

## “Keep Happy National Public Lecture Tour” Reaches 1,000 Lectures in Shanghai

### Campaign Helps Steer Students Away From Depression

December 24, 2014, Shanghai, China – Students in higher education are at a high risk of anxiety and depression. Today, the “Keep Happy National Public Lecture Tour” delivered its 1000<sup>th</sup> lecture at Shanghai Jiaotong University. The project, which is organized by the Beijing Medical Award Foundation (BMAF) and sponsored by Xian Janssen Pharmaceutical Ltd., is promoting knowledge of depression and supplying practical advice on dealing with stress to college students.

#### “Keep Happy” supports all high risk groups

According to the World Health Organization (WHO), depression robs the highest number of adults the most productive years of their lives is not AIDS, heart disease or cancer.<sup>1</sup>

Mental health disorders are becoming increasingly prevalent around the world. Depression and anxiety are the most common, affecting around 120 million people worldwide. In China, mental health problems are a growing concern, with more than 26 million people suffering from depression to some extent<sup>2</sup>. However, in sharp contrast to its high incidence, neither the general public nor patients have a thorough understanding of depression as an illness and its negative impact on people’s lives. 90% of sufferers do not realize that they are dealing with depression<sup>3</sup>.

The objectives of the “Keep Happy National Public Lecture Tour” are to raise awareness of mental health problems, assist people who are troubled by depression or anxiety by finding them counseling or ways of dealing with stress, eliminate prejudices and encourage society as a whole to pay more attention to mental health issues.

“So far, 1,000 public lectures have been held across the nation,” revealed Mr. Wei He, President of BMAF. “We have invited mental health experts to give lectures at companies and colleges to groups who are at a higher risk of depression. The project is helping employees and students increase their understanding of depression and anxiety, while providing them with practical psychological counseling to help them deal with stress.”

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<sup>1</sup> TINA ROSENBERG. Fighting Depression, One Village at a Time. New York Times, August 04, 2012

<sup>2</sup> Tao Zou; Shuqiao Yao. Cognitive Vulnerability-Stress Model of Depression: Origin, Development and Integration. [J], Advances In Psychological Science, 2006, 14<sup>th</sup> Issue

<sup>3</sup> Xiangyun Zhang. Feel Uncomfortable? It May be Depression. Health News, July 29, 2011

## **Depression attacks college students too**

Depression is an emotional disorder that features a state of low mood. Its symptoms include melancholy, remorse, being cold, lonely and helpless, having a low opinion of oneself and having no interest in anything or any interpersonal communication<sup>4</sup>.

College students and young adults are a group that are particularly prone to depression and anxiety. Typically, their views and values as well as their bodies are still developing - a period when mental health issues can intensify. Studies show that college students suffer from anxiety and depression to a higher extent than the general population. The Shanghai University of Sport conducted a survey among 1,000 students across 10 universities in Shanghai. The results showed that 29% of college students have depressive tendencies to some extent, with 20% presenting mild, 7% showing moderate and 2% displaying severe propensities to the illness<sup>5</sup>. Certain surveys also revealed that the rate of depression and anxiety among senior college students was much higher than junior ones<sup>6</sup>. Without psychological intervention and treatment, severe depression may lead to extreme behaviors and result in serious consequences. The latest study published in the Canadian Medical Association Journal shows that a depressed mood and extreme behavior can be infectious, especially among teenagers (2014).

## **Identify depression and get rid of it with expert advice**

Senior university students, in particular, are at significantly higher risk due to concerns and stresses around study competition and career aspirations. "Helping them understand anxiety and depression, guiding them through counseling, and dealing with stress to kill the seeds of depression are important to their mental health," said Dr. Yanli Luo, Associate Professor of the Psychiatry Department of Shanghai Tongji Hospital.

"Depression isn't terrible. The terrible thing is to wallow in the valley of depression and not consult a doctor," stressed Dr. Luo. "Firstly, people need to realize that there is nothing shameful about suffering from anxiety and depression – they are issues that should be addressed and faced bravely. Secondly, those suffering should be distracted through autosuggestion, sports and leisure, and talking to friends and families. However, if someone is overly stressed or has severe depression, he or she should see a psychologist and seek professional help."

The "Keep Happy National Public Lecture Tour" began in January 2012. In just under three years, 1,000 lectures have been delivered in Beijing, Shanghai, Nanjing, Wuhan, Changsha and other cities across China. Approximately 400 mental health experts have given lectures, sharing their experience and practical advice about anxiety and depression with approximately 40,000 employees and college students.

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<sup>4</sup> Tao Chen. Sub-health and Self-care [M] Beijing: Military Medical Science Press, 2007: 29.

<sup>5</sup> Xuelin Li. 29% of College Students Have Depressive Tendencies. Wen Wei Po, February 5, 2010, P007

<sup>6</sup> Fengmei Zhang, Jianwen Chen *et al.* Analysis on Anxiety and Depression of One University in Shandong [J]. Modern Preventive Medicine, 2014(13)2399-2400

**About Xian Janssen**

Xian Janssen Pharmaceutical Ltd. is one of the Janssen Pharmaceutical Companies of Johnson & Johnson. It is one of China's largest pharmaceutical companies and among the earliest multinational pharmaceutical companies to enter China simultaneous with the opening up of China's economy.

Since its establishment in 1985, Xian Janssen has been committed to providing Chinese patients with high-quality, innovative products that fulfill unmet medical needs in psychiatry, neurology, oncology, immunology, infectious diseases and gastrointestinal and fungal diseases.

Based on the company's Credo and spirit of caring, Xian Janssen has been an active corporate citizen, conducting more than 50 cooperative projects in the areas of medicine, public health, medical R&D, and corporate social responsibility.

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