

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

Abu Bakkar Siddique¹

¹ Jahangirnagar University

Potential competing interests: No potential competing interests to declare.

This study really shines because it takes a close look at how social class, gender, and mental health all intersect in Mumbai, a city where a lot of people live in crowded slums. By zooming in on this particular group, the researchers get a better understanding of the unique struggles faced by those living in lower-income areas. This helps us grasp a fuller picture of what factors influence mental health in this context.

One thing that makes this study strong is the big group of people they looked at—491 folks from lower-income backgrounds and 326 from middle-income backgrounds. Having such a diverse and large group makes the findings more reliable, especially when comparing different social classes and genders. Plus, they used a well-known tool called the GHQ 28 to measure depressive symptoms, making sure their assessments were consistent and trustworthy.

The results of the study give us some really useful insights into what puts people at risk for depression and what helps protect them from it. They found that things like stress and smoking increase the risk, while having hope and a positive outlook can be protective. This tells us that mental health is pretty complicated and that there are some clear ways we could offer support to those who need it.

Overall, this study adds a lot to what we know about how social factors, like class and gender, affect mental health in a place like Mumbai. By shining a light on both the risks and the things that can help, it gives policymakers, doctors, and community leaders some good ideas about how to support people better, especially those who might be more vulnerable.

Please give the objectives in the introduction section.

Write the strengths and limitations of the study in a separate section.

Rewrite the conclusion indicating the significant factors and implications of the study. Also give some recommendations.