



**Australian Government**  
**Refugee Review Tribunal**

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# Country Advice

## China

China – CHN39148 – Mental Health –  
Depression – CCTV Model Contest

1 September 2011

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**1. Please provide general information on how depression was treated in 2005/2006 in Fuqing City, Fujian Province. How does the medical system operate?**

No information was found which deals specifically with the treatment of depression, or other mental illnesses, in either the city of Fuqing or the province of Fujian in 2005/2006. Information was found, however, on the mental health system in China in 2005/2006 and, in particular, the treatment of depression.

According to a 2010 article in the *Journal of Clinical Psychiatry* (JCP), few people with depression seek treatment in China, with depression often denied or somatised by patients.<sup>1</sup> The relatively low treatment rate has been explained sociologically. Reports indicate that people with depression have been stigmatised, with mental illness interpreted as a threat to social cohesion.<sup>2</sup> An epidemiological survey of 16,577 people with a mental illness across five locations in China from 2001-2005, published in *The Lancet* in 2009, found that, of the 2,657 people diagnosed with a mood disorder, 91.7 per cent had never sought help.<sup>3</sup>

There was, in 2005/2006, no national legislation dealing specifically with mental health, or with the rights of those with a mental illness.<sup>4</sup> Moreover, *The Chinese Guideline for Prevention and Treatment of Mental Disorders: Depressive Disorder* (the Guidelines) was not published until 2007. Instead, the diagnosis of depressive disorders could have been made using the third edition of the *Chinese Classification of Mental Disorders* (the Classification), published in 2002,<sup>5</sup> or the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), published in 1994.<sup>6</sup> It has been pointed out, however, that, owing to

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<sup>1</sup> Zhang, M. 2010, 'Major Depressive Disorder Treatment Guidelines in China' *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, p.1 <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

<sup>2</sup> For a brief history of mental health care in China, including the stigmatization of mental illness, see Park et al. 2005, 'Mental Health Care in China: Recent Changes and Future Challenges', *Harvard Health Policy Review* Vol.6, No.2, pp.35-37 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011; for an older analysis see: Zhang, D. 1995, 'Depression and Culture – A Chinese Perspective', *Canadian Journal of Counselling* Vol.29 No.3 227-233 <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc/article/view/45/910> - Accessed 30 August 2011

<sup>3</sup> Phillips et al. 2009, 'Prevalence, Treatment, and Associated Disability of Mental Disorders in four provinces in China during 2001-05: an Epidemiological Survey', *The Lancet* Vol.373, Issue 9680, 2041-2053, esp. Table 5, p.2049 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60660-7/fulltext#](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60660-7/fulltext#) - Accessed 30 August 2011

<sup>4</sup> The World Health Organization 2005, 'Mental Health Atlas 2005: China' p.3 [http://apps.who.int/globalatlas/predefinedReports/MentalHealth/Files/CN\\_Mental\\_Health\\_Profile.pdf](http://apps.who.int/globalatlas/predefinedReports/MentalHealth/Files/CN_Mental_Health_Profile.pdf) - Accessed 30 August 2011; Park et al. 2005, 'Mental Health Care in China: Recent Changes and Future Challenges', *Harvard Health Policy Review* Vol.6, No.2, p.42 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011

<sup>5</sup> For the Guidelines and Classification see: Zhang, M. 2010, 'Major Depressive Disorder Treatment Guidelines in China' *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, p.2 <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

<sup>6</sup> Phillips et al. 2009, 'Prevalence, Treatment, and Associated Disability of Mental Disorders in four provinces in China during 2001-05: an Epidemiological Survey', *The Lancet* Vol.373, Issue 9680, 2041-2053, esp. Table 5,

“culture-specific ways of experiencing and manifesting psychological symptoms”, the DSM-IV guide may be less useful in China than in other countries.<sup>7</sup> According to a report which cites the Classification, the diagnosis of a depressive episode required that the patient must experience a depressed mood for at least two weeks, and four of nine additional symptoms, which might include lack of energy, fatigue, sleep disturbance, or suicidal thoughts.<sup>8</sup> It should be noted however that in 2005 only 14,000 psychiatrists were registered in China, of which only 4,000 were academically trained (1.1 psychiatrists per 100,000 people according to Chinese Psychiatry Online).<sup>9</sup> Moreover, the 2009 survey, published in *The Lancet*, found that about 130 (4.9 per cent) of the 2,657 people diagnosed with a mood disorder had only sought help from non-mental health professionals, such as physicians practicing western medicine or traditional Chinese medicine, whilst only about 90 (3.4 per cent) had sought help from a mental health professional, such as a psychiatrist.<sup>10</sup> This seems to support comments made by the author of the 2010 article in the JCP, who states in a question/answer discussion at the end of the article:

Very few people seek alternative treatments for depression such as herbal treatments or acupuncture. The reason is that, in most cases, particularly when the severity of depression is mild, no treatment is sought at all. Usually, only people with severe depression seek treatment in China, and those people generally visit a medical doctor.<sup>11</sup>

Relatively low rates of diagnosis and treatment in 2005/2006 may be a function of the low level of professional training, the stigma attached to depression, and the structure of the health care system, in which most primary care services are provided in the outpatient departments of small, medium and large hospitals. Research conducted from 2004 to 2006 in Liaoning province, and published in 2008 in the *Journal of Affective Disorders*, suggests that many people who present at hospitals/medical centres are incorrectly diagnosed, and hence receive either inadequate, or no, treatment. The researchers assessed 1428 outpatients at 23 different hospitals using a standard diagnostic test (DSM-IV), of which 495 were found to be suffering a depressive disorder. The researchers found that only 19 (4 per cent) of the 495 cases had been previously diagnosed with depression and/or prescribed antidepressant treatment. According to the researchers the: “health care delivery system in Shenyang is similar to that

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p.2049 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60660-7/fulltext#](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60660-7/fulltext#) - Accessed 30 August 2011

<sup>7</sup> Phillips et al. 2009, ‘Prevalence, Treatment, and Associated Disability of Mental Disorders in four provinces in China during 2001-05: an Epidemiological Survey’, *The Lancet* Vol.373, Issue 9680, 2041-2053, esp. Table 5, p.2050 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60660-7/fulltext#](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60660-7/fulltext#) - Accessed 30 August 2011

<sup>8</sup> Zhang, M. 2010, ‘Major Depressive Disorder Treatment Guidelines in China’ *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, p.3 <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

<sup>9</sup> For the figures see Park et al. 2005, ‘Mental Health Care in China: Recent Changes and Future Challenges’, *Harvard Health Policy Review* Vol.6, No.2, p.43 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011; for proportion of psychiatrists see ‘Psychiatric Beds and Professionals’ 2005, Chinese Psychiatry Online website 22 February <http://www.21jk.com.cn/english/articlecontent.asp?articleId=27409> - Accessed 30 August 2011.

<sup>10</sup> Phillips et al. 2009, ‘Prevalence, Treatment, and Associated Disability of Mental Disorders in four provinces in China during 2001-05: an Epidemiological Survey’, *The Lancet* Vol.373, Issue 9680, 2041-2053, esp. Table 5, p.2049 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60660-7/fulltext#](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60660-7/fulltext#) - Accessed 30 August 2011.

<sup>11</sup> Zhang, M. 2010, ‘Major Depressive Disorder Treatment Guidelines in China’ *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, p.6 <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

in other parts of urban China”.<sup>12</sup> According to the 2010 article in JCP, there seemed to be a significant gap between the standards of care and actual clinical practice in China.<sup>13</sup>

Reports indicate that people diagnosed with having experienced a depressive episode could have been treated with pharmaceuticals.<sup>14</sup> In its list of therapeutic drugs used in China in 2005, The World Health Organisation included Amitriptyline and Lithium, both of which are used in the treatment of depression.<sup>15</sup> A 2006 article in the *Harvard Health Policy Review* states that in Shanghai, which had the most sophisticated mental health services, the government had introduced a policy designed to discourage the over-prescribing of pharmaceuticals.<sup>16</sup> However, the article notes that access to mental health care in 2005 was: “virtually non-existent in rural areas and accessible only to the insured/or wealthy in urban areas”.<sup>17</sup> Health insurance coverage is, moreover, low in comparison to countries like Australia. The same report states that in 2005 approximately 105 million people had health insurance in urban areas in China.<sup>18</sup> Moreover, a 2006 World Health Organisation report points out that in Hunan province, only ‘severe’ mental illness was covered by insurance.<sup>19</sup> No information was found on whether ‘depression’ was considered a ‘severe’ mental illness. Out-of-pocket cost of health care in China is considered relatively high, owing to relatively low government investment in health: in 2005 private expenditure on health accounted for 61.2 per cent of health expenditure in China, whilst government expenditure accounted for 38.8 per cent.<sup>20</sup>

### Hunan Province – A Case Study

In 2006 the WHO examined the mental health system in Hunan province.<sup>21</sup> The report found that primary health care and mental health care were not well integrated. As with China in general, Hunan province lacked appropriate legislation, with services organised, in consultation with mental health organisations, at a local level. According to the report, Hunan province had 64 outpatient centres, 36 mental hospitals (on average patients spend 42 days per stay), 15 community based psychiatric-based inpatient units (on average patients spend

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<sup>12</sup> Qin et al. 2008, ‘Prevalence and Rates of Recognition of Depressive Disorders in Internal Medicine Outpatient Departments of 23 General Hospitals in Shenyang, China’, *Journal of Affective Disorders* Vol.110, pp.46-54 <http://www.sciencedirect.com/science/article/pii/S0165032708000189> - Accessed 30 August 2011.

<sup>13</sup> Zhang, M. 2010, ‘Major Depressive Disorder Treatment Guidelines in China’ *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, pp.4f <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

<sup>14</sup> Though the article seems to conflate methods of treatment before and after 2005, see: Zhang, M. 2010, ‘Major Depressive Disorder Treatment Guidelines in China’ *Journal of Clinical Psychiatry*, Vol. 71, Supplement E1, e06, pp.3-4 <http://www.psychiatrist.com/pastppp/tocs.asp?toc=t71e01> - Accessed 30 August 2011

<sup>15</sup> The World Health Organization 2005, ‘Mental Health Atlas 2005: China’ pp.5-6 [http://apps.who.int/globalatlas/predefinedReports/MentalHealth/Files/CN\\_Mental\\_Health\\_Profile.pdf](http://apps.who.int/globalatlas/predefinedReports/MentalHealth/Files/CN_Mental_Health_Profile.pdf) - Accessed 30 August 2011. For Amitriptyline see pages 29-31, and for Lithium see pages 402-403 of: Upfal, J. 2000, *The Australian Drug Guide*, fifth edition, Bookman Press, Melbourne

<sup>16</sup> Park et al. 2005, ‘Mental Health Care in China: Recent Changes and Future Challenges’, *Harvard Health Policy Review* Vol.6, No.2, p.40 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011

<sup>17</sup> Park et al. 2005, ‘Mental Health Care in China: Recent Changes and Future Challenges’, *Harvard Health Policy Review* Vol.6, No.2, p.35 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011

<sup>18</sup> Park et al. 2005, ‘Mental Health Care in China: Recent Changes and Future Challenges’, *Harvard Health Policy Review* Vol.6, No.2, p.40 <http://www.hcs.harvard.edu/~hhpr/currentissue/park.pdf> - Accessed 30 August 2011

<sup>19</sup> The World Health Organization 2006, ‘WHO-AIMS Report on Mental Health System in Hunan Province of The People’s Republic of China’ p.5 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>20</sup> The World Health Organization 2008, *Global Health Indicators Part 2*, pp.84-86

[http://www.who.int/whosis/whostat/EN\\_WHS08\\_Table4\\_HSR.pdf](http://www.who.int/whosis/whostat/EN_WHS08_Table4_HSR.pdf) - Accessed 30 August 2011

<sup>21</sup> The World Health Organization 2006, ‘WHO-AIMS Report on Mental Health System in Hunan Province of The People’s Republic of China’ [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

28.8 days per stay), and 13 community residential facilities (on average patients spend 52 days per stay).<sup>22</sup> Concerning admissions to the out-patients units, 52 per cent were for schizophrenia, 20 per cent for neurotic disorders, 15 per cent for mood disorders (which would include depression), 4 per cent for substance abuse, 1 per cent for personality disorder, and 8 per cent for 'other'.<sup>23</sup> There were 1.4 psychiatrists per 100,000 people, and 3.2 psychiatric nurses. It should be noted, however, that the researchers were not able to collect data on the number, and proportion, of allied staff, such as psychologists and counsellors.<sup>24</sup>

The report indicates that pharmaceuticals were used in the treatment of mental illness, including depression. Pharmaceuticals for the treatment of depression used in Hunan province included Doxepin, Imipramine Hydrochloride and Maprotilin.<sup>25</sup> According to the report, these could be prescribed by doctors but not by nurses or other allied professionals, moreover, a "majority of physician based" primary health clinics "have at least one medicine of each therapeutic category", such as antidepressant, "in comparison to a few (less than 20 per cent) non physician-based primary care clinics".<sup>26</sup> The authors of the report conclude that: "primary health care and mental health care are not well integrated, and refresher trainings in mental health care for primary doctors are weak".<sup>27</sup>

## 2. Please provide any available information on the 2006 CCTV Model Contest.

The CCTV Model Contest is a televised model competition. According to a Google translation of the CCTV Model Contest website, the first series, televised in 2001, centred on fashion rather than models.<sup>28</sup> However, the series seems to have developed into a model focused competition. The 2006 CCTV Model Contest was the seventh instalment. The CCTV Model Contest is a national competition, with provincial level divisions. The official website, in Chinese, of the Fujian division of the 2006 CCTV Model Contest can be found here: [Fujian Division](#).<sup>29</sup> The official website of the 2006 CCTV Model Contest, also in Chinese, can be

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<sup>22</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' pp.10-11 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>23</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' p.14 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>24</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' p.17 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>25</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' p.8 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011. For Doxepin see pages 239-241, and for Imipramine see pages 351-353 of : Upfal, J. 2000, *The Australian Drug Guide*, fifth edition, Bookman Press, Melbourne; for Maprotilin see: 'Maprotiline' 2011, Wikipedia, 26 August <http://en.wikipedia.org/wiki/Maprotiline> - Accessed 30 August 2011

<sup>26</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' p.17 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>27</sup> The World Health Organization 2006, 'WHO-AIMS Report on Mental Health System in Hunan Province of The People's Republic of China' p.23 [http://www.who.int/mental\\_health/china\\_hunan\\_who\\_aims\\_report.pdf](http://www.who.int/mental_health/china_hunan_who_aims_report.pdf) - Accessed 30 August 2011

<sup>28</sup> '第一届中国服装设计电视大赛活动介绍' (First Chinese TV fashion design contest Activities) 2001, CCTV website (in Chinese) <http://www.cctv.com/life/fushi/huodong.html> - <http://translate.google.com/translate?hl=en&sl=auto&tl=en&u=http%3A%2F%2Fwww.cctv.com%2Ffinancial%2Fspecial%2FC15551%2F01%2Findex.shtml> - Accessed 31 August 2011

<sup>29</sup> 'Fujian Division 2006 CCTV Model Contest' 2006, CCTV website <http://www.cctv.com/financial/special/C15551/03/01/02/index.shtml> - Accessed 31 August 2011

found here: [2006 CCTV Model Contest](#).<sup>30</sup> According to a Google translation of the registration notice on the Fujian Division website, the Fujian Division was located in 2006 on Level 28, Jinyuan Plaza, 68 Fujian Quanta Road, Fuzhou.<sup>31</sup>

The following is a Google translation of the 2006 CCTV Model Contest registration notice:

Seventh CCTV model contest is sponsored by the national China Central Television contest. Those who love the model-based talent show and has a capacity of professional or non-professionals can be competed. Competition will be sea-election, qualification trials, elimination, qualifying game in four phases. Entrants in Tianjin, Shenyang, Shijiazhuang, Wuhan, Hangzhou, Fuzhou, Nanning, Urumqi, Lanzhou nine regions competed.

#### **First, the application conditions**

- 1, love the model shows, with a base talent.
- 2, fluent in Mandarin.
- 3, the law and no criminal record.
- 4, participants must be 18 years of age.<sup>32</sup>

A Google translation of the registration notice for the sixth CCTV Model Contest (2005), suggests that the competition is designed to serve the ideological interests of the Chinese Government:

The Sixth television CCTV model contest is sponsored by the national CCTV model contest. Competition aims to strengthen the socialist spiritual civilization, to establish public opinion is indeed; to show the new century, China's youth a positive, healthy, progressive spirit and youthful charm; model selection and promotion of good talent to promote the internationalization process of Chinese models.<sup>33</sup>

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<sup>30</sup> '2006 CCTV Model Contest Fujian Division website' 2006, CCTV website (in Chinese)

<http://www.cctv.com/financial/special/C15551/01/index.shtml> - <http://translate.google.com/translate?sourceid=navclient&hl=en&u=http%3a%2f%2fwww%2ecctv%2ecom%2ffinancial%2fspecial%2fC15551%2f01%2findex%2eshtml> - Accessed 31 August 2011

<sup>31</sup> '地点：福建省福州市广达路68号金源广场28层 福建电视台经济生活频道'(Location: Fuzhou, Fujian Quanta Road 68, Jinyuan Plaza, 28th Floor, Fujian TV channels of economic life) 2006, CCTV website (in Chinese) -

<http://www.cctv.com/financial/special/C15551/07/index.shtml> - <http://translate.google.com/translate?sourceid=navclient&hl=en&u=http%3a%2f%2fwww%2ecctv%2ecom%2ffinancial%2fspecial%2fC15551%2f07%2findex%2eshtml> - Accessed 31 August 2011. Please note: Google translations can often be poor and contain errors – as such they give only a rough indication of the contents of a document. For any further reliance on this information, a professional translation should be obtained.

<sup>32</sup> '2006《第七届CCTV模特电视大赛》报名启事'(2006 "Seventh television CCTV model contest" entry notice) 2006, CCTV website (in Chinese) <http://www.cctv.com/financial/special/C15551/07/index.shtml> -

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<sup>33</sup> '第六届CCTV模特电视大赛报名启事'(Sixth Television CCTV Model Contest Entry Notice) 2005, CCTV Website (in Chinese) <http://www.cctv.com/financial/special/C15551/01/index.shtml> -

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‘地点：福建省福州市广达路68号金源广场28层 福建电视台经济生活频道’(Location: Fuzhou, Fujian Quanta Road 68, Jinyuan Plaza, 28th Floor, Fujian TV channels of economic life) 2006, CCTV website (in Chinese) –

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‘第六届CCTV模特电视大赛报名启事’ (Sixth Television CCTV Model Contest Entry Notice) 2005, CCTV Website (in Chinese) <http://www.cctv.com/financial/special/C15551/01/index.shtml>

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<http://translate.google.com/translate?sourceid=navclient&hl=en&u=http%3a%2f%2fwww%2ecctv%2ecom%2ffinancial%2fspecial%2fC15551%2f01%2findex%2eshtml> – Accessed 31 August 2011 .

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