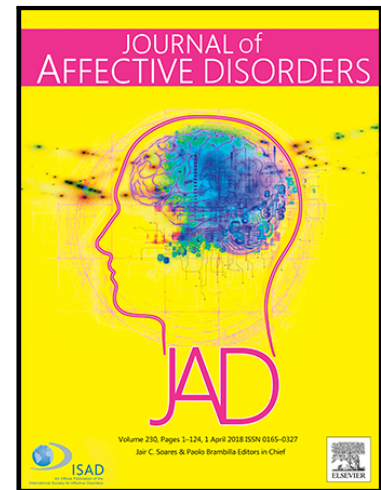


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Depression Management Interests among Alaska Native and American Indian Adults in Primary Care

Jaedon P. Avey , Lisa G. Dirks , Denise A. Dillard ,
Spero M. Manson , Melissa Merrick , Julia J. Smith ,
Guilford C. Prickette , Sonda Tetpon , Donna Galbreath ,
Brianna Triplett , Renee F. Robinson

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Highlights

- Younger AN/AI patients were interested in depression medications more than those 40 years of age and over.
- AN/AI Patients with more severe depression were more interested in lifestyle changes than those with mild depression.
- Counseling and medications should be made more available earlier in the course of depression management.
- Education on exercise, stress reduction, and healthy eating should be expanded in the primary care setting for AN/AI adults seeking care for depression.

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