



International Pharmaceutical Students' Federation

Project Accreditation Form Report



Introduction

IPSF Member Organisation	APS-Japan, Japan
Location of the Activity	Japan
Activity Coordinator	Ms. Kana Koinuma
Official Email	cp@apsjapan.org
Name of the activity	APS-Japan Country Campaign; Depression
Date	04/27/2018-05/11/2018
Portfolio	Public Health

Summary of the Activity

<Background>

We chose Depression as a theme of our country campaign because it is one of the severe problems Japan, the country famous for overworking has. It is generally thought that it is common in women and young people. However, in Japan, it is frequent even for middle-aged and elderly people, and this impacts the socio-economic.

We decided "Say Okay" as a catchword since we thought the word "Okay" had



strong power.

<Aims>

- To share the definition, the symptoms and the important facts of depression
- To encourage the people who are suffering from depression

<Planning>

January 4th : Discussion between APRO regional project subcom & APS-Japan CP

January 7th- January 14th : Making the materials

January 15th- January 21th : Proofreading material

January 22nd : Submitting material to RMPO

Middle of March : Design ready & send to CP

<Implementation>

April 27th : Posted posters and description on APS-Japan FB page

April 27th - May 11th : Asked students to post their message

May 11th - May 22nd : APRO RMPO made e-booklet with messages

May 24th : Posted e-booklet to APS-Japan FB page and twitter

<Results>

FB post reached to more than 2,000 people

We could collect nearly 50 letters



Part A: Planning

Organising Team

6 Individuals

Who were involved?

Organisation's Volunteers (Executives, Committees, Coordinators, etc.), Pharmacy and/or Pharmaceutical Sciences Students

Partner Organisations, Stakeholders and Supporters

- International Pharmaceutical Students' Federation, Asia Pacific Regional Office (IPSF APRO)
- APRO Regional Project Officer (RPO) and her subcommittee
- APRO Regional Media and Publication Officer (RMPO) and his subcommittee
- APS-Japan Contact Persons

Audience Reached

50 Individuals

Target Audience

Pharmacy and/or Pharmaceutical Sciences Students, Healthcare Students, Society

Aims of the Activity

This campaign was aimed to encourage people to share and learn about the the definition, the symptoms, the important facts, and also things we could do to help people with depression.

After they have learned, we asked to write letters for people who are suffering from depression because the campaign was also aimed to give encouragement to them and to make them feel loved and positive vibes. We also wanted to tell the participants that our messages can encourage them a lot though it seems really small.

Plan of procedure of the Activity

<Timeline>

January 4th : Had a discussion between APRO Regional Project subcom and APS-Japan CP

January 7th : Made the materials

January 15th- January 21st : Proofread the materials



January 22nd : Submitted the materials to RMPO
Middle of March : Received materials from RP subcom
April 27th : Posted posters and description on APS-Japan FB page, Launched the campaign
April 27th-May 11th : Asked students to post their message
May 11th- May 22nd : APRO RMPO made an e-booklet with the messages
May 24th : Posted e-booklet to APS-Japan FB page and twitter

<Advertisement>

We used

- APS-Japan FB page
- IPSF APRO FB page
- IPSF APRO twitter

to let them know about this campaign.

<Materials>

- Posters about depression
- Letter template



Part B: Report

Statistics

Theoretical Hours 15 days

Practical Hours 15 days

Organization of Activity

<Materials>

- Posters to educate the students/society about depression



- Letter template to write the messages on to encourage the people suffering from depression





- E-booklet with the letters participants wrote.

[E-booklet](#) is here!

<The way to join the campaign>

1. Download the letter template and write a message for those patients who are suffering from depression
2. Nominate at least 3 more friends to join in the campaign
3. Upload it on their own social medias with tags #SayOkay, #apsjapan_countrycampaign and #ipsfapro

Implementation

Campaign was held from April 27th to May 11th

Results/Outcomes of the Activity

- More than 2,000 people saw the posters about depression on FB.
- Nearly 50 students wrote their letters and posted.
 - We got participants not only from Asia Pacific region but also from outside of Asia Pacific Region

Evaluation of the Activity

We should have encouraged the participants more that they don't need to write messages in English but they can write in their mother language in order to get more and more participants. This is because it takes much time for some students to write letters in non-mother language.

What should be avoided or carefully prevented:

As APS-Japan Contact Person mandate changes in April, it took time to implement the campaign though all preparation had finished. In case of that, detailed handover is needed.

Final remarks

This campaign could encourage the people suffering from depression for sure. The words "okay" might seem small but it's really a powerful thing to say. I believe our voices reach to many people and encourage them. At the same time, IPSF members could learn what kind of words we should give to them and how

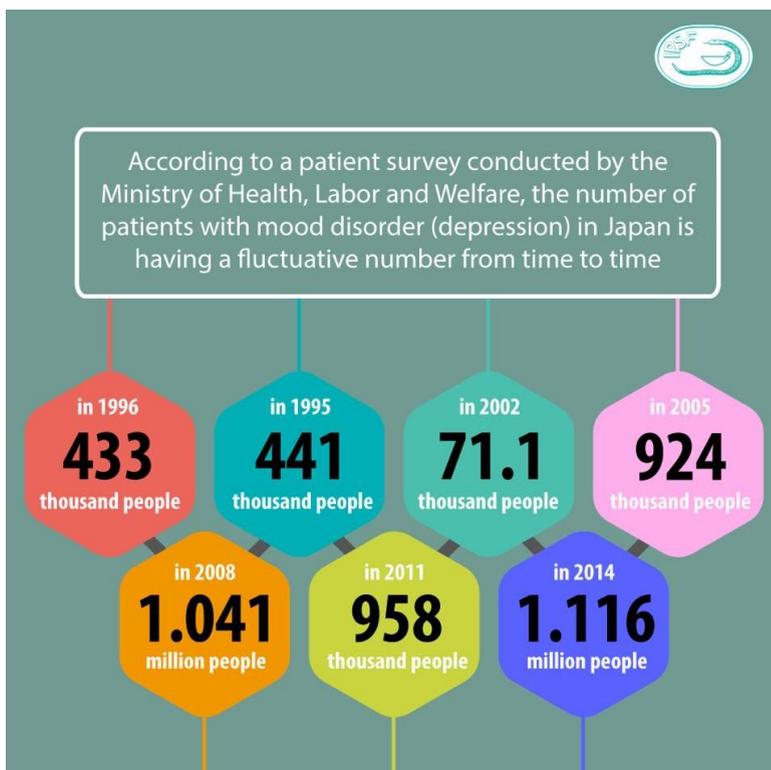


important it is to cheer them up by words.

I think APS-Japan members could learn how to hold and spread the public health campaign on social medias. Unfortunately, online public health campaign hasn't been popular in our association but many of our members got involved in this time. I hope many more Japanese members get active in this kind of campaign in the future.

As a representative of APS-Japan, I thank APRO RWG, subcommittees and all participants for your support.

Annexes





Bipolar Affective Disorder



This type of depression typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated or irritable mood, over-activity, pressure of speech, inflated self-esteem and a decreased need for sleep.

Recurrent Depressive Disorder



This disorder involves repeated depressive episodes. During these episodes, the person experiences depressed mood, loss of interest and enjoyment, and reduced energy leading to diminished activity for at least two weeks. Many people with depression also suffer from anxiety symptoms, disturbed sleep and appetite and may have feelings of guilt or low self-worth, poor concentration and even medically unexplained symptoms.



What's treatment for Depression?

- Psychological treatments (such as behavioural activation, cognitive behavioural therapy [CBT], and interpersonal psychotherapy [IPT])
- Antidepressant medication (such as selective serotonin reuptake inhibitors [SSRIs] and tricyclic antidepressants [TCAs]). Antidepressants can be an effective form of treatment for moderate-severe depression but are not the first line of treatment for cases of mild depression. They should not be used for treating depression in children and are not the first line of treatment in adolescents, among whom they should be used with caution.
- Psychosocial treatments are also effective for mild depression.



Type and Symptoms

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe. A key distinction is also made between depression in people who have or do not have a history of manic episodes. Both types of depression can be chronic (i.e. over an extended period of time) with relapses, especially if they go untreated.