

Depression

More than a bad mood



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What is Depression?

- Depression is an illness that affects your thoughts, feelings, behavior and overall health.
- You feel sad or down for long periods of time
- It can even have physical affects on your body

What it is like to be depressed ?

- “A depressed person can feel hopeless, helpless and worst of all alone” (Ayer, 1997)
- People suffering from depression always feel they’ve done something wrong when things go bad
- Many times people with depression become irritable and upset at small things

Depression vs. sadness

- Sadness-the feeling of sorrow or unhappiness
- Sadness and depression have similar reactions except for depression lasts longer than sadness
- Depression can affect someone's mood , cause them to feel drained and cause someone to feel down for weeks/months
- Sadness doesn't last very long , it last long for few hours or minutes

Are you depressed?

- This is part of the depression quiz.
- You can use this quiz to track your depression if you are already suffering
- You can also take this quiz to determine whether you need help from mental health professional for treatment and diagnosis purposes

Are you basically satisfied with your life?	yes	NO
Have you dropped many of your activities and interests?	YES	no
Do you feel that your life is empty?	YES	no
Do you often get bored?	YES	no
Are you in good spirits most of the time?	yes	NO
Are you afraid that something bad is going to happen to you?	YES	no
Do you feel happy most of the time?	yes	NO
Do you often feel helpless?	YES	no
Do you prefer to stay at home, rather than going out and doing new things?	YES	no
Do you feel like you have more problems with memory than most?	YES	no
Do you think it is wonderful to be alive now?	yes	NO
Do you feel pretty worthless the way you are now?	YES	no
Do you feel full of energy?	yes	NO
Do you feel that your situation is hopeless?	YES	no
Do you think that most people are better off than you are?	YES	no

Who Gets Depressed

- Mental health professionals used to believe that depression was an adult's disorder.
- In fact depression can affect anyone from infants to teens to adults.

Depression Statistics

- 15 percent of those 10-25 percent of women and 5-12 percent of men will likely become depressed in their life
- One of eight women will develop depression but only one in three women will seek care
- With severe depression people will commit suicide
- 70 percent of antidepressant prescriptions are given with misdiagnosis
- Major depression occurs most often in the mid to late 20's
- Depression occurs most frequently in women 25-44 years of age.
- (Statistics, 2003)

What causes Depression?

- Family History
 - Having a family members who has depression may increase a person's risk
 - Imbalances of certain chemicals in the brain may lead to depression

➤ Major Life Changes

Positive or negative events can trigger depression. Examples include the death of a loved one or a promotion.

Major Illnesses such as heart attack, stroke or cancer may trigger depression.





- Certain medications used alone or in combination can cause side effects much like the symptoms of depression.
- Use of Alcohol or other Drugs can lead to or worsen depression.
- Depression can also occur for no apparent reason

Symptoms of Depression

- Vary from person to person
- 2 key signs are loss of interest in things you like to do and sadness or irritability



Additional Signs include:

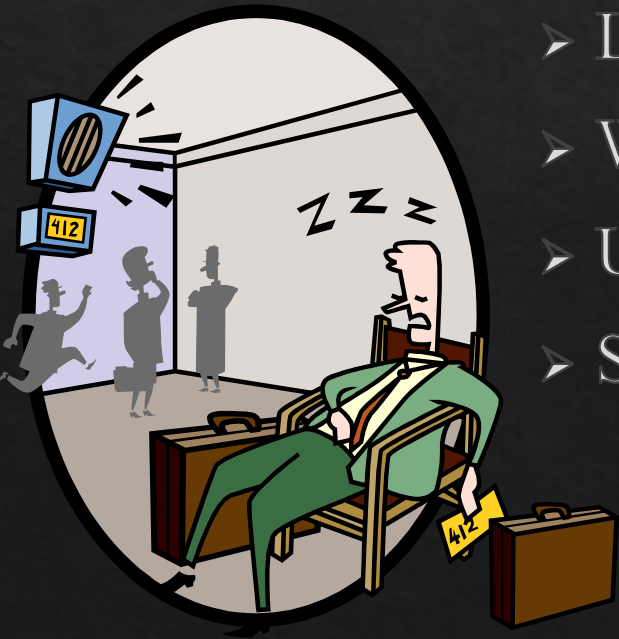
- Changes in feelings which may include:
 - Feeling empty
 - Inability to enjoy anything
 - Hopelessness
 - Loss of sexual desire
 - Loss of warm feelings for family or friends
 - Feelings of self blame or guilt
 - Loss of self esteem
 - Inexplicable crying spells, sadness or irritability

Changes in behavior and attitude

- These may include:
 - General slowing down
 - Neglect of responsibilities and appearance
 - Poor memory
 - Inability to concentrate
 - Suicidal thoughts, feelings or behaviors
 - Difficulty making decisions

Physical Complaints

- **These may include:**
 - Sleep disturbances such as early morning waking, sleeping too much or insomnia
 - Lack of energy
 - Loss of appetite
 - Weight loss or gain
 - Unexplained headaches or backaches
 - Stomachaches, indigestion or changes in bowel habits



Psychological Theories regarding Depression

➤ Psychoanalytic theory

Psychoanalytic psychologists see psychological problems as rooted in the unconscious mind.

Manifest symptoms are caused by latent (hidden) disturbances.

Depression may be treated with a psychoanalytic approach

Psychoanalysts relate depression back to the loss every child experiences

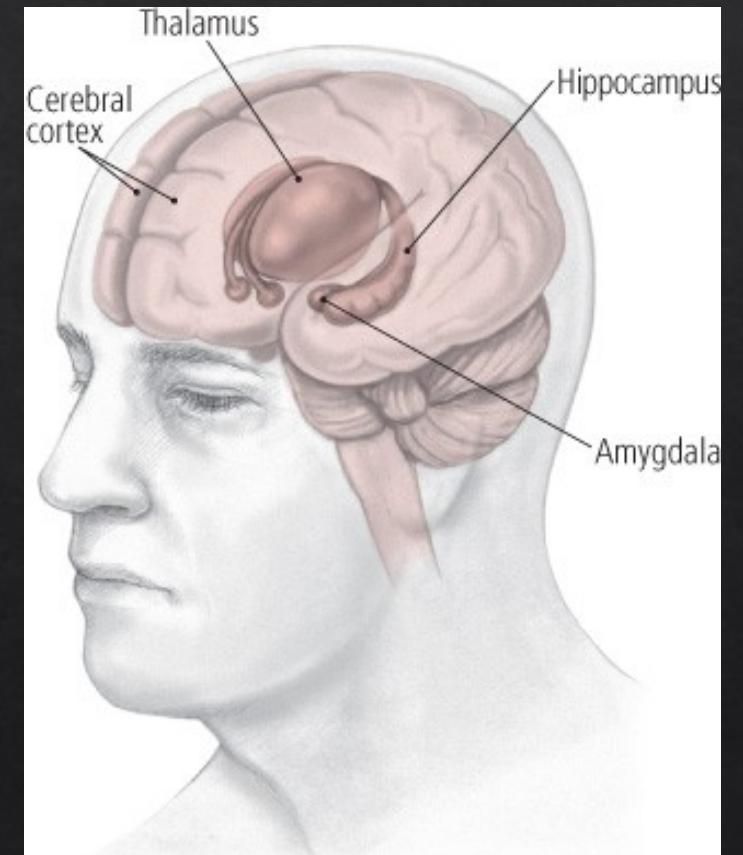
Inability to come to terms with childhood experiences may cause for a person to prone for depression in later life

Psychological theories cont.

- Learning theories

Depression in the brain

- Increased emotion in left brain in Amygdala and right hemisphere of frontal cortex
- Decreased activity in right hemisphere of amygdala and left hemisphere of frontal cortex
- Less neurotransmitters in the frontal lobe and amygdala shown to lead depression , based on imbalances in neurotransmitters

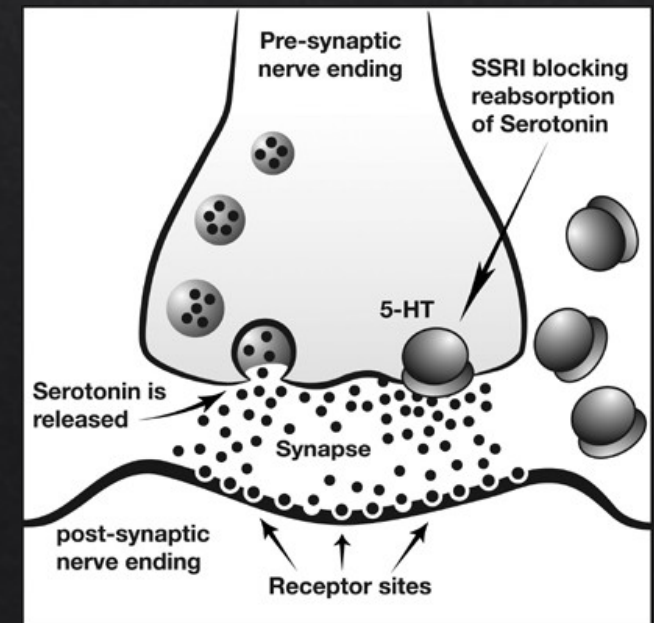


Depression in the brain cont.

- Depression is hereditary-if depression runs in your family you have greater risk of getting depression
- Often massive shrinkages in the hippocampus which controls stress level, is visible. Less ability to control stress is linked to depression
- In the clinical depression, frontal lobes are affected where emotions and reasoning are involved which can trigger depression

Serotonin

- Serotonin is chemical neurotransmitter that transmit signals in the brain
- Imbalance in serotonin can influence mood and emotion
- Doctors have placed great emphasis on researching Serotonin and its relationship to depression
- Problems in the brain with low levels of serotonin: the brain being unable to receive serotonin or shortage of serotonin in the brain are being linked to depression and its symptoms



Types of Depressive Disorders

- Adjustment Disorder;
- Dysthymic Disorder;
- Bipolar Disorder;
- Cyclothymic Disorder;
- Major Depressive Disorder

Adjustment Disorders

- Usually in response to an identifiable stressor;
- In men & women, prevalence is 5-20%, condition is short-term & generally treated with talking therapy;
- Continuing stressors may lengthen the persistence of the adjustment disorder.

Dysthymic Disorder

- Chronically depressed mood that is present most of the time for at least 2 years in adults and 1 year in children;
- Dysthymia affects 6% of the population, esp. women;
- Depressed feeling is experienced as “normal”
- Untreated dysthymia and its stressors may precipitate an episode of major depression.

Bipolar Disorder

- Mood instability which alternates between bouts of depression and episodes of mania;
- Condition often begins in adolescence;
- Manic episode: racing thoughts, overconfidence, talks excessively, spending binges, exaggerated or delusional ideas about abilities.
- People often experience a manic episode as a relief from depression.

Cyclothymic Disorder

- A mild form of bi-polar disorder;
- Does not include psychotic thought processes;
- Treatment may include psychotherapy and medication.

Major Depression

- A serious health problem characterized by 1+ major depressive episodes;
- Females carry more risk factors for depression & worry more about body image, rejection & relationship difficulties; females are also vulnerable to hormonally related mood fluctuations throughout the reproductive life cycle for which there is great stigma.

Major Depression in Women

- Twice as many woman as men
- During extreme hormonal shifts
- Early puberty
- 22% incidence in ages 20-45
- Premenopausal symptom
- Pregnancy –especially around week 32
- Post partum ; 2wks- 3 months

Major Depression in Men

- Commonly occurs with attempts to self-medicate with alcohol, drugs, food, gambling or sex;
- Men often do not experience these behaviors as signs of depression and have more reluctance to ask for professional help.
- Depression may be precipitated by loss of ability to function in an important or especially valued area of life.

Depression & Life Changes

- Even happy & eagerly anticipated events (birth of a baby, retirement, new job, etc.) can precipitate a mild depression;
- The chronicity of other stressors can have a profound impact on a at-risk individual (caring for an aging parent, aftermath of divorce, job lay-off, problematic family issues)

Treatments

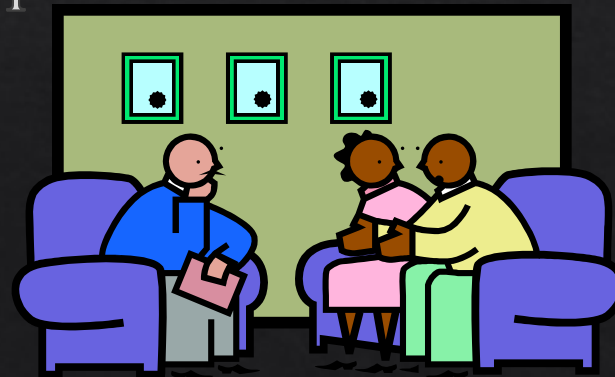


Types of Treatments

- Non-drug therapy
 - psychotherapy
 - phototherapy
 - electroconvulsive therapy
- Pharmacotherapy(medication)

Psychotherapy

- This can help many depressed people understand themselves and cope with their problems. There are different kinds of therapies which use to treat depression.
- During psychotherapy, a person with depression talks to a trained mental health care professional who helps him or her identify and work through the factors that cause depression.



How Does Psychotherapy Help Depression?

- Understand the behaviors, emotions, and ideas that contribute to his or her depression.
- Understand and identify the life problems or events -- like a major illness, a death in the family & help them understand, which aspects of those problems they may be able to solve or improve.
- Regain a sense of control and pleasure in life.
- Learn coping techniques and problem-solving skills.

Factors that appear to be related to the response to psychotherapy

- Age at onset of depression
- Severity of depression
- Presence of comorbid psychiatric disorders (eg, anxiety, dysthymia, substance abuse)
- Available support
- Family conflict

Factors cont.

- Socioeconomic status
- Quality of treatment
- Exposure to stressful life events
- Therapist's expertise
- Motivation of both patient and therapist.

Types of Psychotherapy

- **Individual:** This therapy involves only the patient and the therapist.
- **Group:** 2 or more patients may participate in therapy at the same time. Patients are able to share experiences and learn that others feel the same way, and have had the same experiences.
- **Marital/couples:** This type of therapy helps spouses and partners understand why their loved one has depression, what changes in communication and behaviors can help, and what they can do to cope.
- **Family:** Because family is a key part of the team that helps people with depression get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.

Approaches to psychotherapy

➤ Cognitive-behavioral therapy (CBT)

Main assumption is that a person's mood is directly related to his or her patterns of thought.

Therapists who practice CBT aim to help their patients change patterns of behavior that come from dysfunctional thinking

CBT is based on two specific tasks: cognitive restructuring and it focuses on current immediate present

CBT focuses on specific problems

CBT is goal oriented

Cognitive behavioural therapy cont.

- ◇ CBT employs multiple strategies
- ◇ CBT is time limited
- ◇ The approach of CBT is educational

Interpersonal psychotherapy

- ◆ IPT, is a short-term, limited-focus treatment for depression
- ◆ Interpersonal therapy is a manual-based treatment
- ◆ Originally developed to treat depression in adults, it has been shown to be effective in treating adolescent depression
- ◆ The immediate goals of treatment are rapid symptom reduction and improved social adjustment
- ◆ The long-term goal is to enable people with depression to make their own needed adjustments.
- ◆ In this therapy, the therapist focuses on identifiable problems in how an individual interacts with or doesn't interact with others
- ◆ The therapist works collaboratively with the patient to identify one or two significant problems in his interactions

Mindfulness-based cognitive therapy (MBCT)

Mindfulness helps to minimize symptoms of depression

These symptoms include distorted thinking, difficulty in concentration and forgetfulness.

MBCT is a group therapy that combines mindfulness principles with cognitive therapy to help prevent relapse in depression

It's based on mindfulness-based stress reduction which includes mindfulness tools, such as meditation, a body scan and hatha yoga.

MBCT teaches individuals to detach from distorted and negative thinking pattern

Mindfulness meditation is a part of the therapy which develops attention and concentration

Psychodynamic therapy

Psychodynamic therapy is designed to help patients explore the full range of their emotions, including feelings they may not be aware of.

Psychodynamic therapy, grew out of the theories and practices of Freudian psychoanalysis
psychodynamic therapy helps people understand how their behavior and mood are affected by unresolved issues and unconscious feelings.

Psychodynamic therapy is less intense. Sessions usually occur once a week and are typically 50 minutes each

In the therapy, the patient is encouraged to talk freely about whatever happens to be on his or her mind

psychodynamic therapy is not necessarily time-limited treatment

Supportive psychotherapy

This integrates psychodynamic, cognitive-behavioural and interpersonal techniques

This therapy treats depression by improving self-esteem, psychological functioning, and adaptive skills

It also provides the patient with a calm environment by offering advice, attention, and sympathy

Electroconvulsive therapy

Electroconvulsive therapy (ECT) is a procedure in which electric currents are passed through the brain

ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses

It may be an effective treatment in someone who is suicidal

ECT is used to treat:

Severe depression, particularly when accompanied by detachment from reality (psychosis), a desire to commit suicide or refusal to eat.

Treatment-resistant depression, a severe depression that doesn't improve with medications or other treatments.

ECT may be a good treatment option when medications aren't tolerated or other forms of therapy haven't worked

Medications to Treat Depression

- Depression is highly treatable, but some people may become impatient with the process (high expectations, intolerance of side effects)
- Different “generations” of anti-depressant medications may be used
- Individual variability from person-to-person;
- Psychiatrist strives to use the dose, while minimizing side effects.

Drugs used for the treatment of depression

- **Tricyclic antidepressants (TCAs)**

The first antidepressants used to treat depression

They primarily affect the levels of two chemical messengers (neurotransmitters), norepinephrine and serotonin, in the brain.

- **Monoamine oxidase inhibitors (MAOIs)**

This is also early form of antidepressant.

These drugs are most effective in people with depression who do not respond to other treatments

Drugs cont.

- **Selective serotonin reuptake inhibitors (SSRIs)**

a newer form of antidepressant

These drugs work by altering the amount of a chemical in the brain called serotonin

- **Serotonin and norepinephrine reuptake inhibitors (SNRIs)**

another newer form of antidepressant medicine

They treat depression by increasing availability of the brain chemicals serotonin and norepinephrine.

Prevention Tips

- Regular exercise
- Balance diet
- Avoid alcohol and drug usage
- Healthy sleep patterns
- Stress management
- Social support



Thank you

References

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