DIAGNOSIS AND TREATMENT OF DEPRESSION IN ADULTS
(COVID-19 PANDEMIC EFFECT ON DEPRESSION RATE)

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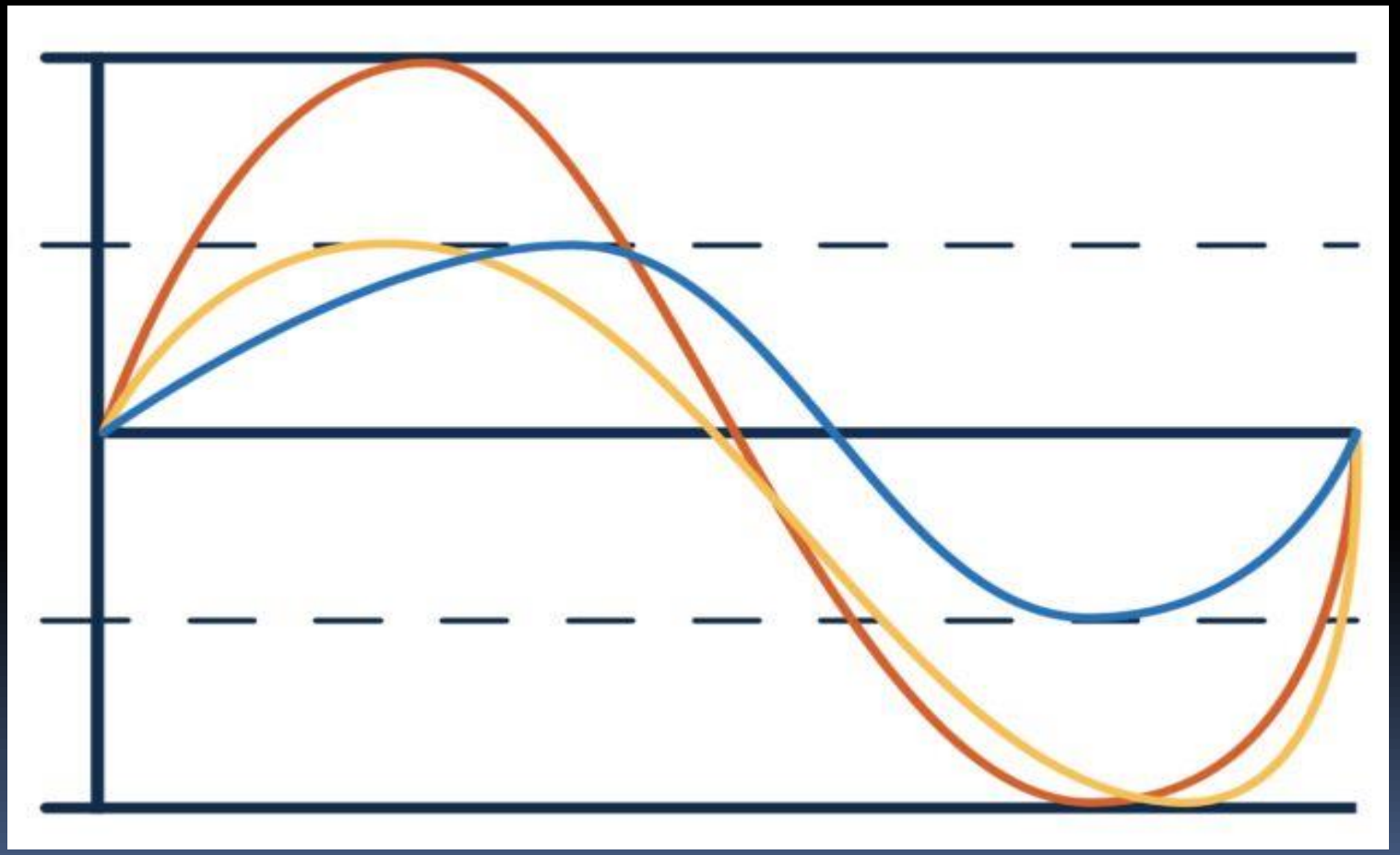
TUOMS

Psychobiology
Adolf Meyer

Depression

De + Press

- Emotion
- Mood
- Temperament
- Mood disorders



3 Dimensions of Depression:

- **Vegetative dimension**
- **Psychomotor dimension**
- **Cognitive - Emotional dimension**

Vegetative dimension

- Decreased or increased appetite
- Insomnia or hypersomnia
- Decreased or increased libido

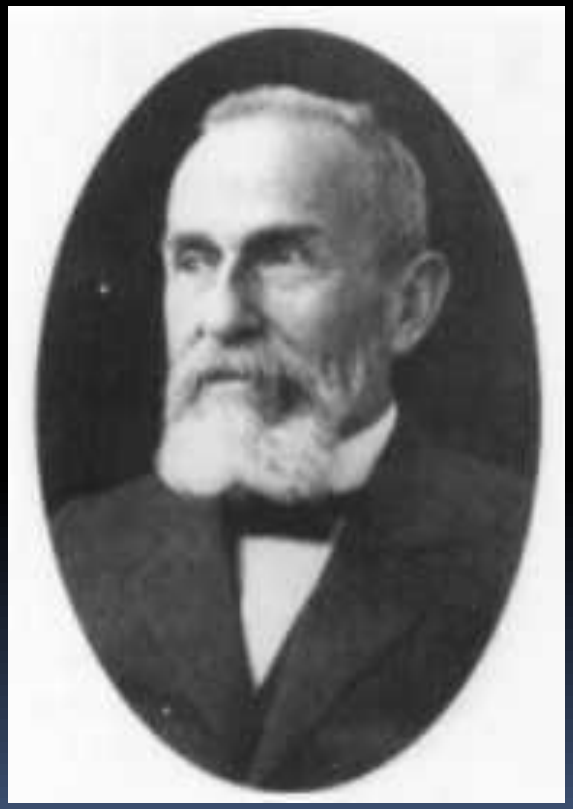
Psychomotor dimension

- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Diminished ability to think ,concentrate or decision making

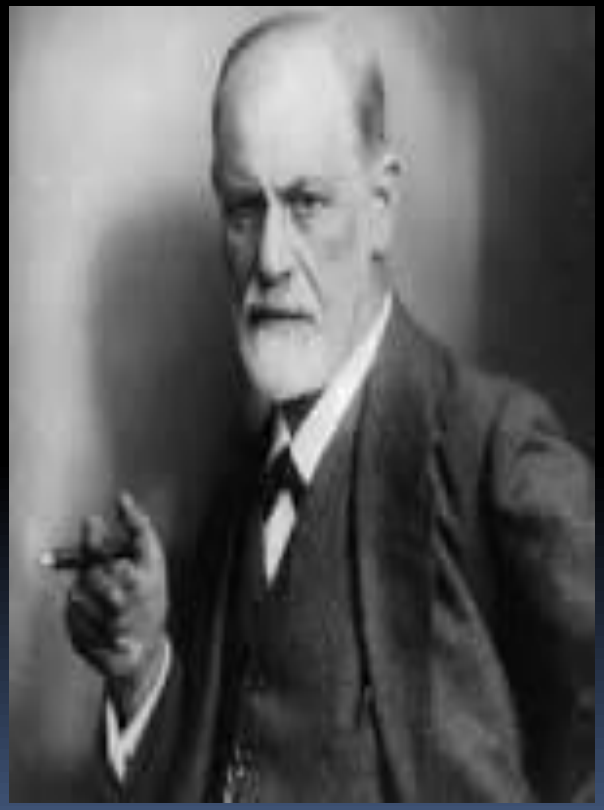
Cognitive-Emotional dimension;

- Depressed mood
- Diminished interest or pleasure
- Feelings of worthlessness or guilt

Biomedical



Psychosocial



Psychological cause of Depression

Loss

(SELF-DEFINITION)

Loss

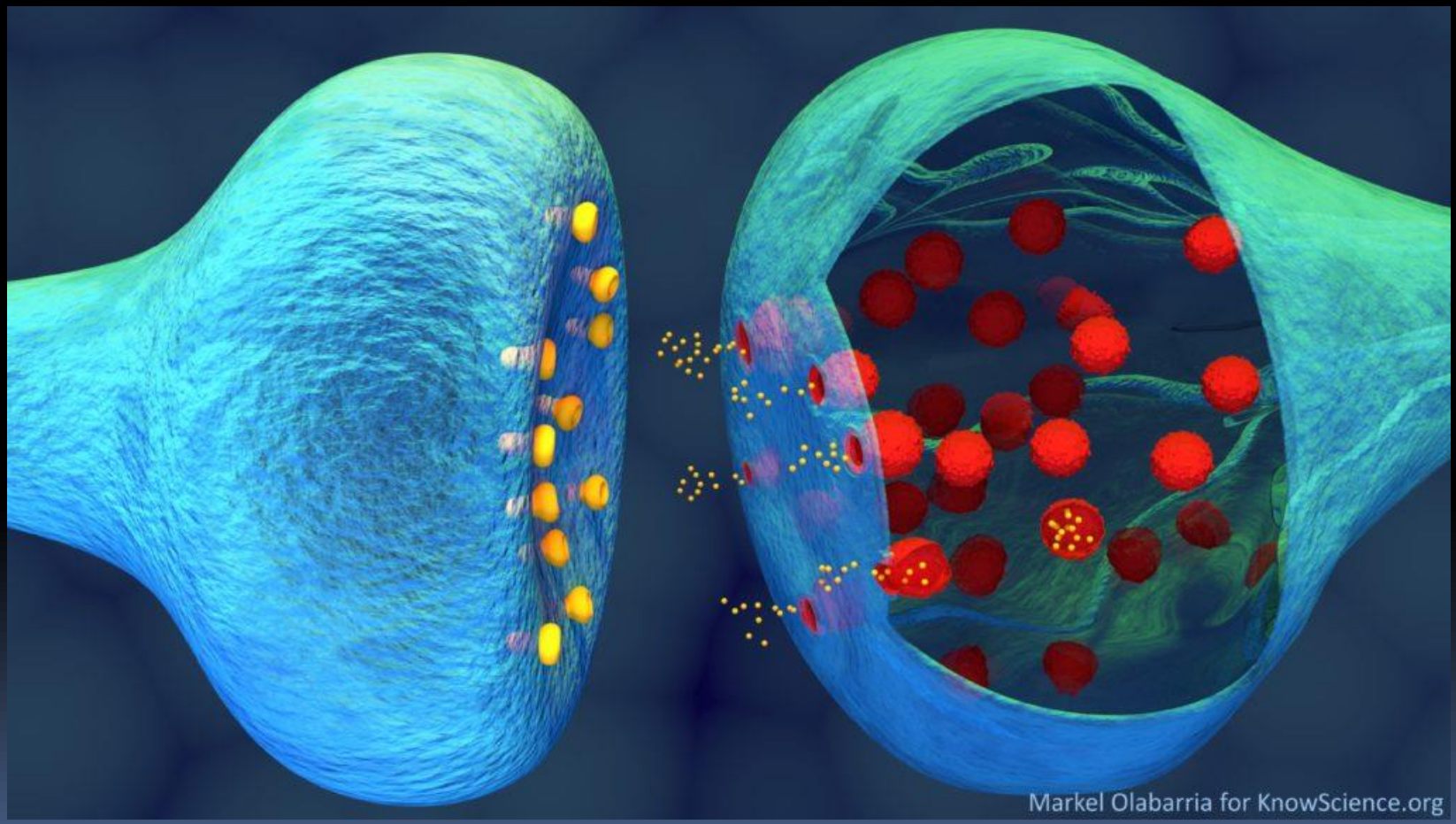
- Has happened……Depression
- Can happen……Anxiety

psychotherapy

- Psychoanalysis
- Cognitive therapy
- Behavior therapy
- Hypnosis
- Group therapy
- Family therapy and couple therapy
- Interpersonal therapy

Biological cause of Depression

- Neurotransmitteral imbalance


Markel Olabarria for KnowScience.org

Historically First antidepressant

- Amphetamines
  - Stimulant
  - Postsynaptic

Historically Second class

- MAO inhibitors
- Iproniazid

Most Involved Neurotransmitter systems:

- Serotonin
- Norepinephrin
- Dopamin

Wilhelm Wundt

Counsciousness (self-awareness)

- Content
- State

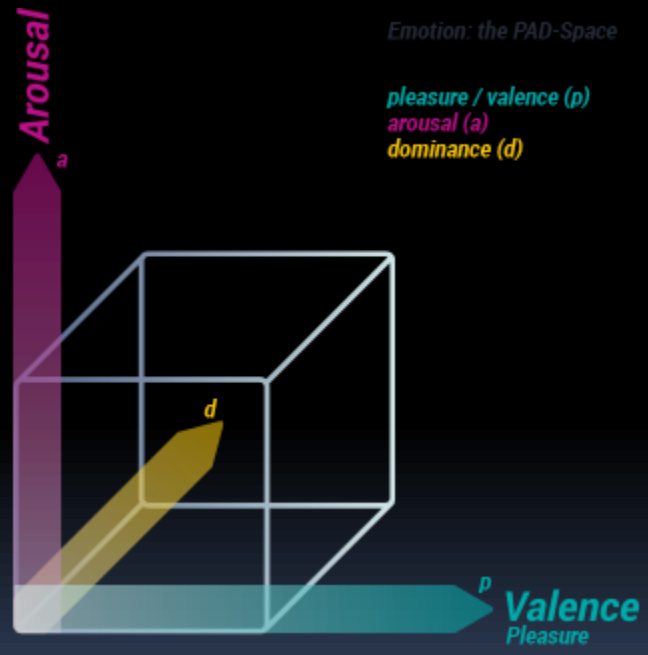
Content

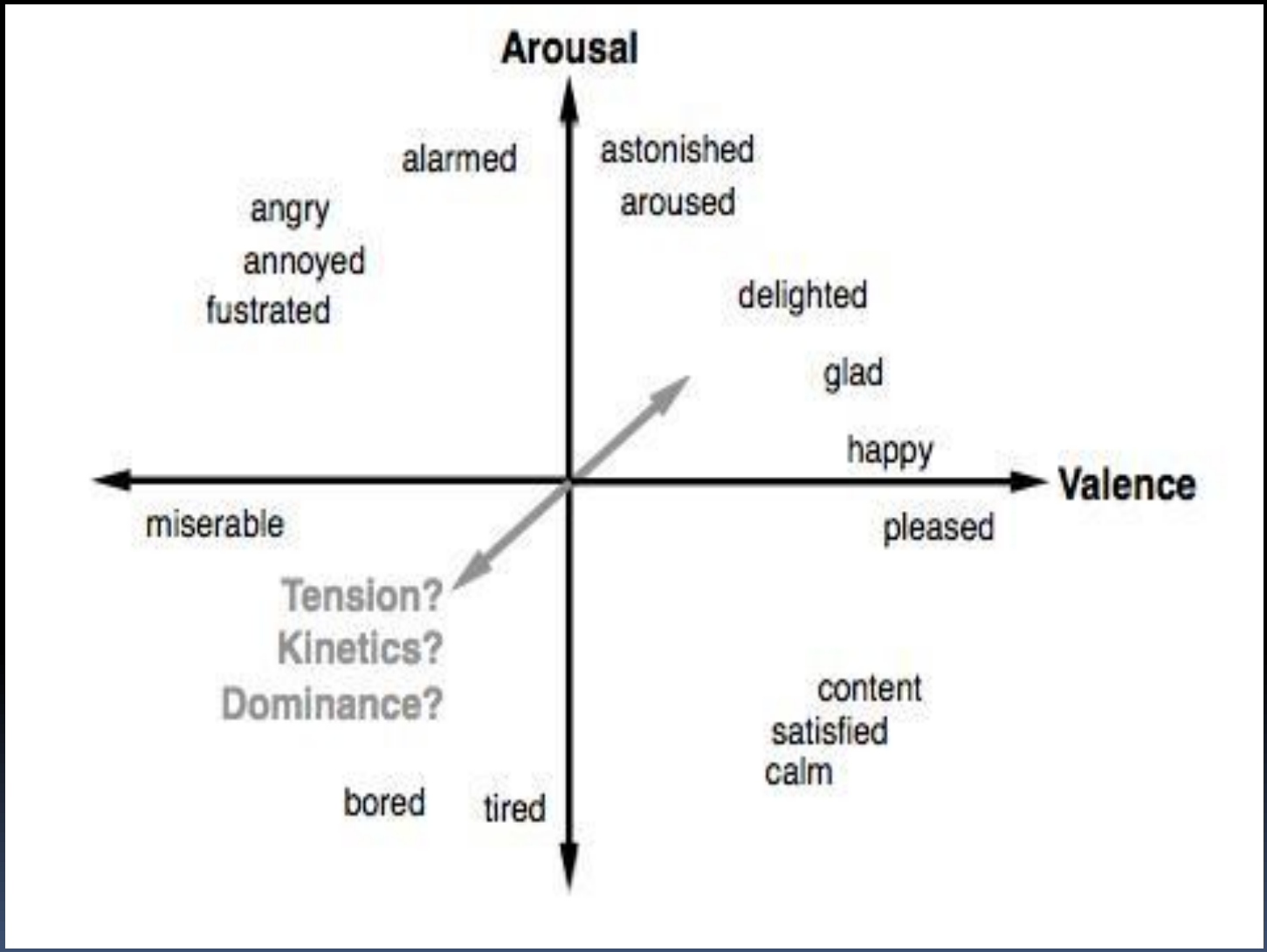
- Thinking
- Imagination
- Reasoning
- Conclusion
- Memory

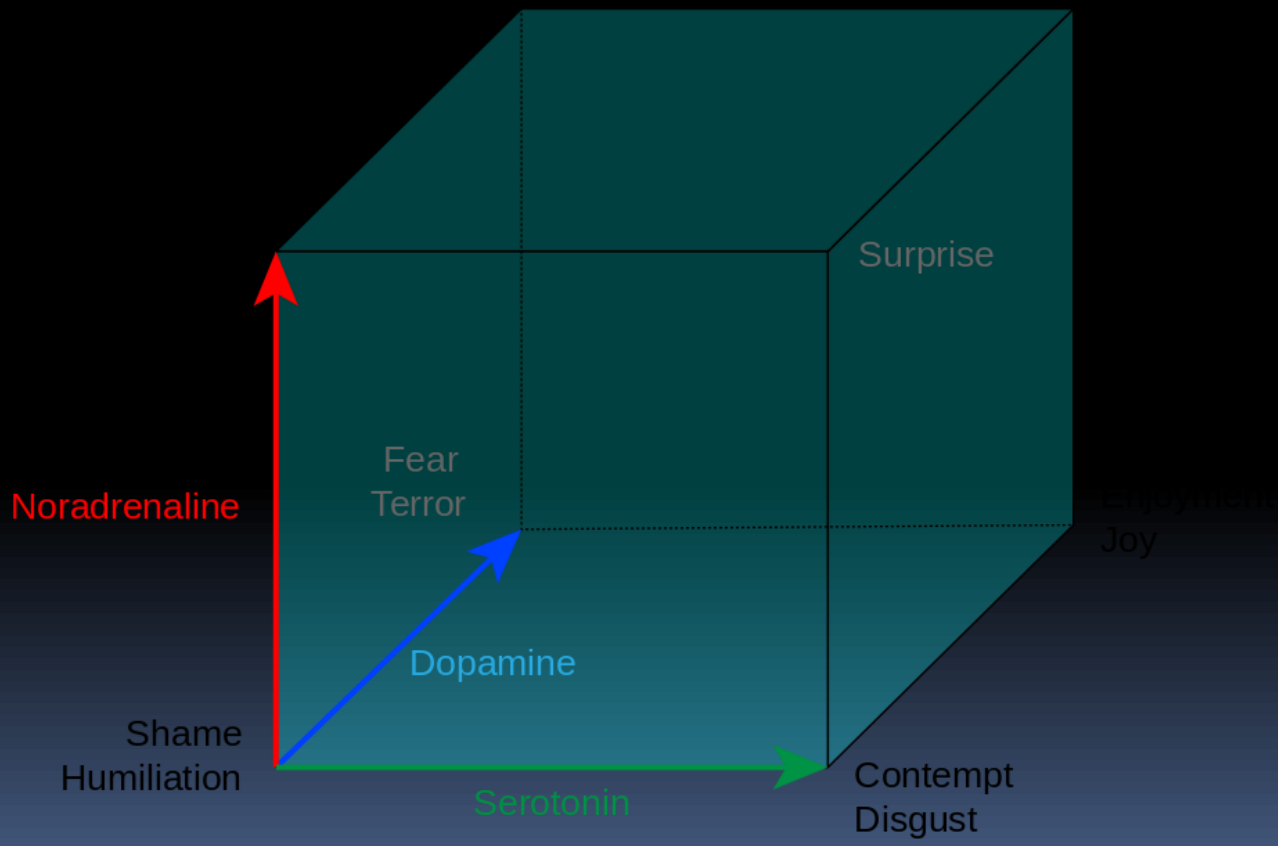
State

- Arousal
- Pleasantness (Valence)
- Controllability (Dominance)

State


Emotion: the PAD-Space
pleasure / valence (p)
arousal (a)
dominance (d)
Arousal
a
d
p
Valence
Pleasure


Arousal
alarmed
astonished
aroused
angry
annoyed
fustrated
delighted
glad
happy
Valence
miserable
pleased
Tension?
Kinetics?
Dominance?
content
satisfied
calm
bored
tired


Surprise
Fear
Terror
Noradrenaline
Enjoyment
Joy
Dopamine
Shame
Humiliation
Serotonin
Contempt
Disgust

Behavior

- Initiation
- Maintenance
- Termination

- Initiation.....Dopamin
- Maintenance.....Norepinephrin
- Termination.....Serotonin

Treatment Phase	Duration	Goals	Activities
Acute and continuation	8–12 weeks	► Achieve symptomatic remission ► Monitor side effects ► Restore function	► Establish therapeutic alliance ► Provide psychoeducation ► Select optimal antidepressant treatment(s) ► Supportive and measurement-based care ► Monitor progress
Maintenance	6–24 months or longer	► Return to full function and quality of life ► Prevention of recurrence	► Continue psychoeducation ► Rehabilitate ► Manage comorbidities ► Monitor for recurrence

Antidepressants

- **Selective Serotonin Reuptake Inhibitors**
  - **Fluoxetin**
  - **Sertralin**
  - **Citalopram**
  - **Escitalopram**
  - **Fluvoxamin**
  - **Paroxetin**

- **Tricyclics and Tetracyclics**
  - Amitriptyline
  - Clomipramine
  - Doxepin
  - Imipramine
  - Trimipramine
  - Desipramine
  - Nortriptyline
  - Protriptyline
  - Amoxapine
  - Maprotiline

- **Monoamine Oxidase Inhibitors**
  - Isocarboxazid
  - Phenelzine
  - Tranylcypromine
  - Selegiline
  - Moclobemide

- Selective Serotonin-Norepinephrine Reuptake Inhibitors
  - VENLAFAXINE
  - Duloxetin
- Nefazodone
- Trazodone

- Bupropion
- Mirtazapine
- Buspirone
- Lamotrigine

Covid-19 effect on depression rate

- Increased prevalence o MDD and GAD
  - Females more affected
  - Youngers more than olders

Causes;

- Social restrictions
- Lockdowns
- decrease in economic activity
- School and business closure
- Loss of livelihood
- Shifting priorities of governments in their attempt to control COVID-19