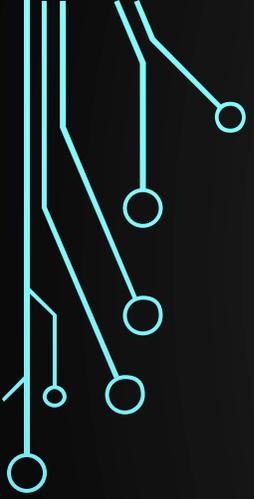




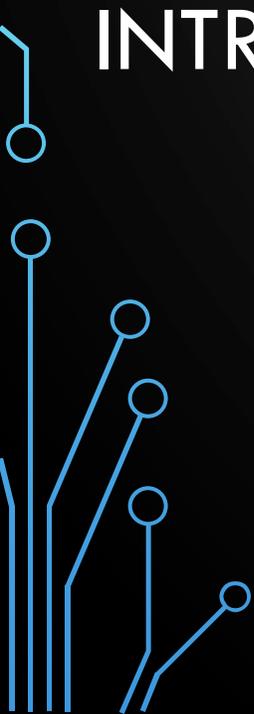
# UNDERSTANDING DEPRESSION

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## WELCOME AND INTRODUCTIONS



- The ParTNers Health & Wellness Center, located in downtown Nashville on the 3rd floor of the WRS TN Tower, welcomes all state and higher education employees enrolled in the State Group Health Insurance Plan.

The center provides the following healthcare services at no cost to most eligible employees:

- Sick and injury visits
  - Wellness and preventive screenings
  - Allergy shots
  - Certain immunizations
  - Chronic condition management
  - Employee assistance counseling services
  - Onsite health coaching
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- WHAT IS DEPRESSION?

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities.



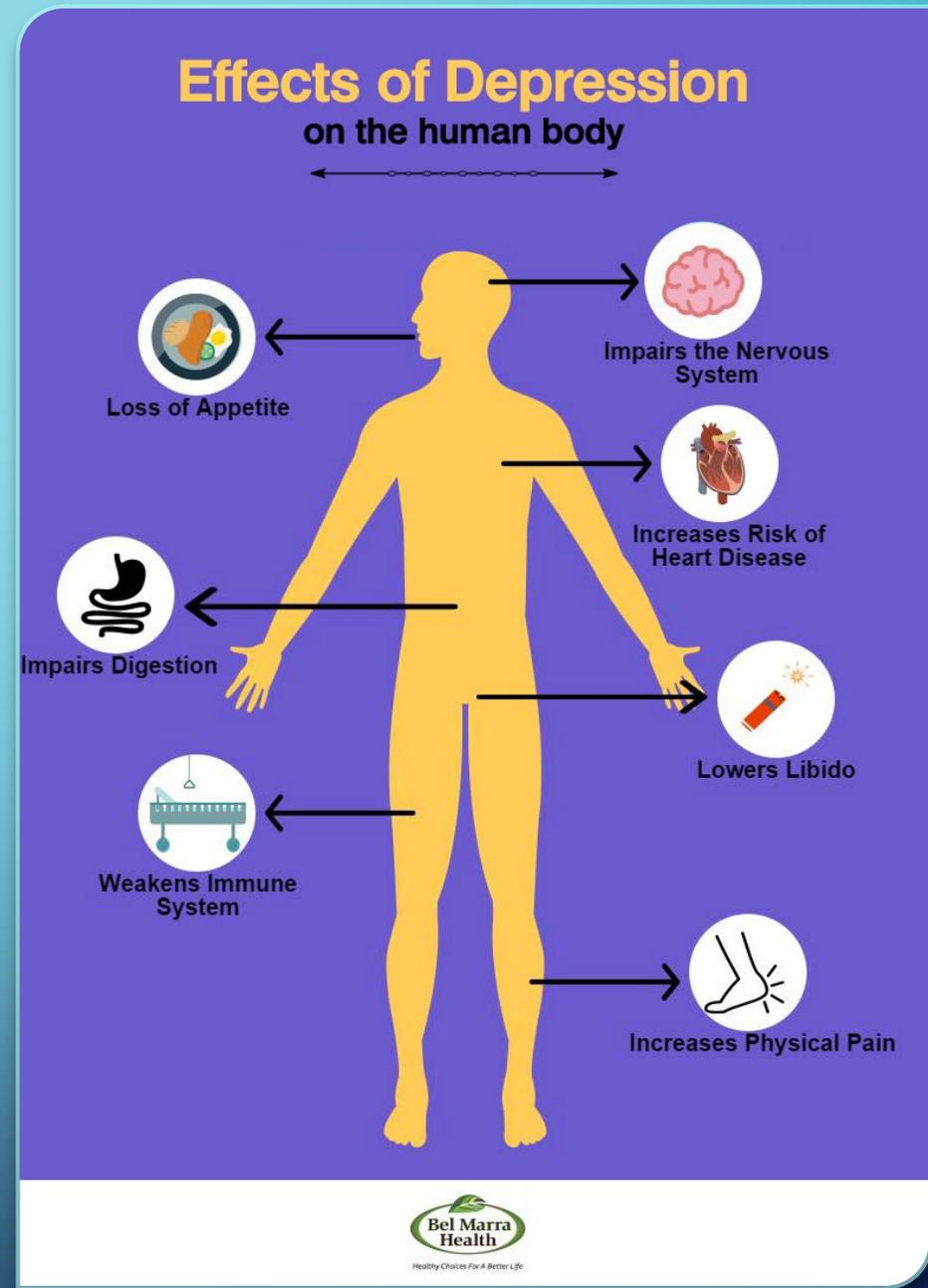
# GRIEF VS. DEPRESSION

- There are many times in life that we experience sadness, withdrawal, and other common depression symptoms that are related to an event, such as losing a loved one.
- These feelings are expected after loss, and generally do not indicate a clinical depression diagnoses.

# DEPRESSION FACTS

- In 2015, about 3 million teens ages 12 to 17 had at least one major depressive episode in the past year. Women are twice as likely to suffer from depression than men. Over 15 million American adults, around 6.7 percent of the U.S. population age 18 and older, suffer from depression in a given year
- Anxiety and depression disorders are closely related. Nearly 50% of those diagnosed with depression are also diagnosed with an anxiety disorder.
- Depression is the leading cause of disability in the United States among people between the ages of 15 and 44.
- Women are twice as likely as men to be diagnosed with depression.

# EFFECTS OF DEPRESSION ON YOUR BODY



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# How Different People Experience Depression Symptoms:

- Men
- Women
- Children

## Common Types of Depressive Disorders

### Major Depressive Disorder



Symptoms present for longer than two weeks

### Persistent Depressive Disorder



Depression present for most days during a two-year period

### Bipolar Depression



The depressive episodes that often accompany the manias of bipolar disorder

### Postpartum Depression



Can occur soon after delivering a baby

### Premenstrual Dysphoric Disorder



Significant mood symptoms that occur during the menstrual phase

### Seasonal Affective Disorder



Depressive episodes that recur in the winter months

### Atypical Depression



Depressive episodes with reactive moods, increased appetite and sleep



# TREATMENT OPTIONS FOR DEPRESSION

## Therapeutic Interventions:

The treatment options listed below require the assistance of mental health or medical providers or other licensed professionals.

CBT	Behavioral Therapy	Dialectical Behavior Therapy	Interpersonal Therapy
<p>Focuses on identifying, understanding, and changing thinking and behavior patterns related to depression in regular meetings with a licensed, CBT-trained therapist.</p>	<p>Behavioral therapy is centered on changing behaviors that affect emotions. A central focus of behavioral treatment for depression is behavioral activation. This entails elping patients engage in activities that will enhance their feelings of well-being.</p>	<p><u>Dialectical behavior therapy</u> is mostly based on CBT. The key difference is that it asks individuals with depression to acknowledge and accept their negative thoughts and behaviors. Through the practice of validation, individuals can come to terms with their negative emotions, learn to cope with stress and regulate their reactions to it, and even improve their relationships with others.<sup>6</sup></p>	<p>Interpersonal conflict and poor social support can also contribute to feelings of depression. Interpersonal therapy is a type of therapy that focuses on these issues by addressing past and present social roles and interpersonal interactions.</p>

## Tricyclics

- Tremors
- Indigestion
- Headache
- Dry Mouth
- Drowsiness
- Elevated Heart Rate

Common Brand Names:

- Flavil
- Asendin
- Anafranil
- Adapine
- Sinequan
- Tofranil
- Pamelor

## SSRIs

- Sweating
- Indigestion & Nausea
- Headache
- Dry Mouth
- Drowsiness
- Sexual Side Effects

Common Brand Names:

- Celexa
- Lexapro
- Luvox
- Prozac
- Paxil
- Zoloft

## SNRIs

- Tremors
- Nausea
- Headache
- Dry Mouth
- Blurred Vision
- Increased Blood Pressure
- Sexual Side Effects
- Nervousness
- Dizziness

Common Brand Names:

- Cymbalta
- Serzone
- Effexor

## MAOIs

- Insomnia
- Muscle Aches
- Low Blood Pressure
- Dry Mouth
- Sexual Side Effects
- Nervousness
- Dizziness
- Need to Avoid Decongestants & Certain Foods (Fish, Chocolate, Fermented Foods)

Common Brand Names:

- Marplan
- Nardil
- Parnate

## Newer Combinations

- Appetite Changes
- Indigestion & Constipation
- Headache
- Dry Mouth
- Insomnia
- Sweating
- Nervousness
- Sexual Side Effects
- Vomiting

Common Brand Names:

- Wellbutrin
- Norpramin
- Ludiomil
- Remeron

# MEDICATION OPTIONS

# EMERGING TREATMENTS

- **Repetitive transcranial magnetic stimulation (rTMS).** This type of treatment uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression.
- **Ketamine** is a medication that's delivered through an IV in low doses. It's used for rapid relief of hard-to-treat depressive symptoms and its effects can last from days to weeks.
- **Electroconvulsive therapy (ECT).** While you're asleep, a carefully measured dose of electricity is passed through your brain, intentionally triggering a small, brief seizure. ECT seems to cause changes in brain chemistry that can relatively quickly reverse symptoms of major depression. Although there are potential side effects, such as temporary confusion or temporary memory loss, a series of ECT treatments may provide significant relief of severe depression.
- **Vagus nerve stimulation (VNS).** Generally, VNS is only tried after other brain stimulation therapies such as ECT and rTMS have not been successful in improving symptoms of depression. VNS stimulates the vagus nerve with electrical impulses. This treatment uses a device implanted in your chest that's connected by a wire to a nerve in your neck (vagus nerve). Electrical signals from the implant travel along the vagus nerve to the mood centers of the brain, which may improve depression symptoms.

# SELF- CARE/SELF HELP TECHNIQUES

- **Herbal remedies:** Herbal remedies are made from plants. Of the wide variety of available herbal therapies, St. John's wort and ginkgo biloba are the products most often used for treating depression.
- **Acupuncture:** Acupuncture is an ancient Chinese method of healing that prevents and cures specific diseases and conditions.
- **Reflexology:** For this treatment, the reflexologist applies pressure to different pressure points on your feet, hands, ears and face.
- **Exercise:** In general, exercise is a safe and easy way to improve your well-being.
- **Meditation:** Meditation is a form of relaxation and introspection.
- **Massage:** Massage uses touch to promote relaxation while decreasing tension and stress.
- **Guided imagery:** Guided imagery is a form of focused relaxation that helps create harmony between the mind and body.
- **Yoga:** Yoga is a type of exercise and spiritual practice.
- **Deep breathing:** Taking slow, deep breaths in, then slowly exhaling, while your mind focuses on the breath.

# 7 Proven Ways to Help a Friend WITH DEPRESSION

## 1. Listen Carefully Before Speaking

Don't rush to speak or impose your idea on a depressed person; you can irritate him



## 2. Be Positive in Your Approach

Don't be judgmental or negative in your approach to help; this will worsen the situation



## 3. Be Realistic in Your Encouragement

Don't give unrealistic hope to your friend to encourage him; he will instantly realize it and reject other approaches



## 4. Regularly Be There for Him

Even if your friend wants to be alone sometimes, makes him feel you are there for him without being annoying



## 5. Help Him Get Socialized

Use polite tactic, at the right time, to get him involved in social activities But avoid depressive places which can do more harm than good



## 6. Protect Him from Alcohol or Drug Abuse

When most attempts fail, depressed people tend to recourse to drug or alcohol. This is recipe for disaster; do your best to prevent that



## 7. SEEK PROFESSIONAL HELP IF YOUR SUPPORT NOT ENOUGH

If after all your support is insufficient it is then necessary to get professional or medical help to avoid serious complications such as suicide.





FINAL  
THOUGHTS/QUESTIONS?





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