

The background is a solid blue color with several white circular patterns and a scale. The scale is a semi-circular arc with tick marks and numbers ranging from 150 to 260. The circular patterns consist of concentric circles, some with arrows indicating a clockwise direction, and some with dashed lines.

DEPRESSION AROUND US

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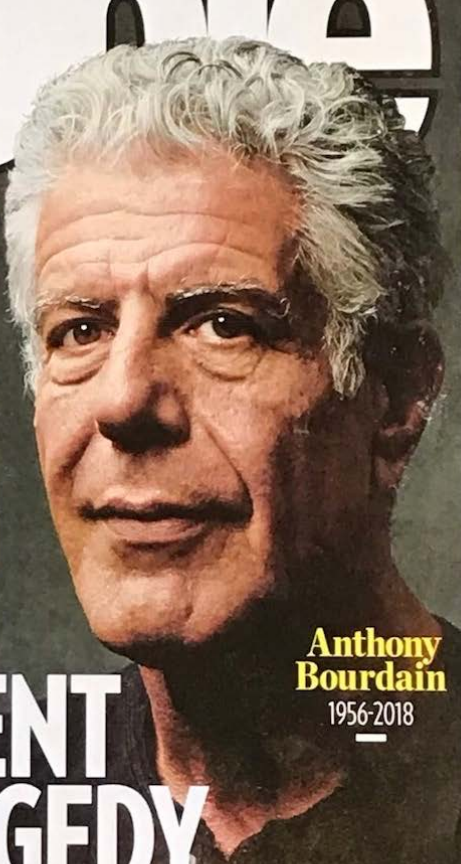
7/21/2018

If you or someone you know is considering suicide, please contact the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**

People



Kate Spade
1962-2018



Anthony Bourdain
1956-2018

TALENT & TRAGEDY

June 25, 2018

#BXDBD *****SCH 5-DIGIT 94401 FSC
#2164 3726 050#PE 5017CA13 W MNY19
0511
#90832
1941 OFARRELL ST STE 106
SAN MATEO CA 94403-1374
P00106

Two beloved icons separately end their lives amid questions about depression, despair and the children and legacies they each leave behind

INTRODUCTION

- Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general.

TYPES OF DEPRESSION

- **Major Depressive Disorder (MDD)**
- Persistent Depressive Disorder (formerly: Dysthymia)
- Bipolar Depression
- Seasonal Depression
- Atypical Depression
- Perinatal Depression (Prenatal, Postpartum)
- Premenstrual Dysphoric Disorder (PMDD)
- Psychotic Depression
- Other: depression in geriatric population, in children

INTRODUCTION

- Major Depressive Disorder (MDD) is a prevalent and recurrent illness that is frequently associated with significant morbidity and mortality
- One of the most common and costly medical illnesses
- The leading cause of disability in the U.S. for ages 15 to 44.3

INTRODUCTION

- At any point in time, 3 - 5 % of people suffer from major depression
- In a given year, MDD affects approximately 14.8 million American adults, or about 6.7 % of the U.S. population age 18 and older.
- Lifetime prevalence of MDD among American adults is 16.2%

INTRODUCTION

- MDD is a treatable illness that affects the way a person thinks, feels, behaves, and functions.
- While major depressive disorder can develop at any age, the median age at onset is 32.5
- More prevalent in women than in men
F: M= 2 : 1

CLINICAL PRESENTATION AND DIAGNOSIS

- Depressed mood most of the day, nearly every day
In children and adolescents, can be irritable mood
- Markedly diminished interest or pleasure

CLINICAL PRESENTATION AND DIAGNOSIS

- Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day
 - In children, consider failure to make expected weight gains.
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day
- Fatigue or loss of energy nearly every day

CLINICAL PRESENTATION AND DIAGNOSIS

- Feelings of worthlessness or excessive or inappropriate guilt nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day
- 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

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION

DSM-5

AMERICAN PSYCHIATRIC ASSOCIATION

DSM-5

CLINICAL PRESENTATION AND DIAGNOSIS

- Five (or more) of the above 9 symptoms have been present during the same 2- week period and represent a change from previous functioning

Note: Do not include symptoms that are clearly due to a general medical condition, or mood-incongruent delusions or hallucinations.

CLINICAL PRESENTATION AND DIAGNOSIS

- The symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning
- The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hypothyroidism)

CAUSES

- Genes
- Brain chemistry and hormones
- Stress

Most of the time, it is likely a combination of these factors.

CLINICAL EVALUATION

- History of Present Illness
- Past Medical and Psychiatric History
- Substances
- Family History
- Personal History, Pre-morbid Function
- Risk Factors
- Strengths

TREATMENT

- Psychotherapy
- Pharmacological treatment
- Brain stimulation
- Other helpful measures: e.g. exercise

Treatment needs to be individualized!

Where and How to Get Help



MENTAL HEALTH PROFESSIONALS

Psychiatrists

- Degree requirements: Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO), plus completion of residency training in psychiatry.
- Licensure & credentials: Licensed physician in the state where they are practicing; may also be “Board Certified” by the Board of Neurology and Psychiatry.

MENTAL HEALTH PROFESSIONALS

Psychiatric Or Mental Health Nurse Practitioners

- Degree requirements: Master of Science (MS) or Doctor of Philosophy (Ph.D.)
- Licensure & credentials: Examples of credentials include, but are not limited to:
 - NCLEX, National Council Licensure Examination
 - PMHNP-BC, Board Certification in psychiatric nursing through the American Academy of Nurses Credentialing Center

MENTAL HEALTH PROFESSIONALS

Primary Care Physicians

- Degree requirements: Doctor of Medicine (M.D.) or Doctor of Osteopathic Medicine (DO).

Family Nurse Practitioners (FNP)

- Degree requirements: Master of Science (M.S.) or Doctor of Philosophy (Ph.D.) in nursing.

MENTAL HEALTH PROFESSIONALS

Psychologists

- Degree requirements: Doctor of Philosophy (Ph.D.) in a field of psychology or Doctor of Psychology (Psy.D.).
- Licensure & credentials: Psychologists are licensed by licensure boards in each state.

MENTAL HEALTH PROFESSIONALS

Counselors, Clinicians, Therapists

- Degree requirements: master's degree (M.S. or M.A.) in a mental health-related field
- Licensure & Certification: Varies by specialty and state. Examples of licensure include:
 - LPC, Licensed Professional Counselor
 - LMFT, Licensed Marriage and Family Therapist
 - LCADAC, Licensed Clinical Alcohol & Drug Abuse Counselor

MENTAL HEALTH PROFESSIONALS

Clinical Social Workers

- Degree requirements: master's degree in social work (MSW).
- Licensure & credentials: Examples of licensure include:
 - LICSW, Licensed Independent Social Workers
 - LCSW, Licensed Clinical Social Worker
 - ACSW, Academy of Certified Social Worker



"I medicate first and ask questions later."



"Would the gentleman prefer an antidepressant?"

个人经验分享

SEVERE CASES

- Self harm and suicide
- Danger to others
- Inability to care for self
- Catatonia
- Psychosis

CHALLENGES

- Stigma
- Access to care
- Hard to treat cases

MYTHS AND MISCONCEPTIONS

- Psychotherapy vs. talking to my friends and family
- Psychotherapy vs. medications
- Antidepressants:
 - Side effects: addiction; toxicity
 - Life long treatment?
- Natural remedies?

WHAT CAN WE DO?

- Individual level
- Society: law, funding, resources, personnel training...

Questions and Feedbacks

The background is a solid blue color. It features several faint, white, circular graphic elements. In the top right, there is a large circular scale with numerical markings from 0 to 200 in increments of 10. Below this scale are two concentric circles with arrows indicating a clockwise direction. In the bottom right, there is another set of concentric circles with arrows, also indicating a clockwise direction. In the bottom left, there is a partial view of a circular graphic with an arrow. In the top left, there is a small circular graphic with an arrow.

Thank You!

The background is a solid blue gradient. It features several white circular patterns: a small circle with a dashed arrow in the top-left; a large circle with a dashed arrow and a scale from 0 to 200 in the top-right; a smaller circle with a dashed arrow in the bottom-right; and a partial circle with a dashed arrow in the bottom-left.