

# What is Depression & What to do about it?



**Enlighten Mental Health Seminar**

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# Depression Demystified

“I am a little depressed”: Is bad mood depression?

Can illness, losing job, or bad grades cause depression?

Can your religion/spiritual faith give you immunity to depression?

# Case: Is this depression?

Kevin just broke off with GF, came home quiet, sad, isolate himself, slept all day, took down his Facebook page, got off to work the next day...still feeling sad but functional!

# Case: Is this depression?

Karen gave birth to a boy premature,  
finally came home from hospital,  
struggled getting up/feed baby, teary,  
sad, guilty... this went on for weeks!

# Case: Is this depression?

Kelvin's 54 y/o wife, Tamiko, just died recently from cancer. He told you, "I can't imagine living alone," and has been sad and teary much of the day.

One day, he told you about a secret plan "to join my wife in afterlife."

# Clinical Depression

- Not just feeling down momentarily
- Aversely affects one's daily functioning/relating to others
- Duration, severity, and number of symptoms

# DSM-V Criteria (Bible of Mental Illness)

## Symptoms

- Depressed, sad/teary, fatigue
  - sleep disturbances, appetite change
  - feeling guilty, focus/memory/concentration
  - Isolation
- 
- **Severity, duration (single or relapse)**
    - Mild, moderate
    - Severe: Suicidal & self-harm
    - Persisted 2 wks+, 5+ Symptoms

What cause depression?



# What cause depression?

- No single reason: many factors
  - *Low mood stabilizers (Serotonin, Norepin.)*
  - *more complex than a brain chemical imbalance*
- Possible causes
  - faulty brain regulation
  - genetic vulnerability
  - medications, medical problems
  - stressful life events

# Postpartum depression

- new mothers
  - 50-80% experience mild form
  - "postpartum blues" or "baby blues" after giving birth
- > 50 percent of women
  - Relapse: will develop Postpartum Depression in subsequent births.

# Reasons?

- Genetic/Environmental
  - Having depressed parent increase risk
- Family issues,
  - Ex: financial, job, marriage, family discord
- Other risk factors.
  - loss of loved one, no good friend
  - experience of rejection (Santrock, '06; Feldman, '06)
- Similar to other mental disorders
  - combination of risk factors
  - Interact: biological, psychological, social-systems variables.

# Mental Health (MH) Facts

- Depression: Most common MH issue
- Women vs. Men: 2:1x prevalence
- Older Adults: depression, paranoid, dementia are most common

# Major Depression Disorder (MDD)

## Lifetime prevalence

- Average onset: ~mid-20s
- 10-25% women, 5-12% men.
- Women are 2x likely to develop MDD.

## Vulnerable groups

- Married women, women 3+ children under 14 y/o
- Adolescence is a time of high risk
- MDD may appear @ any stage of life cycle.

# Depression Severity

- Mild: fcn'ing, some impacts
- Moderate: worsen fcn'ing
- Severe: poor fcn'ing, suicidal

# Depression Assessment

- PHQ9 commonly used
- Mild: 5-9
- Moderate: 10-19
- Severe: 20+

## PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by any of the following problems?  
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns  +  +

(Health care professional: For interpretation of TOTAL, please refer to accompanying scoring card). TOTAL:

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	<input type="text"/>
	Somewhat difficult	<input type="text"/>
	Very difficult	<input type="text"/>
	Extremely difficult	<input type="text"/>

# Treatment

Severity PHQ9	Treatment Tx	Duration
5-14 Mild/low moderate	Therapy alone preferred	Days - wks
15+ Moderate to severe	Behavioural therapy + medication(s) tend to be most effective	Wks - months



# How to prevent?

## Healthy Lifestyle

- Proper sleep, physical exercise, nutrition

## Resiliency:

- Problem solving skills
- Positive Attitude: gratitude + contentment

## Socialization:

- Single most power factor

# Medications

## Common Tricyclics

- amitriptyline (Elavil),
- clomipramine (Anafranil),
- doxepin (Sinequan),
- imipramine (Tofranil),
- trimipramine (Surmontil),
- amoxapine (Amoxapine Tablets),
- desipramine (Norpramin),
- nortriptyline (Pamelor, Aventyl)
- protriptyline (Vivactil)

# Medications

Common SSRIs include:

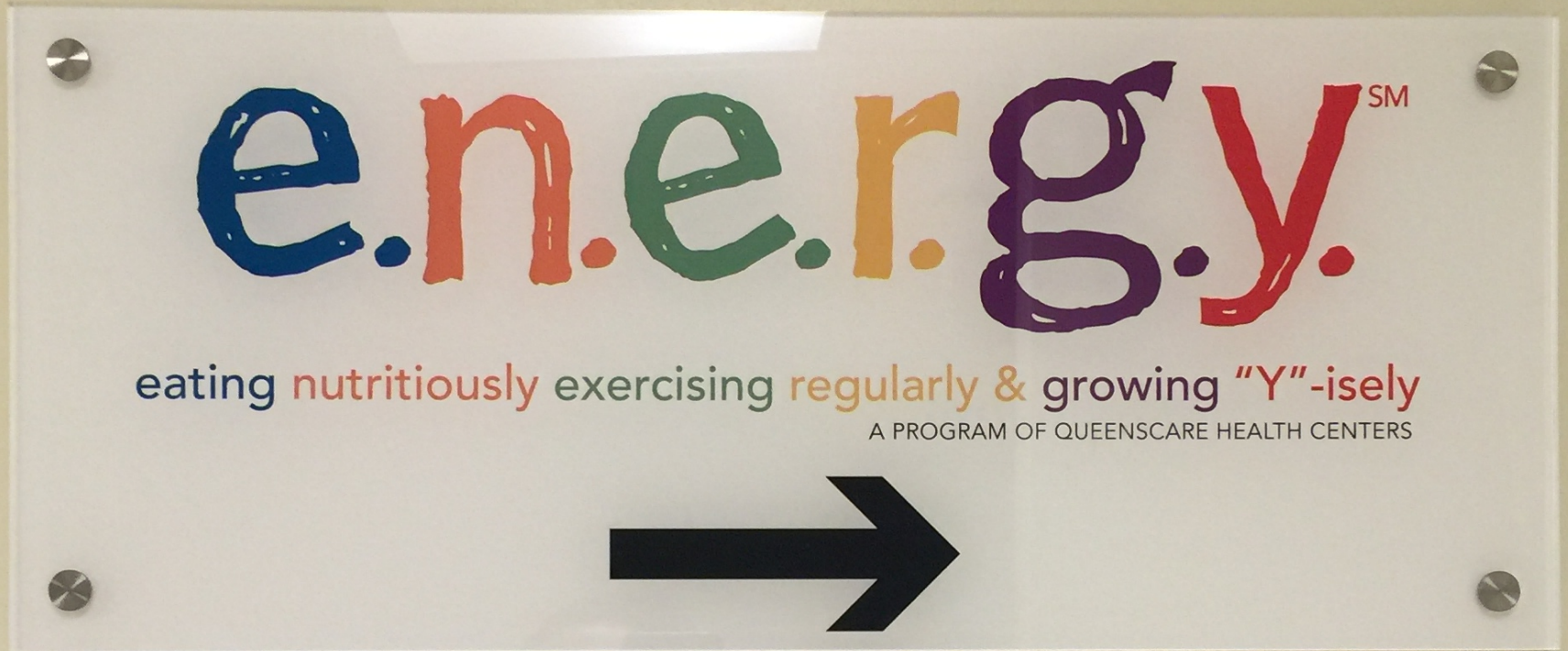
- citalopram (Celexa)
- escitalopram (Lexapro)
- fluoxetine (Prozac, Sarafem)
- sertraline (Zoloft)
- paroxetine (Paxil)

# Diet

Consume more foods: serotonin

- tryptophan
- vitamin D
- B vitamins
- omega-3 fatty acids

# A creative idea



Author: Dr. Susan Lue, 2006

# Live Gracefully



## E.N.E.R.G.Y

**Eat Nutritiously: Healthy Food**

More fiber, more vegetables

Less meat, less salt, less oil

**Exercises Regularly**

**Consistent:** a regular/healthy sleep pattern

**Grow Y-isely**

**Avoid:** Unhealthy habits

**Ex:** before bedtime, no stimulants

# Helpful Summary

1. Recognize Sx of Depression/Suicide
2. Prevalence between men vs. women
3. What are some depression prevention tips?
  - Healthy lifestyle: exercises, meals, socialization
  - Relapse prevention
4. How to help people with suicidal risks?

# References

- American Psychiatric Association. Diagnostic and statistical manual of mental disorders. 5th ed. (DSM-5)
- Mayo Clinic <https://www.mayoclinic.org/diseases-conditions>
- World Health Organization (WHO)