

Am I or Someone Dear to Me Depressed?

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HHCI

Hope and Healing Center & Institute
Transforming Lives, Restoring Hope

Major Depressive Disorder

- **Diagnosis** – One or more major depressive episodes (i.e., a persistent depressed mood or loss of interest or pleasure in daily activities over a 2 week period)
- **Lifetime Prevalence** – 17% of the population.
- **Gender** – Twice as common in women as men.

Major Depressive Episode

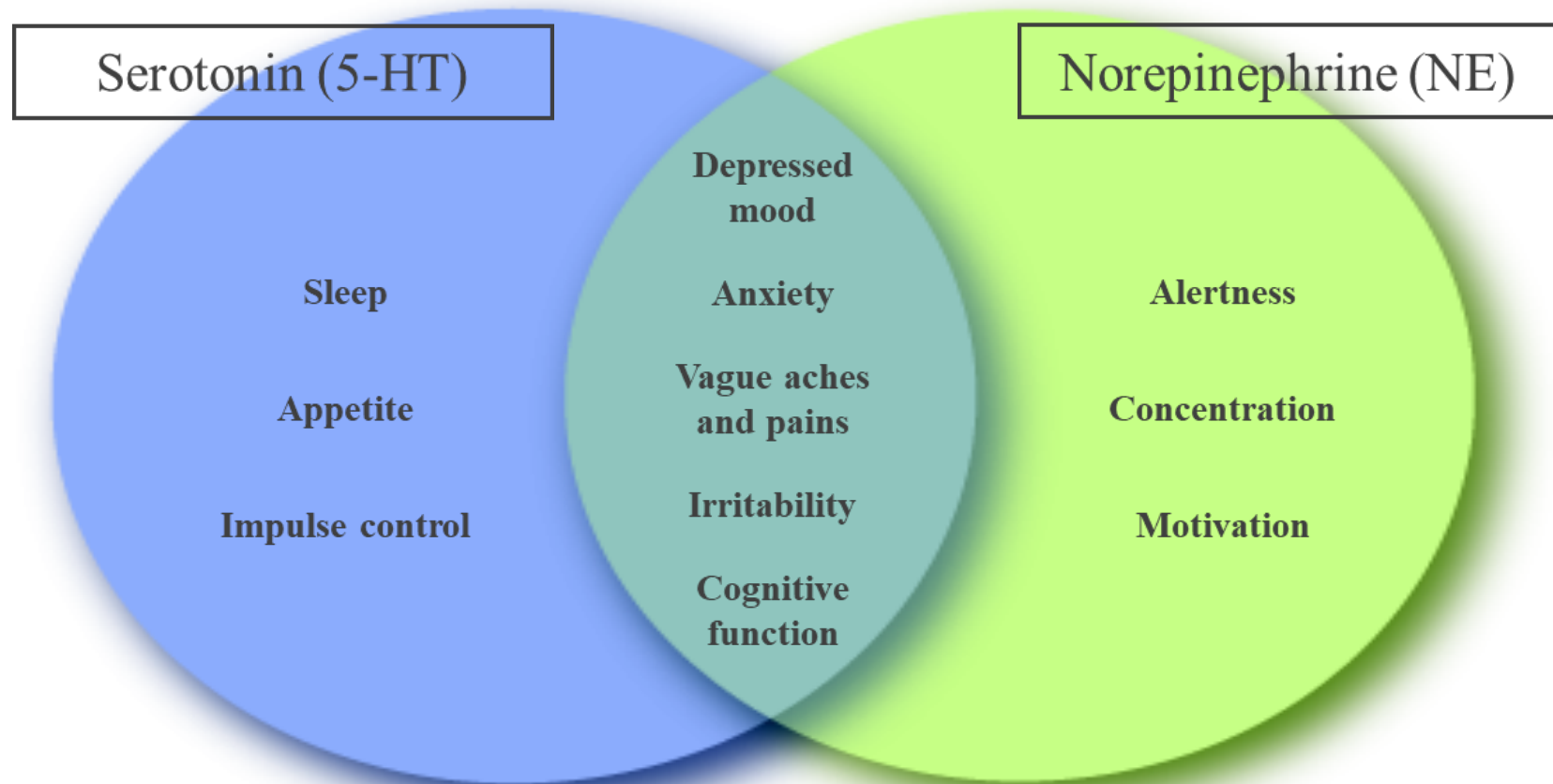
Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.

1. Depressed mood or irritable most of the day
2. Decreased interest / pleasure in most activities, most of each days
3. Significant weight change (5%) or change in appetite.
4. Change in sleep: Insomnia or hypersomnia
5. Change in activity: Psychomotor agitation or retardation
6. Fatigue or loss of energy
7. Guilt / worthlessness
8. Concentration: Diminished ability to think or concentrate
9. Suicidality

Comparing MDD and the Blues

- Feelings are characterized by an absence of normal intensity. Typical sensations are of being “dulled” or having “the blahs”. Lack of intensity is noticed and intensity in life is missed.
- The low mood does not last as long and is generally interrupted by brighter moments, hours or even longer periods.
- The depressed feelings seem like times spent away from life at its best or normal living. You sense that you are “off” —not your usual self.
- The feelings are extremely intense in terms of emotional pain, depth of despair, sense of hopelessness and helplessness, and damage to essential life energy. In severe cases the intensity can turn into a deadening flatness and inability to feel anything other than mental pain.
- Symptoms are long-lasting and are generally uninterrupted, persistent and intractable.
- Depression becomes your way of life or life itself. You identify with your condition. You are depressed—it is not only how you feel, it is who you are.

Neurochemistry of MDD



Assessment (PHQ-9)

How often have you been bothered by the following over the past 2 weeks?

1. Little interest or pleasure in doing things?
2. Feeling down, depressed, or hopeless?
3. Trouble falling or staying asleep, or sleeping too much?
4. Feeling tired or having little energy?
5. Poor appetite or overeating?
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down?
7. Trouble concentrating on things, such as reading the newspaper or watching television?
8. Moving or speaking so slowly that other people could have noticed? Or so fidgety or restless that you have been moving a lot more than usual?
9. Thoughts that you would be better off dead, or thoughts of hurting yourself in some way?

Scoring

| | |
|-------------------------|----|
| Not at All | 0 |
| Several Days | +1 |
| More than Half the Days | +2 |
| Nearly Everyday | +3 |

Scores ≤ 4 suggest minimal depression.

Suicidal Thoughts and Behaviors

- Ask specifically if they are
 - (1) having suicidal thoughts/ideas
 - (2) have a plan to do so and
 - (3) do they have access to lethal means (e.g., pills, weapons).
- Asking an individual the “suicide question” does not increase their risk of suicide and may save their life.
- If their response makes you believe that they are suicidal help them contact their mental health care provider. If they do not have a mental health care provider or are in immediate danger of harming themselves, take them to an emergency room or call 911.

Treatment

- **Medication**
 - Antidepressants (SSRI, SNRI)
- **Psychotherapy**
 - Cognitive Behavioral Therapy (CBT)
- **Electroconvulsive Therapy (ECT)**
- **Transcranial Magnetic Stimulation (TMS)**

King David

I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body. I am feeble and utterly crushed; I groan in anguish of heart. All my longings lie open before you, Lord; my sighing is not hidden from you. My heart pounds, my strength fails me; even the light has gone from my eyes ... (Psalm 38:6-10)

King David

| CHARACTERISTIC SYMPTOMS | DAVID'S SYMPTOMS | REFERENCE |
|--|--|---|
| Depressed mood | Mourning/sorrow all day, weeping | Psalm 6:6-7; 13:2; 31:10; 38:6, 17; 39:13; 69:3 |
| Significant weight loss or decrease in appetite | Forgets to eat, bones cling to flesh, weak from fasting | Psalm 102:4-5; 109:24 |
| Insomnia | Crying all night, no rest at night, couldn't sleep | Psalm 6:6; 22:2; 102:7; 2 Samuel 11:2 |
| Psychomotor retardation | Like a deaf and dumb man, fear and trembling | Psalm 38:13-14; 55:5 |
| Fatigue or loss of energy | Strength dried up/fails, vitality drained away, heart has withered away | Psalm 22:14-15; 31:10; 32:4; 38:10; 102:4 |
| Feelings of worthlessness | A worm, not a man, a reproach to others, no one cares for my soul, song of the drunkards | Psalm 22:6; 31:12-13; 69:12; 109:25; 142:4 |
| Diminished ability to think or concentrate, or indecisiveness | Did not go to war, unable to discipline rebellious sons | 2 Samuel 11:1; 13:21 ^a ; 18:5; 19:1-7; 1 Kings 1:6 |
| Recurrent thoughts of death | Dust of death, terrors of death | Psalm 22:15; 55:4 |

^aSeptuagint addition to verse, "but he would not punish his son Amnon, because he loved him, since he was his firstborn."



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