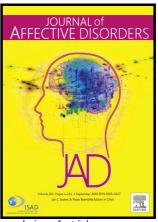
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Mortality risk associated with psychological distress and major depression: a populationbased cohort study

Maria Chiu^{1,2*}, Simone Vigod^{1,2,3}, Farah Rahman¹, Andrew S. Wilton¹, Michael Lebenbaum¹, Paul Kurdyak^{1,2,4}

ABSTRACT

Background:

Few studies have examined the impact of psychological distress on mortality. We aimed to estimate mortality rates of psychological distress and major depressive disorder (MDD) compared to a referent group with no MDD or psychological distress.

Methods:

Our study population (N = 10 181) consisted of respondents from the Canadian Community

Health Survey Cycle 1.2 linked to Ontario health administrative databases followed for up to 11

years. We used Cox proportional hazards models to assess overall, sex-specific, as well as shortterm (within two years of follow-up) and long-term (follow-up ≥ two years) mortality among
those with DSM-criteria MDD and psychological distress independent of MDD adjusted for
socio-demographic, lifestyle and clinical factors.

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