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# How to Recognize Depression and Its Related Mood and Emotional Disorders

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# Depression's Devastating Toll on the Individual

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- Ø Reduces or eliminates pleasure and joy
- Ø Compromises and destroys relationships
- Ø Interferes with academic success
- Ø Impairs career development and vocational functioning
- Ø May lead to self-injury and suicide

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# Depression's Devastating Toll on Society

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- Ø Lifetime prevalence 16.2%, 12-month prevalence 6.6% (National Comorbidity Study Replication)
- Ø Top cause of disability worldwide (bipolar disorder also in top 10)
- Ø Leading cause of workplace absenteeism and diminished economic productivity
- Ø Drain on limited health care resources
- Ø Suicide: Approximately 10% of people with depression commit suicide

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# Prevalence of Psychiatric Disorders

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- ∅ Leading study revealed the following lifetime prevalence rates:
  - ∅ Mood disorders: 20.8%
    - ∅ Unipolar depression: 16.6%
    - ∅ Dysthymia: 2.5%
    - ∅ Bipolar disorder: 3.9%
  - ∅ Anxiety disorders: 28.8%
  - ∅ Impulse control disorders: 24.8%
  - ∅ Substance abuse disorders: 14.6%
  - ∅ Comorbidities
    - ∅ Two or more disorders: 27.7%
    - ∅ Three or more disorders: 17.3%

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# DSM Diagnosis of Major Depressive Episode

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- ∅ At least 5 of the following for 2 weeks:
  - ∅ 1) Sad mood
  - ∅ 2) Diminished interest or pleasure
  - ∅ 3) Weight change
  - ∅ 4) Sleep disturbance
  - ∅ 5) Physical restlessness or slowness
  - ∅ 6) Fatigue, loss of energy
  - ∅ 7) Feelings of worthlessness or guilt
  - ∅ 8) Trouble concentrating, indecisiveness
  - ∅ 9) Morbid thoughts or suicidal ideation
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# Variants of Depression

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- Ø Unipolar depression
- Ø Bipolar depression
- Ø Dysthymia
- Ø Atypical depression
- Ø Post-partum depression
- Ø Seasonal affective disorder
- Ø Depression due to a general medical condition
- Ø Depression due to substance abuse

# Unipolar Versus Bipolar Depression

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- Ø Bipolar depression occurs in context of a bipolar disorder, characterized by mania (bipolar I), hypomania (bipolar II), or marked mood instability (bipolar Spectrum disorder)
- Ø Manic symptoms include euphoria, grandiosity, racing thoughts, pressured speech, irritability, distractibility, decreased sleep need, impulsivity
- Ø Mania may involve psychotic symptoms
- Ø Manic episodes alternate with depressive episodes (“mixed episodes” also common)
- Ø Important to distinguish unipolar and bipolar depression, as treatment approaches differ

# “Comorbidities” of Unipolar Depression

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∅ Major depression is often accompanied by other disorders:

∅ Anxiety disorders

∅ Substance abuse disorders

∅ Impulse control disorders

∅ General medical conditions

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# Anxiety Disorders Often Accompany Depression

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- ∅ Generalized anxiety disorder
- ∅ Panic disorder
- ∅ Post-traumatic stress disorder (PTSD)
- ∅ Obsessive compulsive disorder (OCD)
- ∅ Anxiety disorder not otherwise specified

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People with Depression who do not have an Anxiety Disorder

**59% of people with Depression also  
have an Anxiety Disorder**

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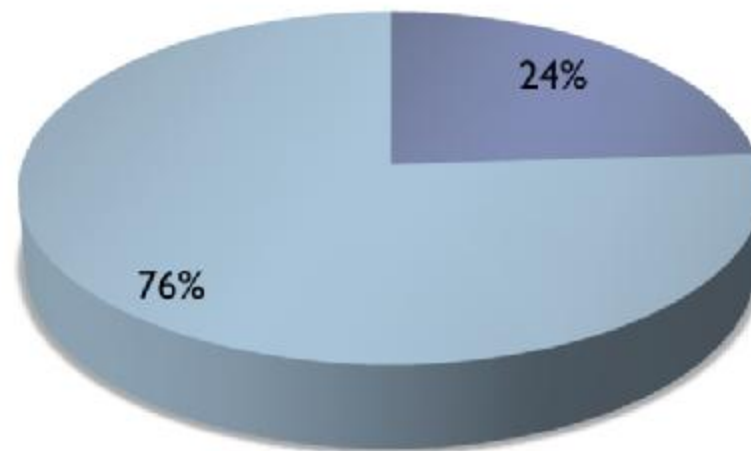
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# Substance Abuse Disorders Often Accompany Depression

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- ∅ Alcohol abuse or dependence
- ∅ Illicit drug abuse or dependence
- ∅ “Self-medication” is a major problem in depressed individuals
- ∅ Substance abuse can cause or exacerbate major depressive episodes

## Depression and Substance Use Disorder



- People with Depression who have a Substance Use Disorder
- People with Depression who do not have a Substance Use Disorder

**24% of people with Depression also have a Substance Use Disorder**

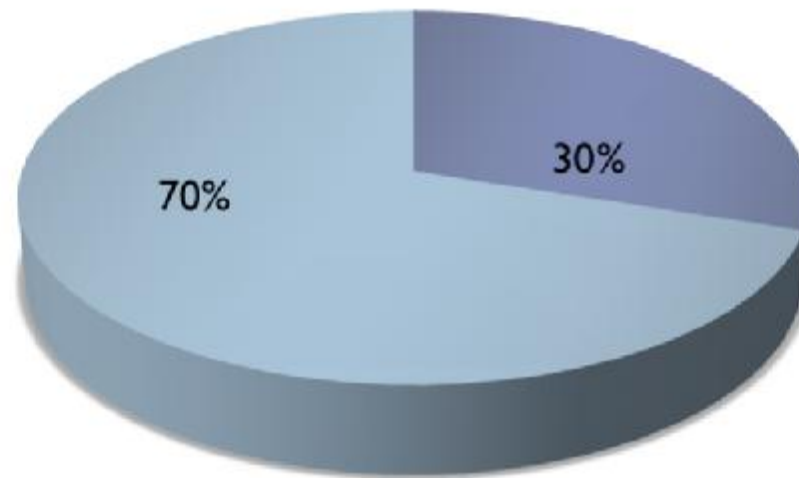
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# Impulse Control Disorders Often Accompany Depression

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- ∅ **Bulimia nervosa**
- ∅ **Intermittent explosive disorder**
- ∅ **Pathological gambling**
- ∅ **Conduct disorder**
- ∅ **Antisocial personality disorder**

## Depression and Impulse Control Disorders



- People with Depression who have an Impulse Control Disorder
- People with Depression who do not have an Impulse Control Disorder

**30% of people with Depression have an Impulse Control Disorder**

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# Need for Research on Depression

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- Ø Current treatments are often ineffective, costly, and limited by intolerable side effects
- Ø Burden of illness remains extraordinarily high for individuals, families, employers, and society as a whole
- Ø Novel approaches required in the 21<sup>st</sup> century
- Ø Pharmaceutical companies continue to fund much of the research
- Ø Novel, paradigm changing approaches are less funded but probably more promising

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