded a total of six components with Eigen values greater than 1, in a total of 49 items, which explained 66.79% of the variance.

Due to the content of the items, the components were named, namely: Component 1, low self-esteem; Component 2, somatic; Component 3, negative affectivity; Component 4, cognitive; Component 5, aggressiveness; and Component 6, beliefs.

Methodology – Pressus v1.0

Sprint 1

- Survey of Requirements
- Requirements analysis
- Proposed Solution

Sprint 2

- Design or functional prototyping of the web application, including the validated test.

Sprint 3

- Descriptive and correlational analysis for the calculation of the reference scores that will serve to indicate the risk values for suffering from depression.
- Development of the web application, incorporating measurements from the Test.

Sprint 4

- Functional testing
- Implementation of the Pressus Web System v1.0.

Results

WEB PRESSUS APPLICATION V1.0

The functionality of this prototype allows the user to:

- Access the web application, as long as you have the user registration and correct authentication.
- See information about depression.
- Consult the information of the Psychologists and Psychiatrists specialized in the treatment of depression, located in the southern part of the State of Veracruz.
- Take the Test to identify your risk index for depression.
- Consult the history of the tests carried out for downloading and printing in PDF.

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No estás solo

Te ayudamos a levantarte

¿Información acerca de la depresión?

¿Qué es la depresión?

La depresión clínica, es una enfermedad grave y común que nos afecta física y mentalmente en nuestro modo de sentir y de pensar. La depresión nos puede provocar deseos de alejarnos de nuestra familia, amigos, trabajo, y escuela. Puede además causarnos ansiedad, pérdida del sueño, del apetito, y... [Ver mas](#)

¿Cómo ayudar a alguien con depresión?

Ayudar a una persona con depresión puede ser todo un desafío. Si una persona cercana sufre depresión, es posible que sientas impotencia y que te preguntes qué debes hacer. Aquí te explicamos cómo brindar apoyo y comprensión y cómo ayudar a que tu... [Ver mas](#)

¿La depresión tiene cura?

Todos hemos escuchado en algún momento esta afirmación. Sin embargo, no hay evidencia de que los antidepresivos creen dependencia y, en el caso de los tranquilizantes y sedantes, la mayoría no son adictivos, como mucho pueden plantear un ... [Ver mas](#)

¿Cuáles son los diferentes tipos de depresión?

Dos de los tipos frecuentes de depresión son:

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Crear una cuenta

Ingrese su nombre

Ingrese su apellido paterno

Ingrese su apellido materno

Ingrese un nombre de usuario

Ingrese su correo electrónico

Ingrese una contraseña

[Enviar](#)

[¿Ya tienes cuenta?](#)

Results

PRESSUS

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Iniciar sesion

Ingrese su usuario

Ingrese su contraseña

[Enlace](#)

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PRESSUS

[Inicio](#) [Psicólogos](#) [Test](#) [Quiénes somos](#)

Bienvenido: cjl0216 Cuenta▼

1.- Me quisiera morir

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

2.- Creo que sería mejor estar muerto

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

3.- Creo que no valgo nada

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

4.- Tengo ganas de hacerme daño

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

5.- No me siento querido

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

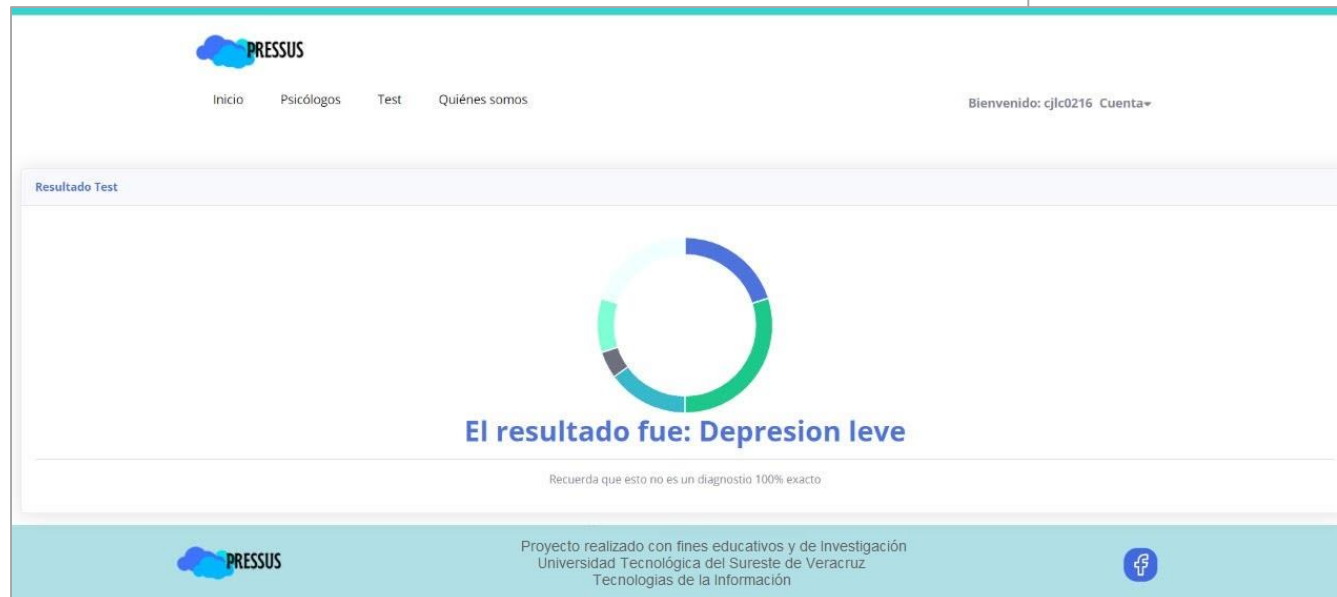
6.- Considero que soy un estorbo

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

7.- Creo que no le importo a mis padres

☐ Nunca ☐ Rara vez ☐ Algunas veces ☐ Casi siempre

8.- Me parece que soy un inútil



Conclusions

- Depression is a real phenomenon in young people and a form of psychopathology that cannot be relieved without intervention.
- Programs to identify young people with symptoms of depression must be implemented in educational institutions, society and themselves, to reduce destructive risks.
- The components defined in the construct show an important correlation between their items and in a general way.
- It is important to emphasize that this instrument will indicate a level of risk of suffering from depression, however, the young person must confirm it with a health professional.
- The implementation of the Pressus v1.0 web system, aims to offer greater accessibility to young people at risk, when using Information Technologies, they can feel safe to respond honestly, which will allow obtaining a better indicator of the level of risk.

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