

A 3D rendered figure, possibly a mannequin, is shown from the chest up. It is holding two yellow masks on wooden sticks. The mask on the left has a smiling mouth and almond-shaped eyes. The mask on the right has a sad, downturned mouth and almond-shaped eyes. The figure is positioned in the center-left of the frame. The background is plain white.

DEPRESSION

DEFINITION

- **DEPRESSION (By WHO)** : Common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

INTRODUCTION

- Depression is a affective disorders.
- **Affective disorders** : mental illnesses characterized by pathological changes in mood.
- Depression : pathologically depressed mood

TYPES OF DEPRESSION

- Major depressive disorder : recurrence of long episodes of low moods, or one extended episode that seems to be 'never-ending'.
 - Atypical depression
 - Post partum depression
 - Catatonic depression
 - Seasonal affective disorder
 - Melancholic depression

- Manic depression (bipolar disorder)

Four 'Episodes' of Bipolar Disorder

- depressive episode
- manic episodes
- hypomanic episode
- mixed-mood states



- Abuse of Drugs or Alcohol
- Hormone Level Changes
- Physical illness and side effects of medications

DRUGS

- Analgesics
- Antidepressants
- Antihypertensives
- Anticonvulsants
- Benzodiazepine withdrawal
- Antipsychotics

- Dysthymic depression
 - lasts a long time but involves less severe symptoms.
 - lead a normal life, but we may not be functioning well or feeling good
- Situational depression
- Psychotic depression
- Endogenous depression

ETIOLOGY

- Genetic cause
- Environmental factors
- Biochemical factors : Biochemical theory of depression postulates a deficiency of neurotransmitters in certain areas of the brain (noradrenaline, serotonin, and dopamine).
- Dopaminergic activity : reduced in case of depression, over activity in mania.
- Endocrine factors
 - hypothyroidism, cushing's syndrome etc

EPIDEMIOLOGY

- Globally more than 350 million people of all ages suffer from depression. (WHO)
- For the age group 15-44 major depression is the leading cause of disability in the U.S.
- Women are nearly twice as likely to suffer from a major depressive disorder than men are.
- With age the symptoms of depression become even more severe.
- About thirty percent of people with depressive illnesses attempt suicide.

PHYSICAL ILLNESS

- Viral illness
- Carcinoma
- Neurological disorders
- Thyroid disease
- Multiple sclerosis
- Pernicious anaemia
- Diabetes
- Systemic lupus erythematosus
- Addison's disease

PATHOPHYSIOLOGY

- The Biogenic Amine Hypothesis
- The Receptor Sensitivity Hypothesis
- The Serotonin-only Hypothesis
- The Permissive Hypothesis
- The Electrolyte Membrane Hypothesis
- The Neuroendocrine Hypothesis

- The Biogenic Amine Hypothesis

- caused by a deficiency of monoamines, particularly noradrenaline and serotonin.

- cannot explain the delay in time of onset of clinical relief of depression of up to 6-8 weeks.

- The Receptor Sensitivity Hypothesis

- depression is the result of a pathological alteration (supersensitivity and up-regulation) in receptor sites.

- TCAs or MAOIs causes desensitization (the uncoupling of receptor sites) and possibly down-regulation (a decrease in the number of receptor sites).

- The Serotonin-only Hypothesis

- emphasizes the role of serotonin in depression and downplays noradrenaline.
- But the serotonin-only theory has shortcomings:
 - it does not explain why there is a delay in onset of clinical relief
 - it does not explain the role of NA in depression.

- The Permissive Hypothesis

- the control of emotional behavior results from a balance between noradrenaline and serotonin.

- If serotonin and noradrenaline falls to abnormally low levels, the patient becomes depressed.

- If the level of serotonin falls and the level of noradrenaline becomes abnormally high, the patient becomes manic.

- The Electrolyte Membrane Hypothesis

- hypocalcemia may be associated with mania.
- hypercalcemia is associated with depression.

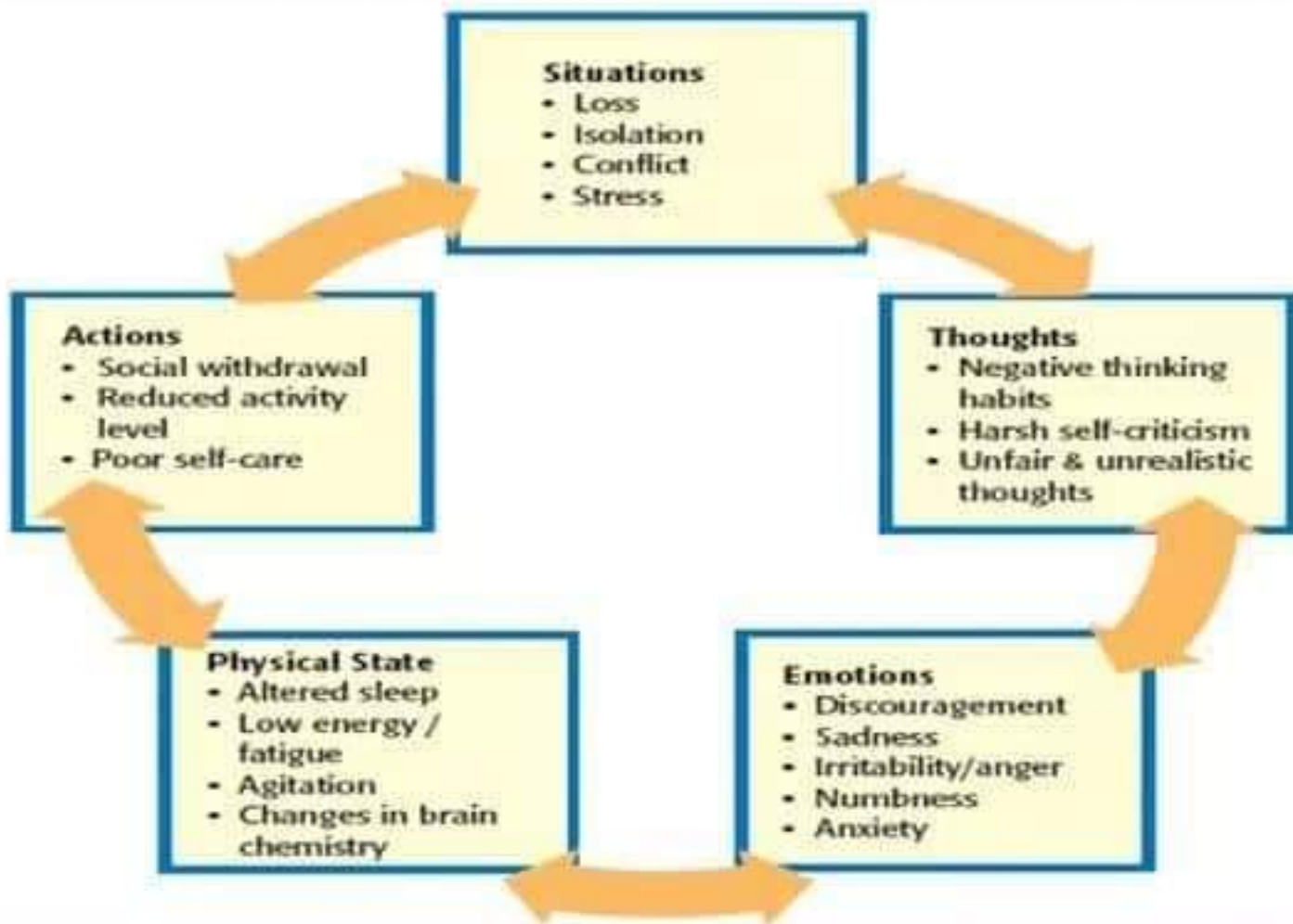
- The Neuroendocrine Hypothesis

- pathological mood states are explained or contributed to by altered endocrine function.

CLINICAL MANIFESTATIONS

- **DEPRESSIONS**

- Thinking is pessimistic and in some cases suicidal.
- In severe cases psychotic symptoms such as hallucinations or delusions may be present.
- Insomnia or hypersomnia, libido, weight loss, loss of appetite.
- Intellectual or cognitive symptoms include a decreased ability to concentrate, slowed thinking, & a poor memory for recent events.



DIAGNOSIS

- ICD 10 Diagnostic criteria for a depressive episode {who}

USUAL SYMPTOMS

- Depressed mood.
- Loss of interest and enjoyment.
- Reduced energy leading to increased fatiguability and diminished activity.

COMMON SYMPTOMS

- Reduced concentration and attention.
- Reduced self esteem and self confidence.
- Ideas of guilt and unworthiness.
- Bleak and pessimistic views of future .
- Ideas or acts of self harm or suicide.
- Disturbed sleep.
- Diminished appetite.