



Psychiatry

433 Team



Lecture 2

# Depression



# Depression

## Introduction:

**Mood** is a pervasive ① and **sustained** feeling tone that is experienced internally and that influences a person's behavior and perception of the world.

**Affect** is the **external** expression of mood.

Healthy persons experience a wide range of moods and have an equally large repertoire ② of affective expressions; they feel in control of their moods and affects.

Mood can be normal, elevated, or depressed.

Normal mood: **Euthymia**.

Any change in mood → disturbance of mood.

Disturbance of mood can be: **elevated** (Mania) , or **depressed**.

**Depressed mood**: described as : down, blue, unhappy, or simply sad.

**AE** Additional Explanations → 

### Definitions Box:

① Repertoire → 

② Pervasive → 

For your information


Press here ▶ 






# Depression

## Epidemiology:

- Lifetime prevalence almost **17 percent (15-25%)**.
- The annual incidence (number of new cases) of a major depressive episode is **1.59 percent (women, 1.89 percent; men, 1.10 percent)**.
- **Male: female = 1:2**
- occurs most often in persons without close **interpersonal relationships** or in those who are **divorced** or **separated**.
- The mean age of onset is about **40 years**, with 50 percent of all patients having an onset between the ages of **20 and 50**.
- Can also begin in **childhood** or in **old age**.  $\mathcal{AE} \rightarrow$  
- Recent epidemiological data suggest that the incidence of major depressive disorder may be increasing among people **younger than 20** years of age and This may be related to the **increased use** of **alcohol and drugs** of abuse in this age group.

## Criteria:

According to **DSM-IV-TR**, a major depressive disorder occurs without a history of a manic, mixed, or hypo manic episode.

A major depressive episode must last **at least 2 weeks**, and typically a person with a diagnosis of a major depressive episode also experiences **at least five symptoms** from a list that includes changes in appetite and weight, changes in sleep and activity, lack of energy, feelings of guilt, problems thinking and making decisions, and recurring thoughts of death or suicide.  $\mathcal{AE} \rightarrow$  





# Depression

## Symptoms of depression:

① **Depressed mood** most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).

**Note:** In children and adolescents, can be irritable mood.

② **Markedly diminished interest or pleasure** in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others).

③ Significant **weight loss** when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day. (in atypical depression)

**Note:** In children, consider failure to make expected weight gains.

④ **Insomnia or hyper-somnia** nearly every day (in atypical depression).

⑤ **Psychomotor agitation or retardation** nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).

⑥ **Fatigue or loss of energy** nearly every day.

⑦ **Feelings of worthlessness or excessive or inappropriate guilt** (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).

⑧ **Diminished ability to think or concentrate**, or indecisiveness, nearly every day (either by subjective account or as observed by others).

⑨ **Recurrent thoughts of death** (not just fear of dying), **recurrent suicidal ideation** without a specific plan, or a suicide attempt or a specific plan for committing suicide.








# Depression

## A. Mental:

**Mood:** Depressed, Diurnal Variation, Pessimism, Suicidal ideas, Loss of Interest, Anhedonia.

**Thinking:** Poverty of thoughts, poor concentration, Poor cognition, poor judgment & insight, Delusions (Paranoid, guilt, Nihilistic, Hypochondriases Example on it →  

**Perception:** Auditory Hallucination, (2nd. Person).  $\mathcal{A}E$  → 

## B. Physical:

- Insomnia or Hyper-somnia.
- Loss of Appetite, Loss of Wt. or Gain.
- Psychomotor Retardation or Agitation.
- Loss of Libido, Loss Energy, Tiredness, stupor.
- Somatic: headache, constipation, dry mouth abnormal menses, etc.

$\mathcal{A}E$  → 

## Etiology:


**Biological Factors** Norepinephrine, Serotonin, Dopamine.

**Genetic Factors**

**Psychosocial Factors** Stressful events, Premorbid personality factors, Cognitive distortions.

### Definitions Box:

① Diurnal Variation → 

② Pessimism → 

③ Anhedonia → 

④ Nihilistic → 










# Depression

## Differential Diagnosis

### Medical Disorders

- Thyroid diseases **hypothyroidism (Most Common)**
  - Adrenal diseases
  - Parkinson's disease,
  - Dementing illnesses.
  - Cerebrovascular diseases.
  - Tumors.
  - Substance (Cardiac drugs, antihypertensive, sedatives, hypnotics, antipsychotics, antiepileptic, antiparkinsonian drugs, analgesics, antibacterial, and antineoplastic are all commonly associated with depressive symptoms.
  - Dysthymia
  - Adjustment disorder
- Psychotic Diagnosis:**
- Pseudo dementia
  - Other mental disorders (e.g. schiz. Bipolar dis.)
  - Bereavement (up to 6 months consider normal) →

## Types of depression

- 1 Major depressive disorder → 
- 2 Dysthymia (**Chronic depression**) → 
- 3 Seasonal depression → 
- 4 Atypical depression → 
- 5 Postpartum depressive disorder → 

## Course

- An untreated depressive episode lasts **6 to 13 months**.
- most treated episodes last about **3 months**.
- The withdrawal of antidepressants before 3 months has elapsed almost always **results in the return of the symptoms**.
- As the course of the disorder progresses, patients tend to have **more frequent episodes that last longer**.
- Over a 20-year period, the mean number of episodes is five or six.

**AE Dysthymia** → 





# Depression

## Complications:

- Occupational performance.
- Social and personal relations impairment.
- Self medication: alcohol and substance dependence.
- Risk of suicide.(15%)

## Treatment

- 1 Hospitalization
- 2 Psychotherapy
- 3 Pharmacotherapy  
(anti-depressant , ECT,)



● The Science of Depression  
<https://www.youtube.com/watch?v=GOK1tKFFIQI>



# Depression

## MCQs

**Q1:** Which one of the following neurotransmitters is associated with depression?

- A- Acetylcholine
- B- Substance P
- C- Norepinephrine
- D- Histamine

**Q2:** Which one of the following is a major symptom of depression?

- A- Lack of sleep
- B- Fatigue
- C- Weight loss
- D- loss of interest

**Q3:** The mean age of the onset of depression is ?

- A- About 30 years
- B- About 40 years
- C- About 50 years
- D- About 60 years

**Q4:** When does Bereavement considered a pathological bereavement or depression ?

- A- More than 6 hours.
- B- More than 6 days .
- C- More than 6 weeks.
- D- More than 6 months

**Answers** → 





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“What is depression like?” he whispered.

“It’s like drowning.

Except you can see everyone around you breathing.”

- Abdulrahman Mohamed Bahkley
- Abdullah Abdullatif Al Ghyhb