

Review of: "Social Class, Gender and Psychological Distress in Mumbai: Risk and Protective Factors"

John Grundy¹

¹ James Cook University of North Queensland

Potential competing interests: No potential competing interests to declare.

Thank you for the opportunity to review this article on social class, gender, and psychological distress in Mumbai. The background, objectives, and methods of the paper are clearly articulated. The findings on protective and risk factors for depression according to class and gender are clear, along with the links of these to social inequality. The authors discuss the importance of “de-medicalisation” of depression treatment through providing more attention towards understanding the circumstances of daily living and the contributions of these conditions to anxiety and depression states. Health interventions are proposed, including instrumental support, routine screening, and therapy that focuses on home-based counseling and social support. There are also findings about depression in middle-aged women, a majority of whom have college degrees. Some explanation is provided for this outcome in terms of the pressures on women to adopt more traditional domestic roles. Although “social dysfunction” was examined as an outcome or expression of depression, it would also be important at some stage to measure the level of social connections as a protective factor against depression, especially given the fact that the authors conclude that more attention needs to be given to therapeutic interventions based on an understanding of social realities.