

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depression.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depressionkeyfacts.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depressioninolderadults.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depressionmen.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/youngpeople/depressioninyoungpeople.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/depression.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/partnersincarecampaign/postnataldepression.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/parentalmentalillness.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/seasonalaffecteddisorder.aspx>

Emergencies:

If you have severe symptoms of depression including suicidal thoughts, you should call 9-1-1 or visit the nearest emergency room you have.



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Lumos Psychiatric Services



Educational Booklet: Major Depressive Disorder (Depression)

Depression is one of the most common and serious mental health problems people face today. When you have a depressive disorder, it interferes with a person's daily life and normal performance. Most sufferers need treatment to improve.

The different types of depression are:

- * Major Depressive Disorder, Dysthymic Disorder
- * Psychotic Depression, Post-Partum Depression
- * Seasonal Affective Disorder, Bipolar Disorder, Depressive Phase (Bipolar Depression)

Symptoms of depression

- ❖ Persistent feelings of sadness, anxiety, or emptiness
- ❖ Feelings of hopelessness and/or pessimism
- ❖ Feelings of guilt, futility, and/or impotence
- ❖ Loss of interest in activities or hobbies you previously enjoyed, including sex
- ❖ Fatigue and lack of energy
- ❖ Difficulty concentrating, remembering details, and making decisions
- ❖ Irritability, restlessness
- ❖ Insomnia, waking up too early, or sleeping too much
- ❖ Eating excessively or losing your appetite
- ❖ Suicidal thoughts or suicide attempts
- ❖ Persistent aches and pains, headaches, cramping, or digestive problems that are not relieved even with treatment

Depression appears to be the result of a combination of genetic, biochemical, and psychological factors.

Depression in women vs. men:

Depression is more common in women than in men. There are biological, life cycle, hormonal, and psychosocial factors that are unique to women, which can cause higher rates of depression among women.

Men experience depression differently from women. Men are more likely to report that they feel fatigue, irritability, loss of interest in activities that were previously pleasurable, and sleep altered, while women are more likely to report feelings of sadness, crying, futility, or guilt Excessive.

Men are more likely than women to use alcohol or drugs when they are depressed. Women try to kill themselves more often, but more men die by suicide.

Depression in old age:

Depression should not be seen as a normal phase of aging. When depression occurs in the elderly, it can be overlooked because they may show less obvious symptoms and because they may be less likely to recognize feelings of sadness or grief. They may have more medical conditions or may be taking medications whose side effects contribute to depression.

The highest rates of suicide occur among white men over the age of 85. These suicide victims often visit their doctor within a month of their death.

Depression in children and adolescents:

Depression in children and adolescents can present as a change in behavior. A child with depression can pretend to be sick, refuse to go to school, stick to their caregiver, or worry too much that one of their parents may die. Older children or teens may be in a bad mood, get into trouble at school, be negative and irritable, and feel misunderstood. They may present with suicidal thoughts or suicide attempts.

Childhood depression often persists, recurs, and lasts into adulthood especially if treatment is not received.

What diseases are associated with depression?

- ❖ Anxiety disorders, such as post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder, social phobia, and generalized anxiety disorder
- ❖ Alcohol or other substance abuse or dependence
- ❖ Medical conditions such as heart disease, stroke, cancer, HIV/AIDS, diabetes, and Parkinson's disease.

Treatment:

Depression is a condition for which treatment exists. The sooner treatment can begin, the more effective it will be and the more likely it is to prevent a relapse. The most common treatments are medication use and psychotherapy.

- ❖ The newest and most popular types of antidepressant medications are called selective serotonin re-uptake inhibitors. With any kind of antidepressant, patients should take regular doses for at least 3-4 weeks before they can achieve a significant decrease in their symptoms.
- ❖ There are two main types of psychotherapy: cognitive behavioral therapy and interpersonal therapy, which have proven to be effective in treating depression.
- ❖ In cases where neither medications nor psychotherapy helps alleviate treatment-resistant depression, electroconvulsive therapy (ECT) and or Transcranial Magnetic Stimulation Therapy (TMS) may be helpful.

Expect your mood to improve little by little and not immediately. Remember that positive thoughts will replace negative thoughts as your depression responds to treatment. Over time and with treatment, depression will pass.

General recommendations:

If you are depressed and negative thoughts or suicide arise, never ignore them and report them to a family member, therapist, or doctor. Don't isolate yourself, exercise, seek company from friends or family, and set priorities.

For questions or concerns, discuss it with your doctor.