



Management of Ps Conditions in prim - Depression

Your Name
Course Title
Institution

Depression

- Most common psychiatric disorder
- Affects approximately 15 million adults in the
- **Principal symptoms** include depressed mood or interest in all or nearly all of one's usual activities
- **Associated symptoms:** insomnia; anorexia (sometimes hyperphagia and weight gain); memory impairment; loss of concentration; feelings of guilt, worthlessness, helplessness; thoughts of suicide and death; suicidal behavior.
- Symptoms must be present **most of the day for at least 2 weeks**

(Rosenthal & Burchum, 2021)

Depression Pathogene

- Some situations may happen unexpectedly witho
- For many episodes are brought on by a stressful (bereavement, loss of a job, or childbirth)
- Contributing factors to vulnerability: genetic heri and chronic low self-esteem
- Monoamine-deficiency hypothesis of depression- deficiency of monoamine neurotransmitters

(Rosenthal & Burchum, 2021)

Treatment

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- Depression can be treated with three
 - Pharmacotherapy
 - Depression-specific psychotherapy
 - Somatic therapy (electroconvulsive therapy, magnetic stimulation)

Mild to moderate depression- drug therapy and psychotherapy are equally effective

Severe depression- Combination therapy (pharmacotherapy + psychotherapy) better than single intervention
Electroconvulsive therapy is reserved for