

DEPRESSION

Depression is . . .

a mood disorder affecting the way a person feels, thinks, acts and can lead to emotional and physical problems.²

Common Types of Depression³

Not all depression is the same, and depending on your symptoms you may have a specific type of depression:

- Psychotic Depression
- Seasonal Affective Disorder
- Postpartum depression
- Premenstrual Dysmorphic Disorder

Available Treatment

Client's with depression may be prescribed antidepressant medication, participate in psychotherapy to cause lifestyle changes or a combination of both. Most often, medication as treatment begins with Selective Serotonin uptake Inhibitors (SSRIs) such as Celexa, Zoloft, and Prozac.⁴ Severe cases may require hospitalization if the client is unable to properly care for themselves.

In any case, the client is in charge of their treatment and course of action will be decided tailored to their current needs.

A combination of various treatment options may be beneficial.

Causes

There is typically no single or direct cause, but may be a combination of biological, psychological, and/or environmental factors.³ It is more than just having a "bad day" and a person can't just "wake up" from it. Without treatment, it can last for a long time, but it's just that . . . it can be improved and managed.

Symptoms²

- Loss of interest in all normal activities, which a person previously found enjoyable
- Frequent thoughts of suicide and/or death
- Feelings of sadness, emptiness or hopelessness (often prolonged)
- Hard to remember information and focus on tasks; trouble thinking
- Anger or irritability
- Feeling tired and lack of energy
- Unexplained physical problems

Diagnosis

In order for proper diagnosis, a certified health professional may perform physical exams, review client's medical history and family history of such conditions, perform psychiatric evaluations (i.e. questionnaires) and / or compare client's information to current standard medical definitions of depression.¹

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¹Mayo Clinic. (2018, February 03). Depression (major depressive disorder). Retrieved from <https://www.mayoclinic.org/diseases-conditions/depression/diagnosis-treatment/drc-20356013>

²Public Health Agency of Canada. (2016, December 30). What is Depression? Retrieved from <https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness/what-depression.html>

³Psychology Today. (2018, March 05). Depressive Disorders | Psychology Today Canada. Retrieved from <https://www.psychologytoday.com/ca/conditions/depressive-disorders>

⁴Wong, S. T., Manca, D., Barber, D., Morkem, R., Khan, S., Kotecha, J., . . . Patten, S. (2014). The diagnosis of depression and its treatment in Canadian primary care practices: An epidemiological study. *CMAJ Open*, 2(4). doi:10.9778/cmajo.20140052