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Depression: Mind and Body

Hope for Depression Research Foundation

New York City
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Depression Facts:

- 2/3 of those who suffer depression fail to seek or receive treatment
- Of those who seek treatment, most receive inadequate levels of care
- Of those who get at least minimally adequate care, 50% do not achieve a sustained benefit on available therapies*

*STAR-D study of 2500 participants

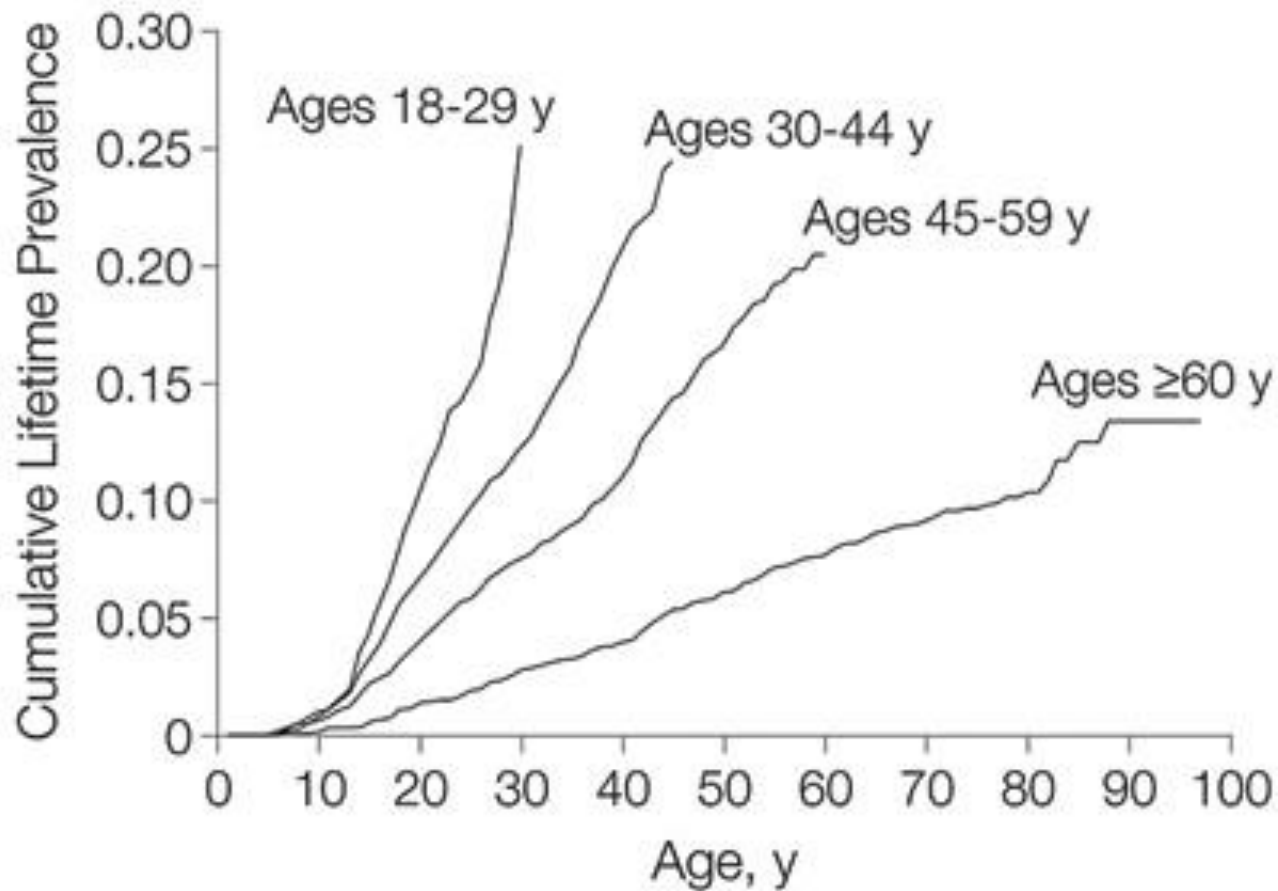
Untreated Depression Means:

- **Continued suffering and impairment in work, family relationships and overall quality of life**
- **Depression becoming chronic**
- **Increased risk for alcohol and substance abuse**
- **Suicidal thinking and behavior**
- **Sustained depression increases all-cause mortality and morbidity/mortality with stroke, diabetes, MI, CVD, CHF, HIV...**
- **Depressed elders in nursing homes are 4X more likely to die in the next year**

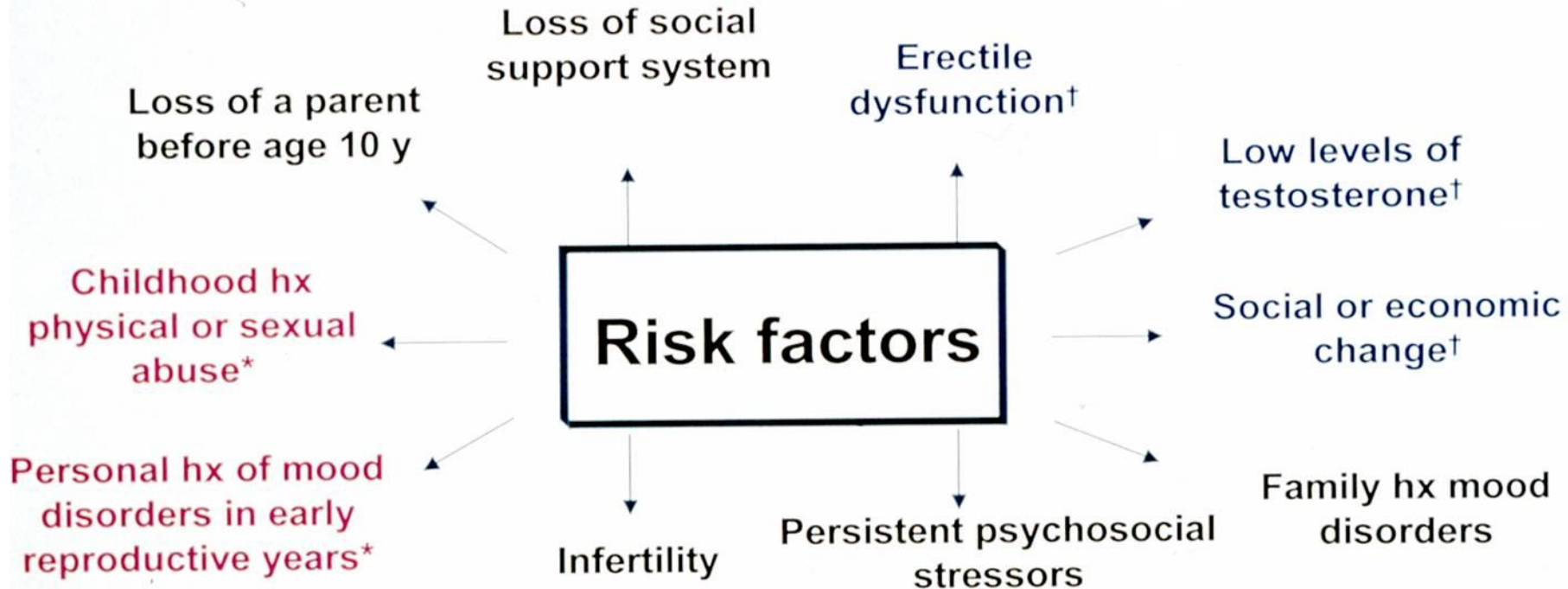
Leading Causes of Disability, Worldwide

	Total (millions)	% of Total
1. Unipolar major depression	50.8	10.7
2. Iron deficiency anemia	22.0	4.7
3. Falls	22.0	4.6
4. Alcohol Use	15.8	3.3
5. COPD	14.7	3.1
6. Bipolar disorder	14.1	3.0
7. Congenital anomalies	13.5	2.9
8. Osteoarthritis	13.3	2.8
9. Schizophrenia	12.1	2.6
10. Obsessive compulsive disorder	10.2	2.2
All Causes	472.7	100%

Depression rate is increasing in more recent generations



Risk Factors for Depression



*Risk factors that are greater for or specific to women.

†Risk factors that are greater for or specific to men.

Pajer K. *J Clin Psychiatry*. 1995;56(supl 2):30-37. ACOG. *Int J Gynecol Obstet*. 1993;43:230-211.

Seidman SN, Walsh BT. *Am J Geriatr Psychiatry*. 1999;7:18-33; Morgan H. *Aust Fam Physician*. 2001;30:206-211

Heritability of Psychiatric Disorders

Disorder	Familial Risk Ratio	Heritability
Autism	75-150	> 90%
Schizophrenia	10	85%
Bipolar Disorder	7-10	85%
ADHD	2-6	77%
Alcohol Dependence	3-8	55%
Unipolar Depression	3	40%
Panic Disorder	5	40%
Phobic Disorders	4	30%
Breast Cancer	2-3	27%
Type I Diabetes	15	70%

Diagnosis of Depression

- **Depressed mood (core symptom)**
- **Diminished interest/pleasure in activities (core symptom)**
- **Major change in appetite or weight**
- **Insomnia or hypersomnia**
- **Psychomotor agitation or retardation**
- **Fatigue or loss of energy**
- **Feelings of worthlessness/excessive guilt**
- **Diminished ability to concentrate or indecisiveness**
- **Recurrent thoughts of death, dying, or suicide**

Domains of Distress

- **Emotional**
- **Behavioral**
- **Cognitive**
- **Physical**

Emotional Symptoms

- Sadness
- *Irritability*
- Anxiety/nervousness
- Reduced concentration
- Lack of interest/motivation
- Inability to enjoy activities
- Lack of pleasure
- Indecisiveness
- Pessimism
- Hopelessness
- Feelings of helplessness
- Preoccupation with oneself
- Low self-esteem
- Feelings of worthlessness
- Hypersensitivity to rejection/criticism

Behavioral Symptoms

- Crying Spells
- Interpersonal friction/confrontation
- *Anger attacks/outbursts*
- Avoidance of anxiety-provoking situations
- Reduced productivity
- Social withdrawal
- Avoidance of emotional and sexual intimacy
- Reduced leisure-time activities
- Development of rituals or compulsions
- Workoholic behaviors
- *Substance use/abuse*
- Selfsacrifice/victimization
- Self-cutting/mutilation
- Suicide attempts/gestures
- Violent/assaultive behavior

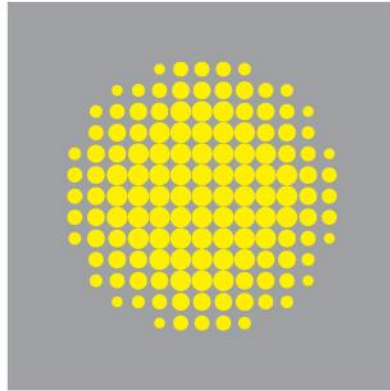
Cognitions

- *“It is all my fault”*
- “I am weak/defective”
- “I should be able to pull myself out of this”
- “I am not strong enough”
- “This is the punishment for something I did”
- “My job/family made me depressed”
- “Anybody would be depressed in my situation”
- *“I think constantly about death and dying”*
- “I should die”
- “I am unlovable”
- *“Nobody cares”*
- “Everybody can tell I am depressed”
- “Everybody hates me”
- “I will never be able to lead a normal life”

Physical Symptoms

The Unrecognized Face of Depression

- *Pain*
- *Fatigue*
- Leaden feelings in arms or legs
- Sleeping too little/insomnia
- Sleeping too much/hypersomnia
- Decreased appetite
- Weight loss
- Increased appetite
- Weight gain
- *Agitation*
- Reduced libido/arousal difficulties
- Erectile dysfunction
- Delayed orgasm/inability to achieve orgasm
- Headaches
- Muscle tension
- Gastrointestinal upset
- Heart palpitations
- Burning or tingling sensations



HOPE FOR DEPRESSION
RESEARCH FOUNDATION