



**Area of Impact: Health**  
**Specialty: Mental Health**

Depression is a universal phenomenon. It is a mental disorder characterized by a lowered emotional state, loss of energy, low self-esteem and decreased interest in normally pleasurable events. It involves diminished functioning in social, work-related and educational activities. In Chile, a nationwide study by the Ministry of Health (2011) revealed that 17.2% of the general population had experienced depressive symptoms during the previous year, while 21.67% indicated that they had received a diagnosis of depression at least once in their life.

The Millennium Institute for Depression and Personality Research (MIDAP) is a scientific center comprised by psychologists, psychiatrists, and social science and health professionals, all of whom seek to generate knowledge based on a multidimensional view of depression in interaction with personality, in order to maximize the effectiveness of interventions by identifying the agents and mechanisms of change involved in prevention, psychotherapy, and rehabilitation.

MIDAP employs a multidimensional approach that taps into the skills of a group of scientists in order to generate an empirical model of the etiology, prevention, intervention, and rehabilitation of depression. This model addresses the relationship between depression and personality, along with the multiple dimensions of human functioning that have been empirically linked to this disease.



MAIN ACHIEVEMENTS

- Two types of profiles were analyzed: introjective and anaclitic. This study revealed that depending on personality types, both profiles react differently to treatments. This opens the door to resolve what kind of therapy is most effective in each case.
- Conclusion of the pilot phase of the ASCENSO project (Support, Monitoring and Disease Care drawing from Operating Systems), an online platform for monitoring patients who have been discharged from a depression treatment. Also in the realm of communication technologies and information usage, a pilot study was launched to accompany patients in posttraumatic stress treatment.

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## RESEARCHERS

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## RESEARCH TOPICS

- Structures and basic bio-psycho-social processes.
- Health promotion and psychosocial prevention.
- Psychotherapeutic intervention and processes of change.
- Rehabilitation and reintegration.

## NOTED OUTREACH ACTIVITIES

- **Development of psycho-educational videos about teen depression and emotional regulation** that are being transmitted in the waiting rooms of 30 hospitals within the Metropolitana region and soon to be exhibited in other regions of the country. This was achieved thanks to an agreement between MIDAP and the Ministry of Health.
- **More than 500 education professionals** from different regions of the country, **trained** in the subject of prevention of depression in adolescents.
- **Execution of the workshop "I Feel Good, My Baby Too"** in which officers of the prison service Gendarmería de Chile were trained in order to grasp knowledge and techniques to reduce symptoms of depression in mothers by creating a space of protection and reflection, giving pregnant women the power to recognize their emotions, thoughts and behaviors.
- **Successful season of "Scientific Coffee Breaks about Depression and Personality"**, that counted with the assistance of over 170 people. The objective of the activity was to raise awareness among participants about the problems that depression can generate in the different areas of a person's life and knock down the myths that still surround this illness and its treatments.
- **Relevant presence in the main media outlets of Chile.** There was presence on radio shows, in television, newspapers of widespread circulation within the national territory and electronic mediums through interviews with associate researchers, young and postdoctoral researchers, in their role of experts in topics related to mental health.

 **PRODUCTIVITY PUBLICATIONS  
(BETWEEN 2014-2016)**  
ISI: 21

 **ACTIVE MILLENNIUM INSTITUTE  
From 2014 to 2024**  
**Formerly: Millennium Nucleus Center in  
Psychological Intervention and Change in  
Depression**

The Millennium Institutes have a duration of 10 years, subject to an evaluation halfway through the period.

 **PRESENCE  
METROPOLITANA REGION  
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## HOST INSTITUTIONS:

