

# DEPRESSION

THERE IS A WAY OUT  
TO A BETTER LIFE

# OVERVIEW

- ▣ THE SCOPE OF THE PROBLEM: WHAT IS DEPRESSION?
- ▣ RECOGNIZING THE SIGNS OF DEPRESSION
- ▣ HOW DEPRESSION AFFECTS MEN, WOMEN, CHILDREN, ADOLESCENTS, AND OLDER ADULTS
- ▣ TREATING DEPRESSION
- ▣ OVERCOMING DEPRESSION

# THE FACTS



- Over 320 million people worldwide affected by depression
- Presently fourth leading reason for disability in the world
- By 2020 the World Health Organization estimates it will be number two

# WHAT CAUSES DEPRESSION?

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



# WHAT CAUSES DEPRESSION?

- Major Life Changes
  - Negative or particularly stressful events can trigger depression. Examples include the death of a loved one or a job change.
  - Major Illnesses such as heart attack, stroke or cancer

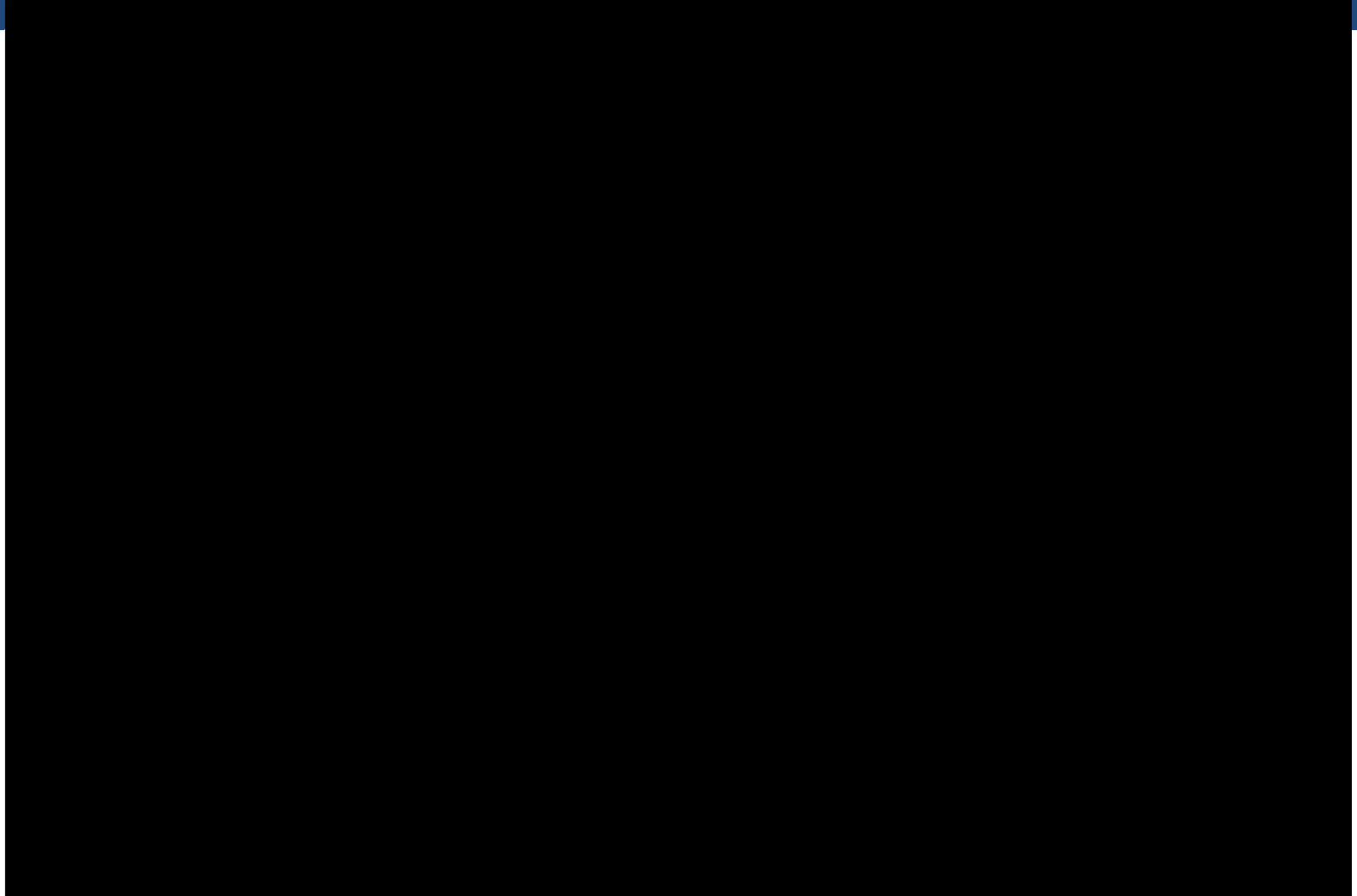


# WHAT CAUSES DEPRESSION?

- Certain medications used alone or in combination
- Use of alcohol or other drugs
- Depression can also occur for no apparent reason at all!



# DEPRESSION & THE BRAIN



# SIGNS & SYMPTOMS

- Vary from person to person
- Two key signs:
  - loss of interest in things you like to do
  - pervasive sadness or irritability





# SIGNS & SYMPTOMS

- Symptoms
  - Sleep or appetite disturbance
  - Morbid ideation/suicidal thoughts
  - Decreased energy, difficulties concentrating/making decisions
  - Hopelessness/loss of self esteem
  - Loss of sexual desire
  - Significant weight loss or weight gain
  - Inexplicable crying spells sadness or irritability
  - Self blame or guilt
  - Poor memory
  - Significant loss of ability to function
  - Unexplained headaches or backaches
  - Stomachaches, indigestion or changes in bowel habits
- Can occur together & persist for at least two weeks

# TYPES OF DEPRESSION

- Major Depression
  - Begins suddenly; possibly triggered by loss, crisis or stress
  - Continues for months or years
- Dysthymia
  - Consistently and mildly depressed for years
  - Function on a daily basis but relationships and self esteem suffer



# TYPES OF DEPRESSION

- Bipolar Disorder
  - Change back and forth between depression and periods of mania (extreme high)
  - Symptoms include: Less need for sleep, overconfidence, racing thoughts, increased energy
- Seasonal Affective Disorder (SAD)
  - Coincides with change in season (most likely fall or winter)
  - Caused by decrease in sunlight



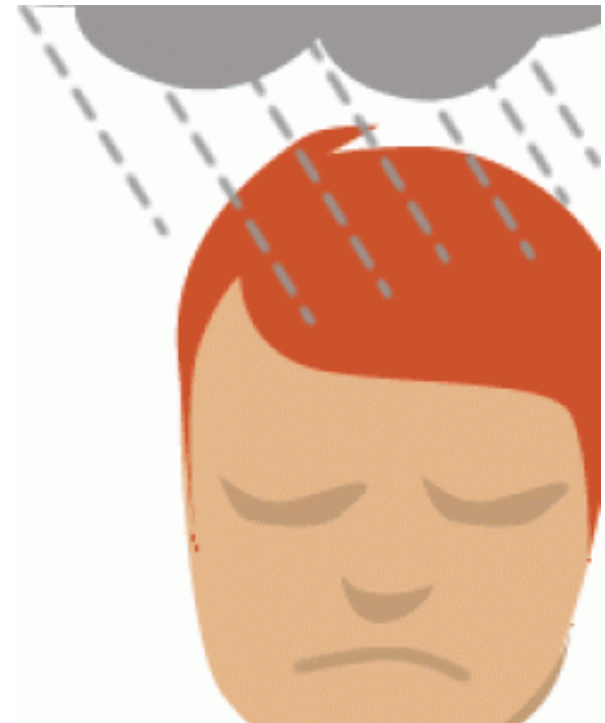
# MEN & DEPRESSION

- May experience alternative symptoms such as:
  - Physical aches & pains
  - Feeling overwhelmed and hopeless
  - See themselves as a burden to others
  - Feel worthless, weak and useless
  - Intense loneliness even with support
  - Isolate themselves from friends and family
  - Act out in angry and hostile ways
  - See suicide as the only way out



# MEN & DEPRESSION

- 12% of men experience depression in their lifetimes
- Less likely to seek treatment for depression
- Suicide is the 7<sup>th</sup> leading cause of death for men in the U.S.
- Unprecedented rates of suicide and depression are rising in the U.S. Military
- Today, 68 men will die by suicide leaving behind spouses, children friends & family



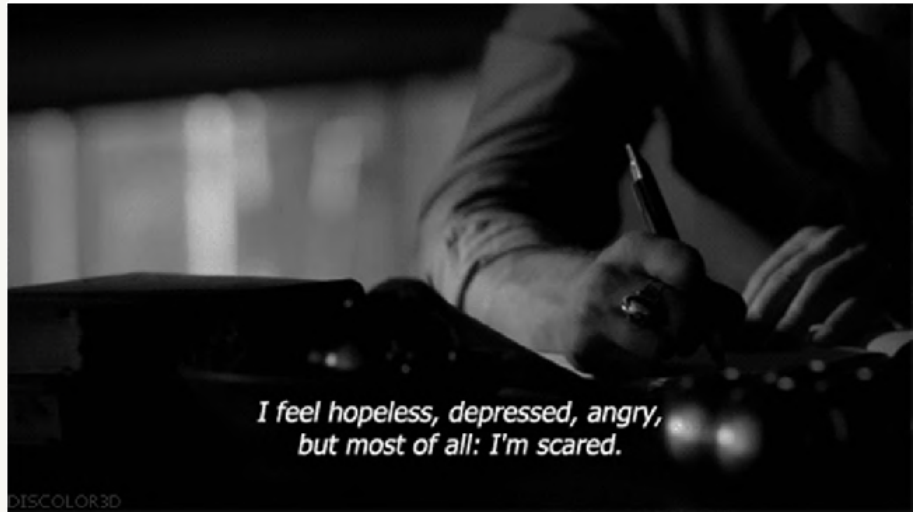
# WOMEN & DEPRESSION

- Causes for depression in women:
  - Genetics
  - Chemicals & hormones
  - Premenstrual dysphoric disorder
  - Postpartum depression
  - Menopause
  - Stress
- Depression in women
  - Occur earlier, last longer and be more likely to recur
  - More likely to be associated with stressful life events
  - More sensitive to seasonal changes



# WOMEN & DEPRESSION

- Women are more likely to experience guilty feelings
- More likely to be associated with anxiety disorders
  - Panic & phobic symptoms
  - Eating Disorders
- Depressed women are more likely to abuse alcohol and other drugs compared to men



# ADOLESCENTS & DEPRESSION

- About 2.5% of children in the U.S. suffer from depression
- Depression is significantly more common in boys under age of 18
- By age 16, girls have a greater incidence of depression





# ADOLESCENTS & DEPRESSION

- Children: 1 year prevalence rate of 2%
- Adolescents: 1 year prevalence rate of 4% to 8%
- 65% of adolescents report some depressive symptoms
- 5% to 10% of youth with symptoms have considerable psychosocial impairment, high family history for depression, and an increased risk for suicide and developing MDD (**Fergusson et al., 2005**)



# ADOLESCENTS & DEPRESSION

- Early Adolescence
  - Puberty stimulates changes in brain systems regulating arousal and appetite that influence intensity of emotion and motivation
- Middle Adolescence
  - Adolescent emotional and behavioral problems 2nd to poor regulation skills--particularly when gap between pubertal arousal and consolidation of cognitive skills is extended
- Late Adolescence
  - With age and experience comes maturation of frontal lobes which facilitates regulatory competence

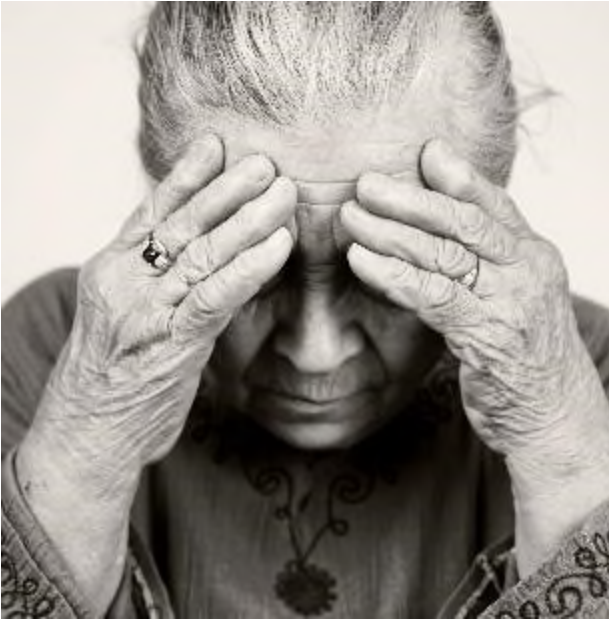


# DEPRESSION IN LATER YEARS

- The elderly have the highest suicide rates in US.
- Elderly white males are at the greatest risk.
- Late life suicide victims typically see their primary care physicians in the month prior to death.
- The majority of older suicide victims have had their first depressive episode in late life.



# DEPRESSION IN LATER YEARS



- Geriatric Depression is linked to:
  - Increased utilization of health care services
  - More frequent use of multiple medications
  - Longer hospital stays
  - Increased demands on nursing home time
  - Under treatment in primary care

# DEPRESSION IN LATER YEARS

- Geriatric depression responds well to treatment
- There is a relatively low rate of treatment resistance to adequate treatment
- Maintenance therapies work to prevent recurrence
- There are many treatment choices

# TREATING DEPRESSION

- Psychotherapy
  - Counseling can help many understand, accept and feel better about themselves
  - Teach effective ways of coping with life's adversities
  - Interpersonal therapy
    - Change how people accept self and relate to others that affects mood and self worth
  - Cognitive therapy(CBT)
    - Change negative thinking, behavior patterns and attitudes that affect self esteem and overall well being



# TREATING DEPRESSION

- Medication
  - Antidepressants are an option (most often more severe cases)
    - Ease the symptoms of depression
    - Often crucial for cases of bipolar
    - Not habit forming and generally have minimal side effects
    - Must be prescribed by a psychiatrist or other Medical Doctor

# OVERCOMING DEPRESSION

- Exercise
- Nutrition
- Support
- Sleep
- Reduce Stress
- Alternative Therapies





# OVERCOMING DEPRESSION

What Family or Friends  
Can Do:

Learn

Listen

Help

Get Support



# RESOURCES

- <http://www.cnn.com/2012/04/14/health/battery-powered-brain/>
- <http://www.faceitfoundation.org>
- <https://thiswayup.org.au/self-help/>

