

# **DIAGNOSIS AND TREATMENT OF DEPRESSION IN ADULTS**

**(COVID-19 PANDEMIC EFFECT ON DEPRESSION RATE)**



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**TUOMS**

# Psychobiology

## Adolf Meyer




FIG. 1. Adolf Meyer (1866–1950). Professor of Psychiatry at Johns

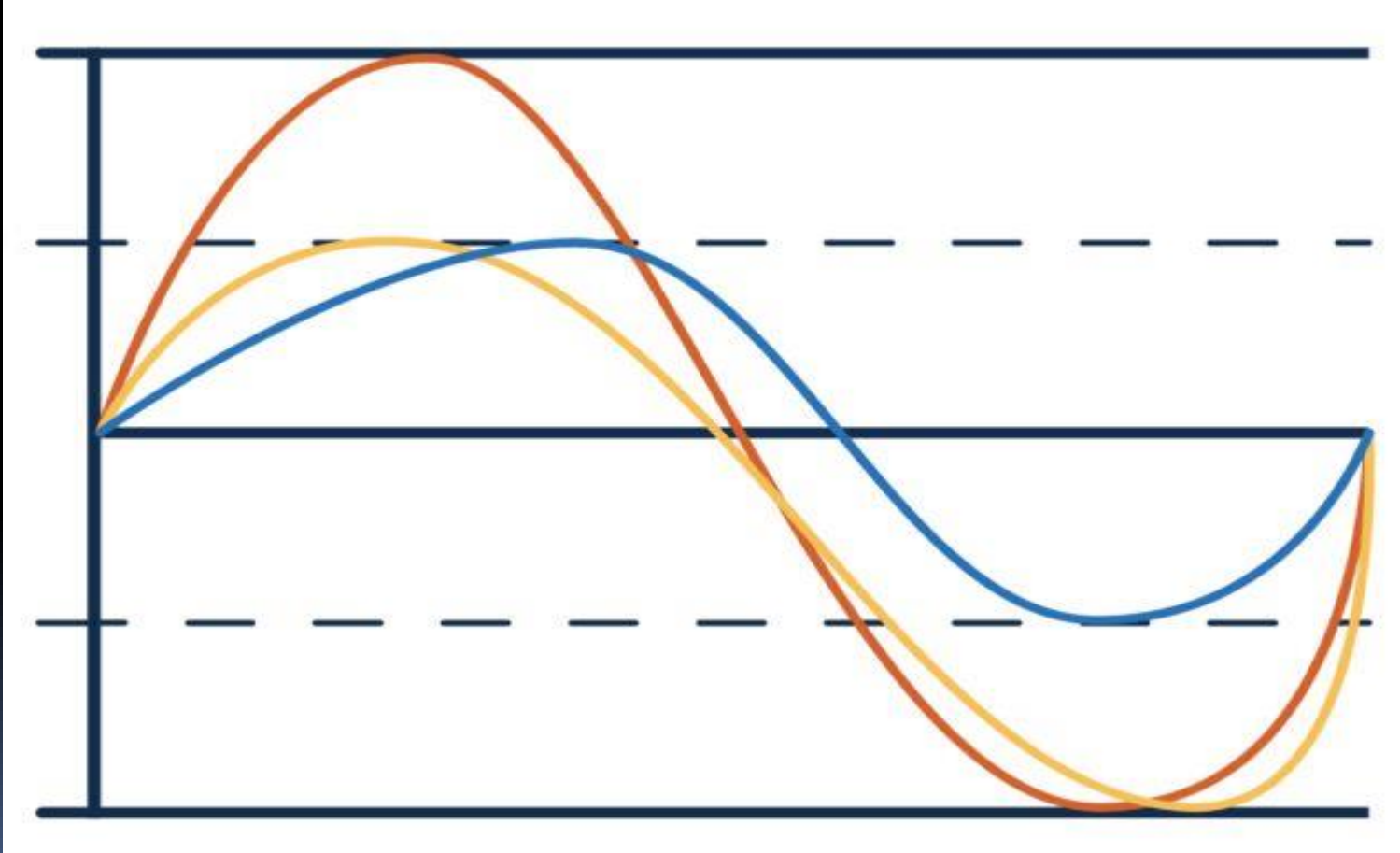


# Depression

**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
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# Psychomotor dimension

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



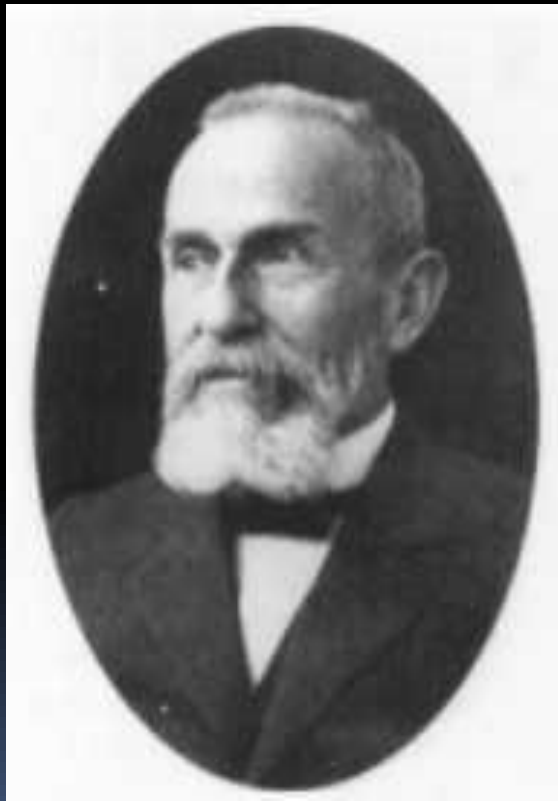


# Cognitive-Emotional dimension;

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



# Psychosocial





# Psychological cause of Depression

# Loss

(SELF-DEFINITION)














# Loss

- Has happened.....Depression
- Can happen.....Anxiety



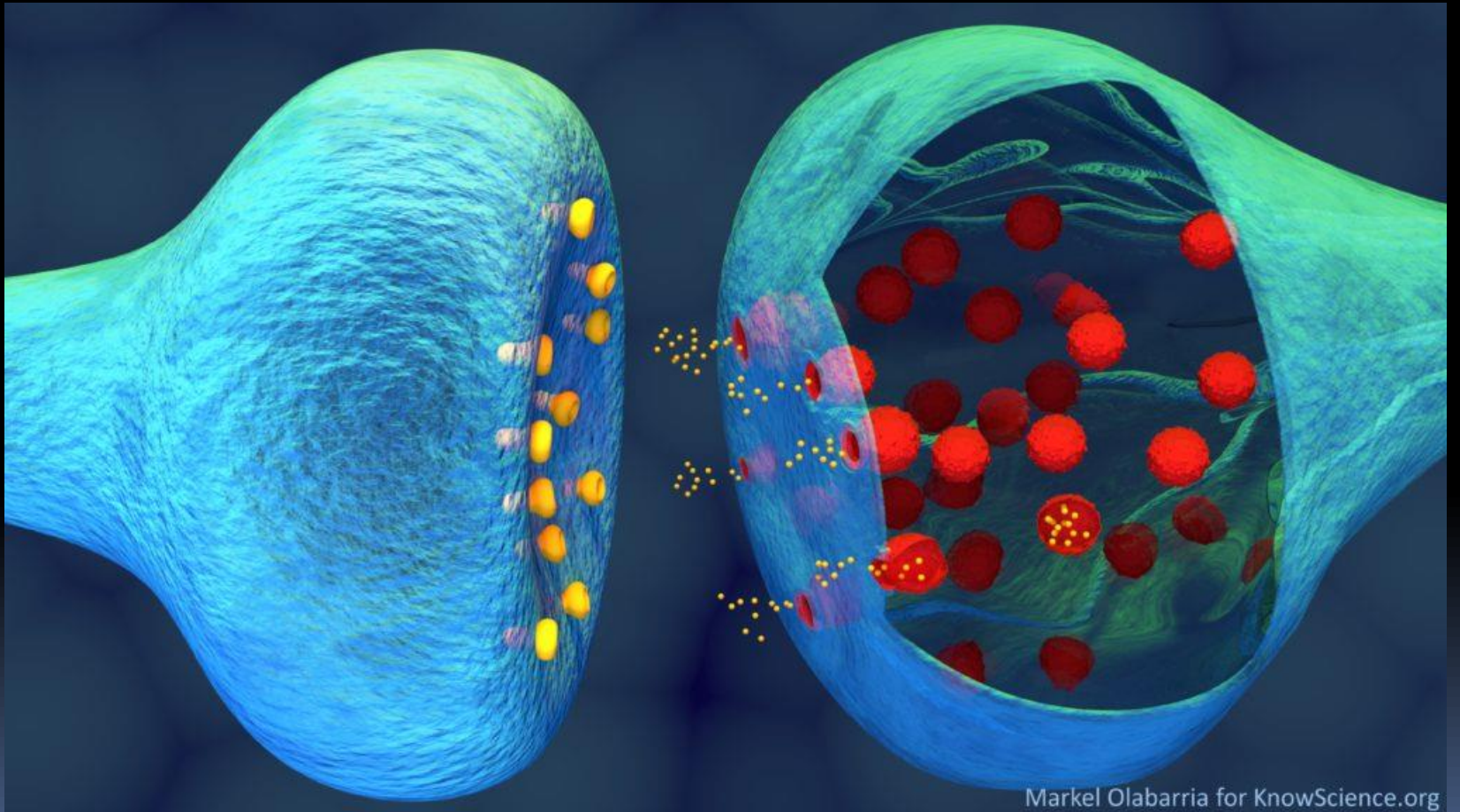
# psychotherapy

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



# Biological cause of Depression

- Neurotransmitter 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
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# Wilhelm Wundt





# Counsciousness (self-awareness)


- Content

- State






# Content

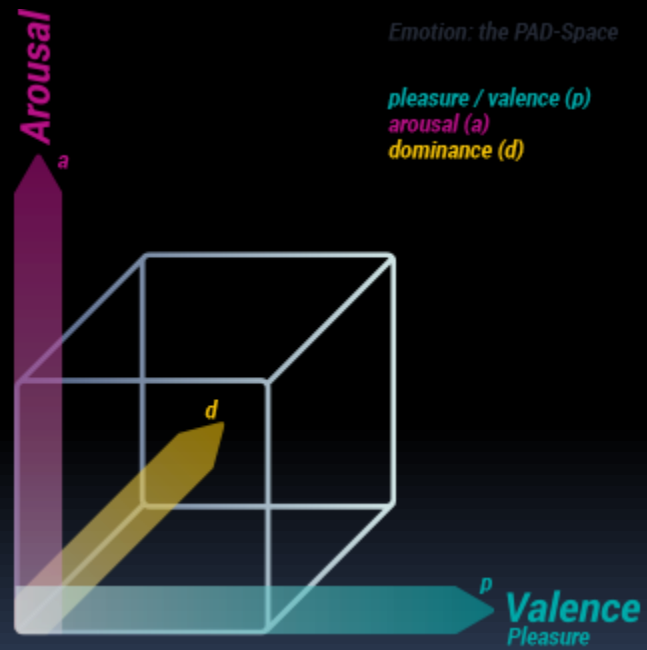
- Thinking
  - Imagination
  - Reasoning
  - Conclusion
  - Memory
- 

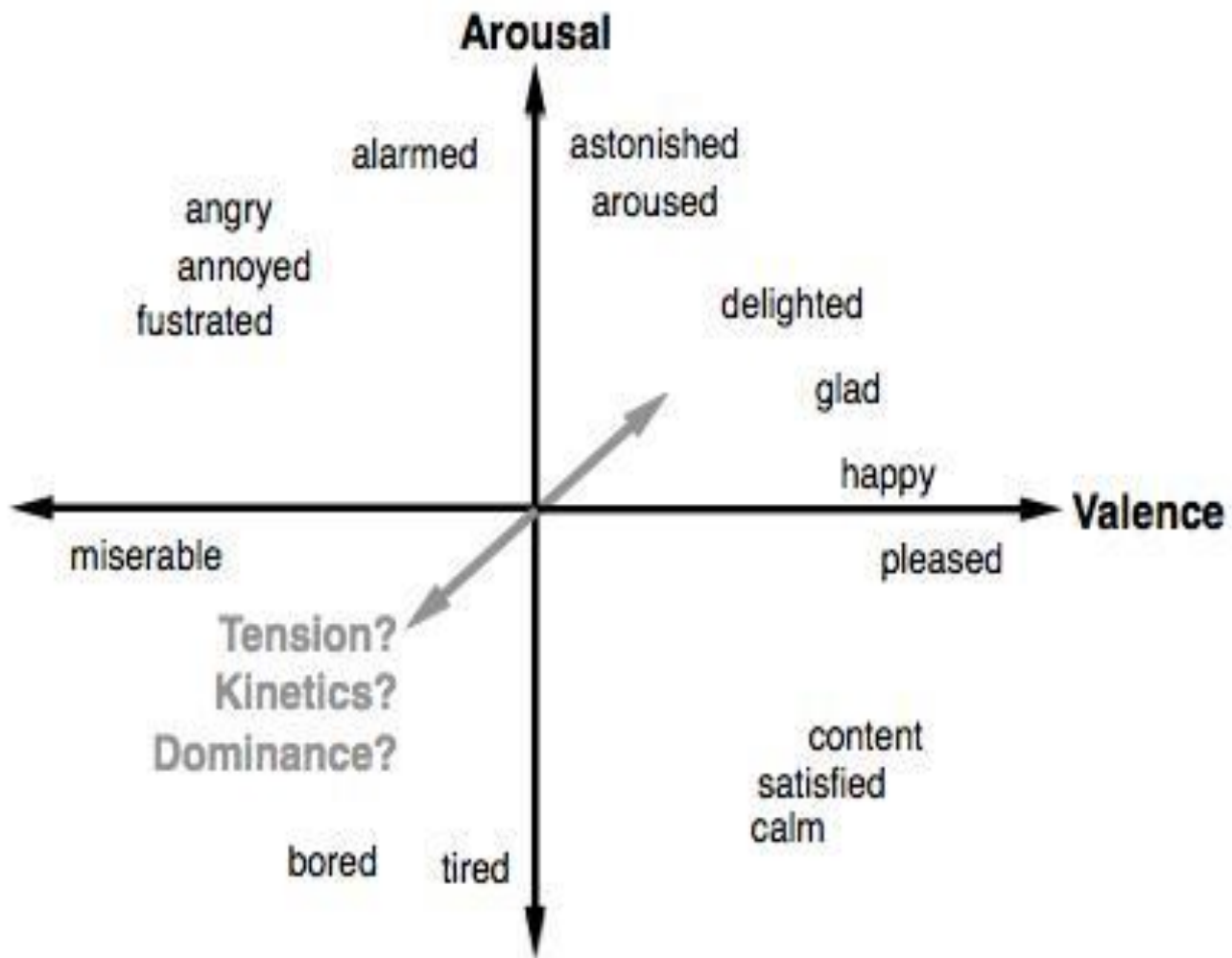


# State

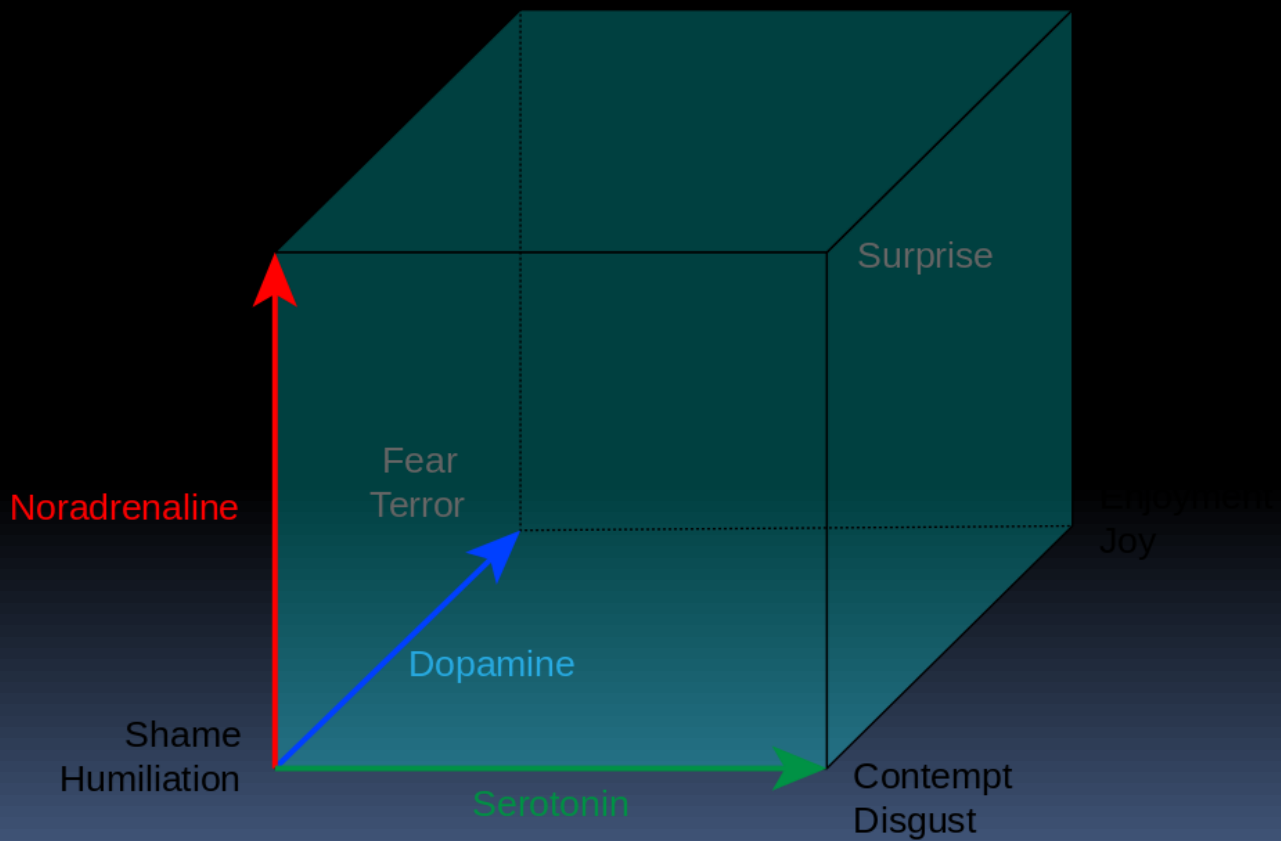
- Arousal
  - Pleasantness (Valence)
  - Controllability (Dominance)
- 

# State












# Behavior

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

Treatment Phase	Duration	Goals	Activities
Acute and continuation	8–12 weeks	<ul style="list-style-type: none"><li>▶ Achieve symptomatic remission</li><li>▶ Monitor side effects</li><li>▶ Restore function</li></ul>	<ul style="list-style-type: none"><li>▶ Establish therapeutic alliance</li><li>▶ Provide psychoeducation</li><li>▶ Select optimal antidepressant treatment(s)</li><li>▶ Supportive and measurement-based care</li><li>▶ Monitor progress</li></ul>
Maintenance	6–24 months or longer	<ul style="list-style-type: none"><li>▶ Return to full function and quality of life</li><li>▶ Prevention of recurrence</li></ul>	<ul style="list-style-type: none"><li>▶ Continue psychoeducation</li><li>▶ Rehabilitate</li><li>▶ Manage comorbidities</li><li>▶ Monitor for recurrence</li></ul>



# Antidepressants

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



## ■ Tricyclics and Tetracyclics

- Amitriptyline
- Clomipramine
- Doxepin
- Imipramine
- Trimipramine
- Desipramine
- Nortriptyline
- Protriptyline
- Amoxapine
- Maprotiline



- **Monoamine Oxidase Inhibitors**

- Isocarboxazid
- Phenzelzine
- Tranylcypromine
- Selegiline
- Moclobemide



- **Selective Serotonin-Norepinephrine Reuptake Inhibitors**

- **VENLAFAXINE**


- **Duloxetine**

- **Nefazodone**

- **Trazodone**






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- **Bupropion**
  - **Mirtazapine**
  - **Buspirone**
  - **Lamotrigine**



# Covid-19 effect on depression rate

- Increased prevalence of MDD and GAD
    - Females more affected
    - Youngers more than older
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# 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
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