

Lecture#7

Depression

Causes, Symptoms, Management

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Outline for Discussion

- Introduction of Mental Disorders
- Depression: Signs and Symptoms
- Types of Depression
- Causes of Depression
- Assessment and Treatment

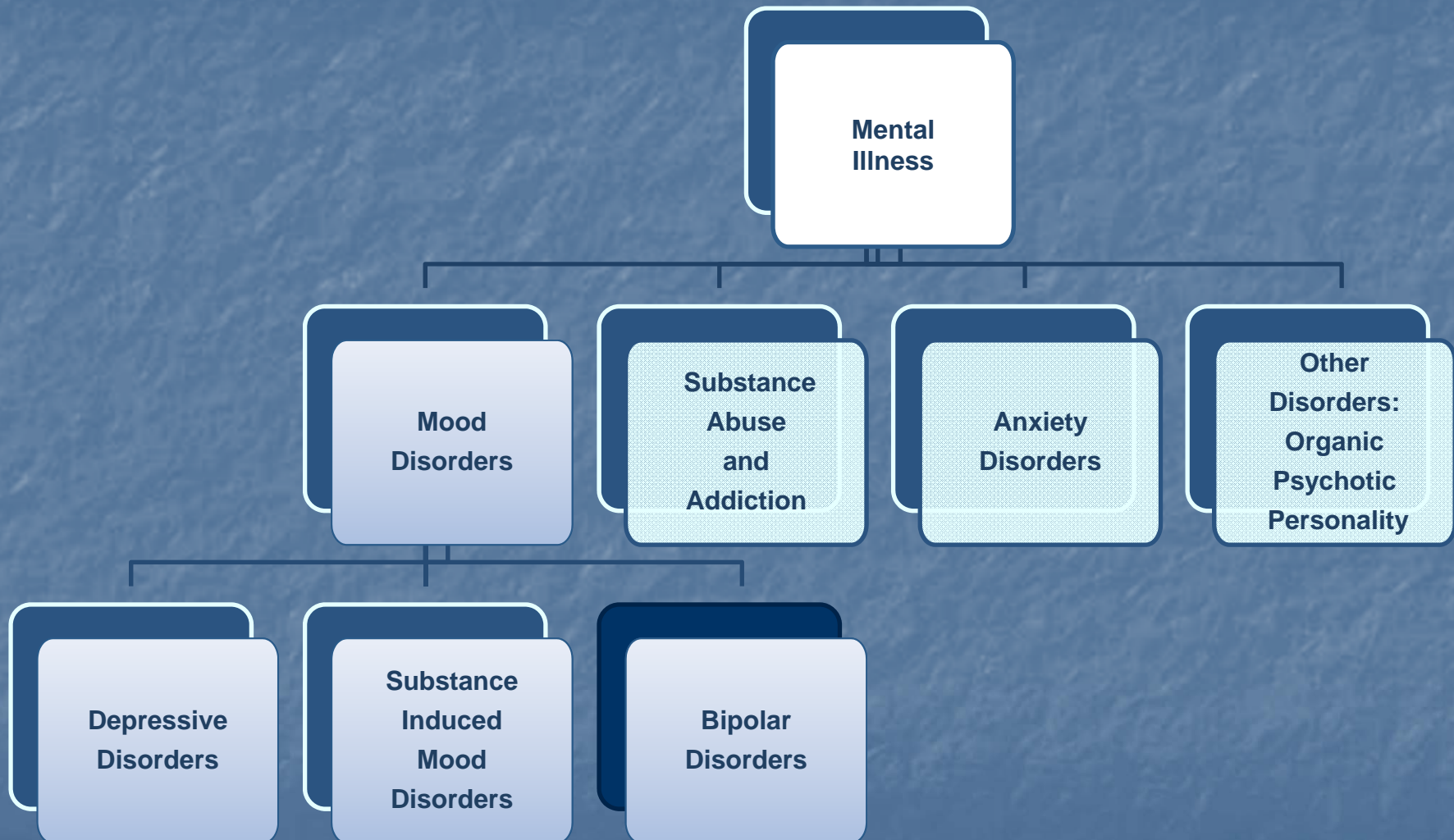
Mental Disorders: Definition

- “A clinically significant behavioral or psychological syndrome or pattern that occurs in an individual,...is associated with present distress...or disability...or with a significant increased risk of suffering" (APA, 1994 and 2000).

Mental Disorders: DSM & ICD Classification

- Diagnostic statistical manual of mental disorders (DSM) by APA
- The International classification Of Diseases (ICD), by WHO

Mental Disorders: DSM Classification



Mental Disorders: The Five Axes of the DSM-IV

- Axis I Clinical syndromes (primary diagnosis)
- Axis II Personality disorders (retardation)
- Axis III General medical condition (effect the mind)
- Axis IV Psychosocial & environmental problems.
(Stressful events)
- Axis V global assessment functioning (How well the patient performed during the previous year)

DSM-IV-TR (2000)

Mental Disorders: Diagnosis

- **Diagnosis** is the process of identifying a disease and allocating it to a category on the basis of symptoms and signs.
- *Example of diagnosis (Patient: Jacob Walker)*
 - Axis I: Major depressive Disorder
 - Axis II: Narcissistic Personality Disorder
 - Axis III: Poor liver functioning, migraine headaches.
 - Axis IV: Physical abuse, financial problems
 - Axis V: 55

Mental Disorders:

Diagnostic Assessment Procedures

- Clinical History
- Mental Status Examination
- Objective tests e.g. BPRS
- Subjective tests e.g. BASIS-24
- Lab tests e.g. Blood tests, CAT scan
- Collateral information

Depression

- Historically, depression has been viewed as the result of...
 - Flawed character or weakness
 - Bad parenting
 - Demonic possession



Depression: A Common Mental Health Problem



- Depression affects 30 to 40 million Americans
- 8% of the population affected by depression
- 4% develop serious depression annually
- Women experience depression about twice as often as men
- By 2020, depression will be the 2nd most common health problem world wide

Depression and Suicide: A Common Mental Health Problem

- 90% of people who kill themselves have depression or substance abuse
- 29,350 people committed suicides in 2010
- 3rd leading cause of death among 15- to 24-year-olds



Signs and Symptoms

- Depressed mood
- Loss of pleasure
- Change in sleep or appetite
- Psychomotor retardation/agitation or less energy
- Worthlessness or inability to concentrate
- Thoughts of death

At least 5 of the above symptoms must be present for at least 2 weeks

Symptoms of *depressive mood* or *loss of pleasure* must be present for clinical depression

Signs and Symptoms of Depression

Physical

- pains, headache
- Sleep disturbances
- Fatigue
- change in appetite

Behavioral

- Slowing down
- Neglect

Cognitive

- Poor memory
- Inability to concentrate
- Suicidal thoughts
Difficulty making decisions

Emotional

- Sadness
- Loss of interest/pleasure
- Overwhelmed
- Anxiety
- Guilt

Types of Depression

1. Major Depression
2. Dysthymia
3. Bipolar Disorder
4. Seasonal Affective Disorder (SAD)

Types of Depression:

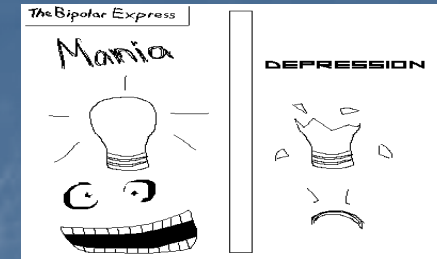
1- Major Depression

- Sudden onset
- Interferes with normal functioning
- Continues for months or years
- Occurs in episodes

Types of Depression: **Dysthymia**

- Depressed most of the day (At least 2 years)
- Function fairly well on a daily basis
- Presence of at least two of the following
 - Poor appetite or overeating
 - Sleep disturbance
 - Low energy or fatigue
 - Low self esteem
 - Poor concentration
 - Feelings of hopelessness

Types of Depression: Bipolar Disorder

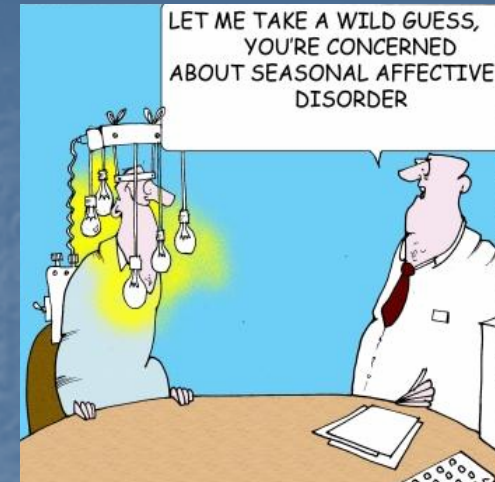


- Presentation of symptoms: Manic, Depressed or Mixed
- Alternate between periods of depression and mania

Manic Episode	Depressive Episode
<ul style="list-style-type: none"> • Less need for sleep • Overconfidence • Racing thoughts • Reckless behavior, • Excessive pleasurable activities • Increased energy, inflated self esteem • More talkative than usual, Flight of ideas 	<ul style="list-style-type: none"> • Sadness and or making decisions • Eating problems, fatigue • Sleeping disturbance • Feeling worthless, hopeless, or guilty • Loss of pleasure and self-esteem • Thoughts of death and suicide • Pulling away from friends

Types of Depression: Seasonal Affective Disorder

- Results from changes in season
- Typically begins in fall or winter
 - Due to decrease in sunlight
- Symptoms :
 - Increased appetite with weight gain
 - Increased sleep and daytime sleepiness
 - Less energy in the afternoon
 - Loss of interest in work
 - Slow, sluggish, lethargic movement

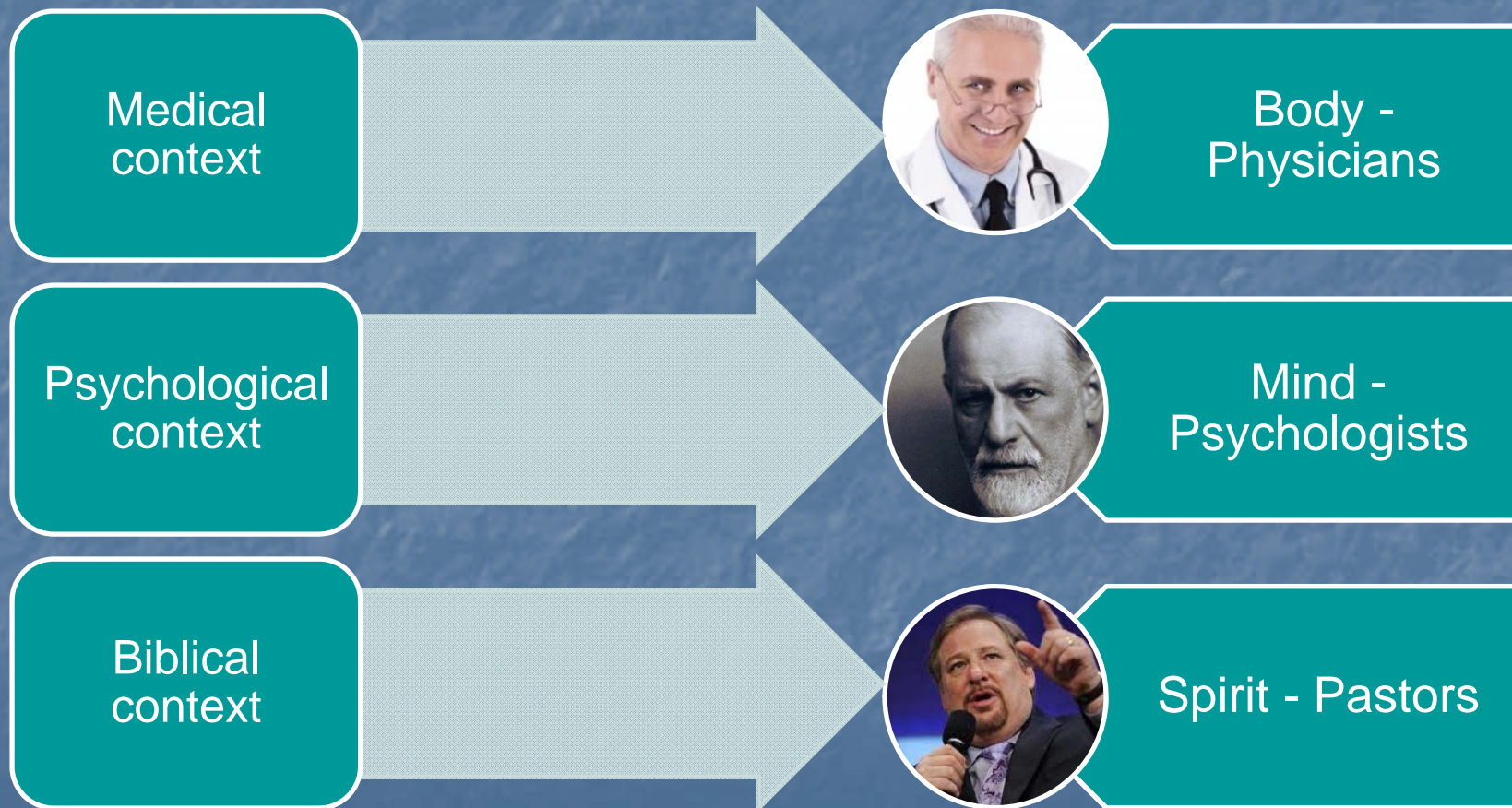


Types of Depression: Post-Partum Depression

- Postpartum depression is moderate to severe depression in a woman after she has given birth.
- 13% of pregnant women & new mothers

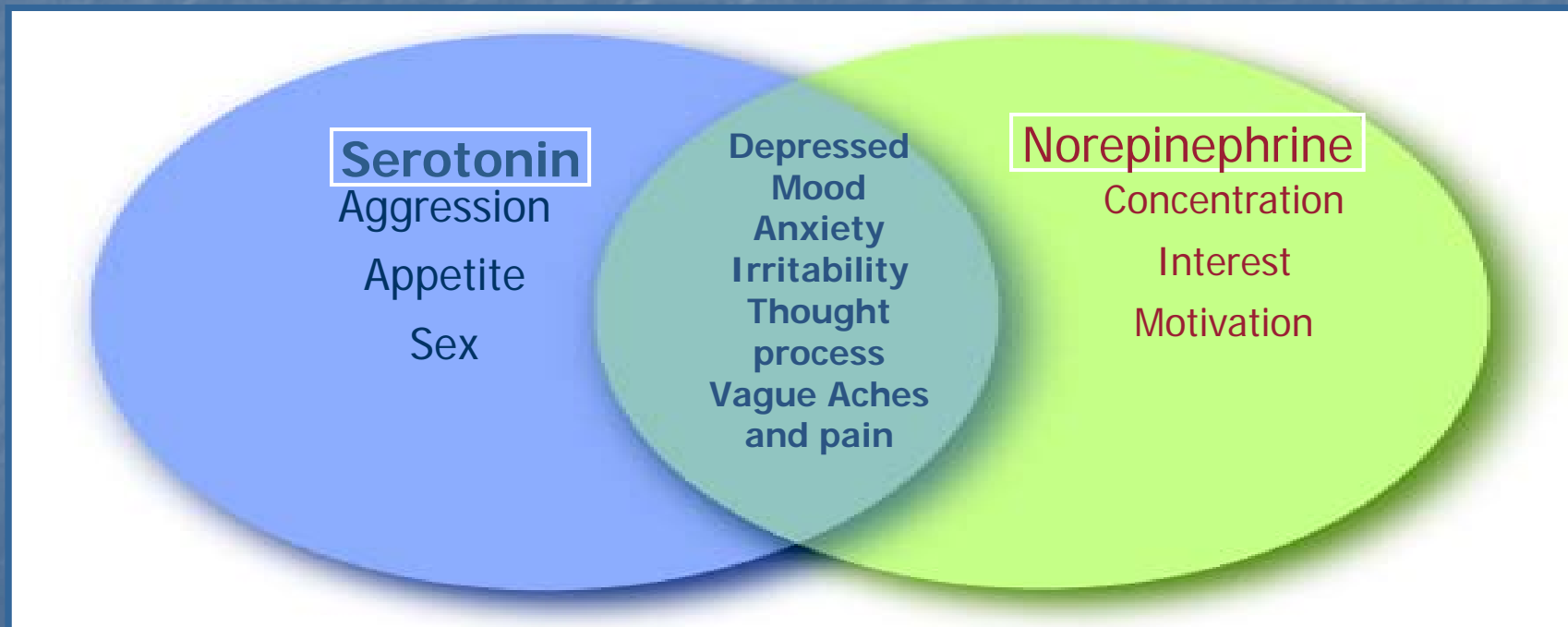


Causes of Depression



Causes of Depression: **Medical**

- Neurotransmitter Abnormalities
- Deficiencies in dopamine, Serotonin, Norepinephrine
- Both serotonin and norepinephrine mediate a broad spectrum of depressive symptoms



Causes of Depression: Psychosocial Factors

- Age (Adolescence or early adulthood)
- Gender (Female)
- Race (Black)
- Poor social supports (Single parents)
- Early parental loss
- Introversion
- Recent stressor (especially medical illness)
- Traumatic events (accident, abuse, death)

Causes of Depression

Biblical Perspective

- **The Depressed Mind**
 - is an anxious mind
 - but God provides a cure for (1 Pet. 5:7)
 - is filled with hopelessness
 - but God provides hope (Titus 1:2)
 - is confused
 - but God is not the author of confusion (1 Cor. 14:33)

5-Causes of Depression

Examples of people in the Bible who suffered from depression

- Abraham (Genesis 15)
- Moses (Num. 11:14, 15)
- Saul (1 Sam. 16:14-23)
- Elijah (1 Kin. 19:1-18)
- Job (Job. 10:1; 7:6,11)
- David (Ps. 31:9-16)
- Jeremiah (Jer. 15:10; 20:14-18)
- Jonah (Jonah 4)

Examples of people in the Bible who suffered from depression

- Moses

- "I am not able to bear all these people alone, because the burden is too heavy for me. If You treat me like this, please kill me here and now—if I have found favor in Your sight—and do not let me see my wretchedness!" (Num. 11:14, 15)

Examples of people in the Bible who suffered from depression

- **Elijah (1 Kings. 19:1-18)**
- Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep.

Biblical Examples of Depression

- “The spirit of a man will sustain him in sickness, But who can bear a broken spirit?” (Proverbs 18:14)
- “I am laid low in the dust; preserve my life according to your word” (Psalm 119:25).



Biblical Examples of Depression: Guilt and Depression

- Depression due to guilt
 - DAVID, King of Israel, having committed adultery was depressed until he confessed his sin, Psalm 32:3-4



Screening and Assessment

1. Behavior and Symptom Identification Scale (BASIS-24), 24 items (www.ebasis.org)
2. Hamilton Depression Rating Scale (HAM-D): 17 Items
3. Center for Epidemiological Studies Depression Scale (CES-D)
4. Beck Depression Inventory (BDI)
5. Geriatric Depression Scale (GDS)

Treatment: Medications

- **Medication**

- Antidepressants can help ease the symptoms of depression and return a person to normal functioning. Antidepressants are not habit forming.

- **Popular antidepressant medications**

- Citalopram (Celexa)
- Paroxetine (Paxil, Seroxit)
- Fluoxetine (Prozac)
- Fluvoxamine (Luvox)
- Sertraline (Zoloft, Lustral)

Treatment: Psychotherapy

- Interpersonal therapy: change relationships that affect depression
- Cognitive-behavioral therapy: change negative thinking and behavior patterns

Treatment: Support and Environmental Modification

- Family Environment: good communication, healthy relationship, social support, spirituality
- Seeking Timely Medical/Mental Health Help

Helping a Depressed Person

- Be empathetic and understanding
- Challenge expressions of hopelessness
- Empathize with feelings of sadness, grief, anger and frustration
- Don't try to "cheer up" a depressed person
- Avoid critical or shaming statements
- Continuous prayer and support

Helping a Depressed Person

- Don't argue about how bad things are
- Don't insist that depression or sadness are the wrong feelings to be experiencing
- Don't become angry even though your efforts may be resisted or rejected

Helping a Depressed Person

Activities to do

- Reduce or eliminate alcohol or drugs
- Exercise
- Eat a well-balanced diet
- Obtain adequate sleep
- Seek emotional support from family and friends
- Focus on positive aspects of life
- Pace yourself, modify schedule, and set realistic goals

Helping a Depressed Person

Activities to Avoid

- Don't make long-term commitments or important decisions unless necessary
- Don't assume things are hopeless
- Don't engage in "emotional reasoning"
- Don't assume responsibility for events outside of your control
- Don't avoid treatment

Helping a Depressed Person

What if I or someone I know is in crisis?

- Tell someone who can help immediately.
- Do not leave your friend or relative alone; do not isolate yourself
- Call your doctor or 911
- Go to an emergency room to get immediate help
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255);
- Talk to a trained counselor

Release from depression caused by guilt came from confession and seeking God's forgiveness...



- When you're depressed, place your hope in God.
- David's humble prayer for forgiveness (Psalm 51)
- “Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. ...For You are the God of my strength...” (Psalm 42).
- When the Israelites were depressed, God called them to put their faith into action.

Summary

- Classification of Mental Disorders
- Signs and Symptoms of Depression
- Types of Depression
- Causes of Depression
- Assessment and Treatment
- Helping a Depressed Person

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