

Objective

- To answer the following questions:
 - What is depression?
 - What is the size of the problem?
 - What forms/types?
 - What are triggers of depression?
 - What is the way out?



World Health Day 2017 theme

Why talk about depression?

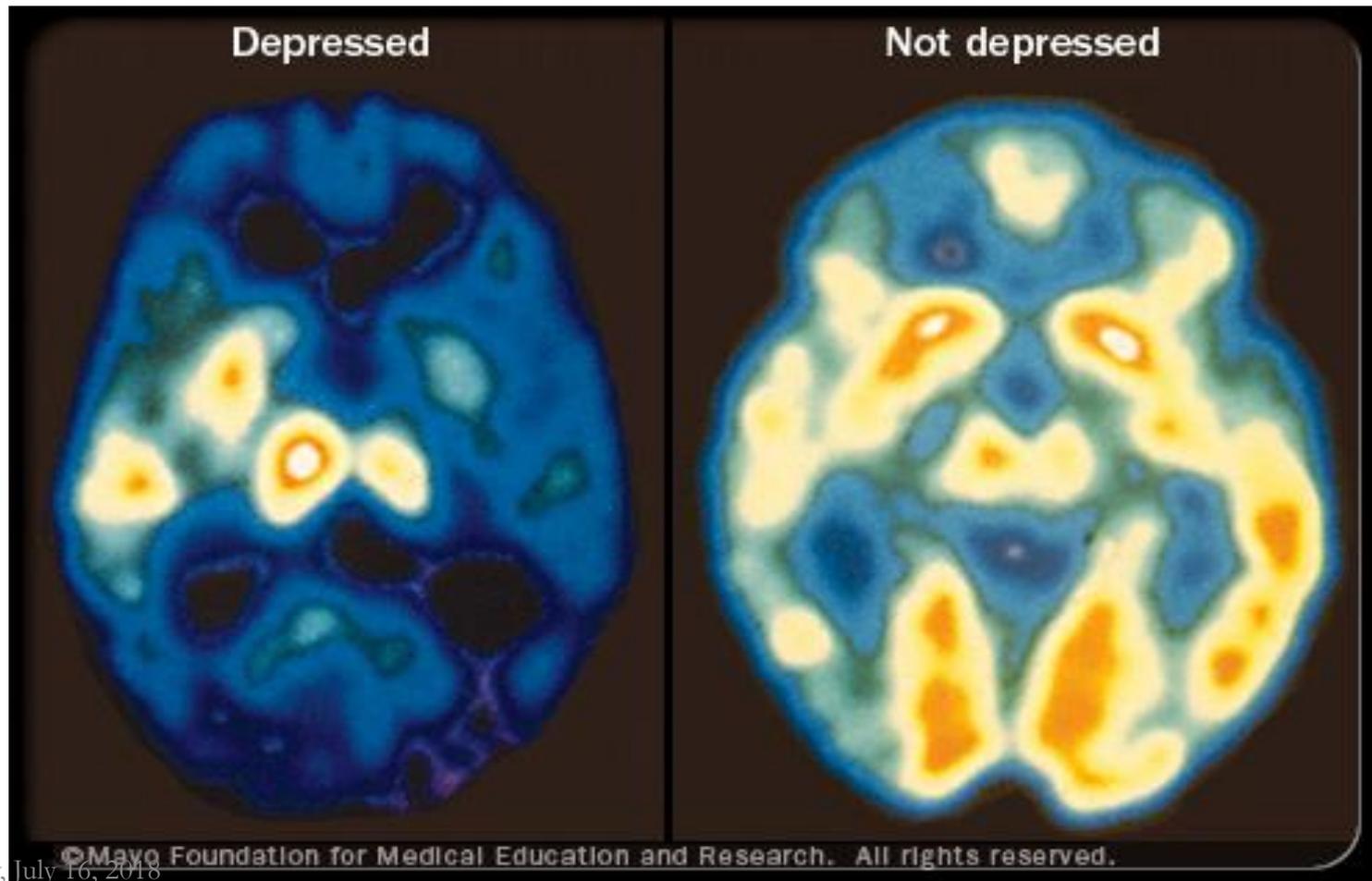
- It's a real illness
- A global problem
- A big (emerging) problem in Nigeria
- No one is immune ("*it is not my portion*")
- Depression knows no status
- It can be recognized
- Could ruin lives
- Share knowledge for prevention
- A problem shared is half solved

A REAL ILLNESS

- Depression is **BEYOND SADNESS**
- The World Health Organization recognizes the various forms of depression as real illnesses
- Depression is not weakness of character or imagination
- Its impossible to just shake your depression off

THE DEPRESSED BRAIN

Decreased brain activity with depression



Global burden of depression

DEPRESSION, A HIDDEN BURDEN

Let's recognize and deal with it



World Health
Organization

What do I need to know?

At least 350 million people live with depression, and it is the leading cause of disability worldwide. It affects not only the person with depression, but their loved ones too. Yet, many of us are in denial. Depression remains hidden – not treated or talked about.

Depression often starts at a young age and affects women more commonly than men. 1 or 2 mothers out of 10 have depression after childbirth. Depression also limits a mother's capacity to care for her child, and can seriously affect the child's growth and development.

Almost 1 million people take their own lives each year. For every person who commits suicide, there are 20 or more who make an attempt.

SYMPTOMS OF DEPRESSION ARE PERSISTENT SADNESS, LOW ENERGY AND DIFFICULTY IN FUNCTIONING NORMALLY

Epidemiology

- Men: 5-12%
- Women: 10-25%
- Prevalence 1-2% in elderly
 - 6-10% in Primary Care setting
 - 12-20% in Nursing home setting
 - 11-45% in Inpatient setting
 - >40% of outpatient psychiatry clinic and inpatient psychiatry
- Peak age of onset 3rd decade of life
- Late-life depression: secondary to vascular etiology

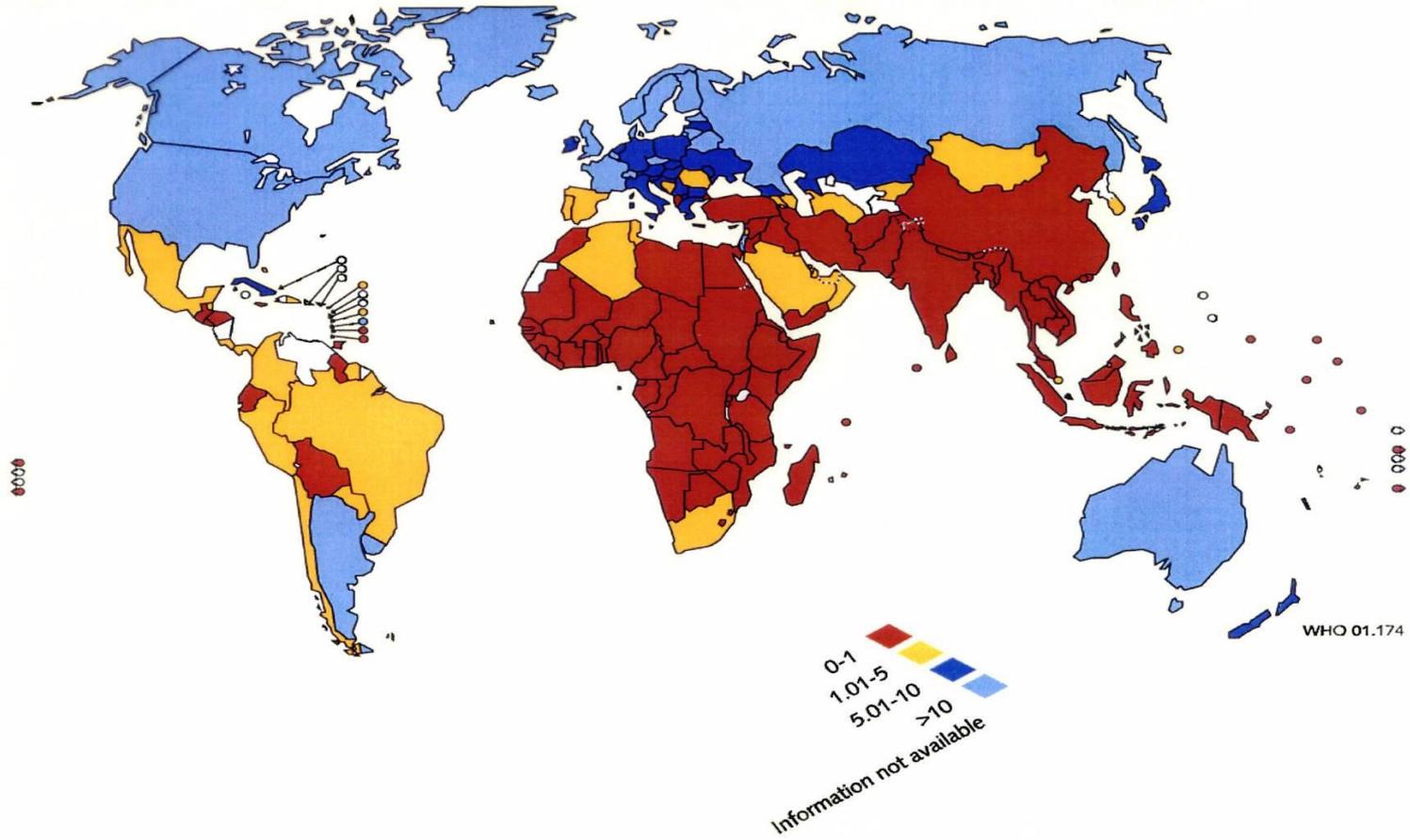


Global burden of depression

- Hidden burden, affect about 350 million people around the globe
- It is the leading cause of disability worldwide
- A major contributor to the overall global burden of disease
- Depression can lead to suicide.
- About 800 000 people die due to suicide every year.
- Suicide is the second leading cause of death in 15-29-year-olds

Global burden of depression

Psychiatrist per 100, 000 population



Project Atlas, WHO 2001

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How bad is the picture in Nigeria?

- Over 60 million Nigerians suffer from on mental disorder or the other.
- The World Health Organization (WHO) 2017 World Health Day message says:
*“**7,079,815 Nigerians** suffer from one of the most ignored and misunderstood form of mental disorder in the country – **depression**”*
- This represent about 3% of the entire Nigeria population.

How bad is the picture in Nigeria?

- This current prevalence rate of 3.9% makes **Nigeria the most depressed country in Africa.**
- Globally, Seychelles has the lowest number of depressed persons with just 3,722.
- 4,894,557 Nigerians (2.7%) of the population, suffer anxiety disorders.
- Ethiopia with 4,480,113 sufferers.
- Democratic Republic of Congo (2,871,309)
South Africa (2,402,230) and Tanzania with 2,138,939 sufferers.

The Bible describes depressive states



- You won't find the term **"depression"** in the Bible. Instead, the Bible uses words such as *downtcast*, *sad*, *forlorn*, *discouraged*, *downthearted*, *mourning*, *troubled*, *miserable*, *despairing*, and *brokenhearted*.
- Bible people showing the symptoms of this disease: *Hagar*, *Moses*, *Naomi*, *Hannah*, *Saul*, *David*, *Solomon*, *Elijah*, *Nehemiah*, *Job*, *Jeremiah*.

Biblical examples

- Hannah, who was barren,
- Jeremiah, the "weeping prophet."
- King David — "I am troubled, I am bowed down greatly; I go mourning all the day long. ...I groan because of the turmoil of my heart" (Psalm 38:6,8 - NKJV).

- Read Psalms 6, 13, 18, 23, 25, 27, 31, 32, 34, 37-40, 42-43, 46, 51, 55, 62-63, 69, 71, 73, 77, 84, 86, 90-91, 94-95, 103-104, 107, 110, 116, 118, 121, 123-124, 130, 138, 139, 141-143, 146-147.

The prophet Elijah went through an episode of "**Burnout**" after his great victory against Jezebel:

He (Elijah) came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. (1 Kings 19:4-5, NIV)

What is Depression?

- Depression is a common mental disorder, characterized by **persistent sadness** and a **loss of interest** in activities that you normally enjoy, accompanied by an **inability to carry out daily activities**, for at least **two weeks**.
- Depression is treatable, with talking therapies / antidepressant medication or a combination of these.
- Depressive episodes can be mild, moderate or severe.

ICD-10: F32 Depressive Episode (1)

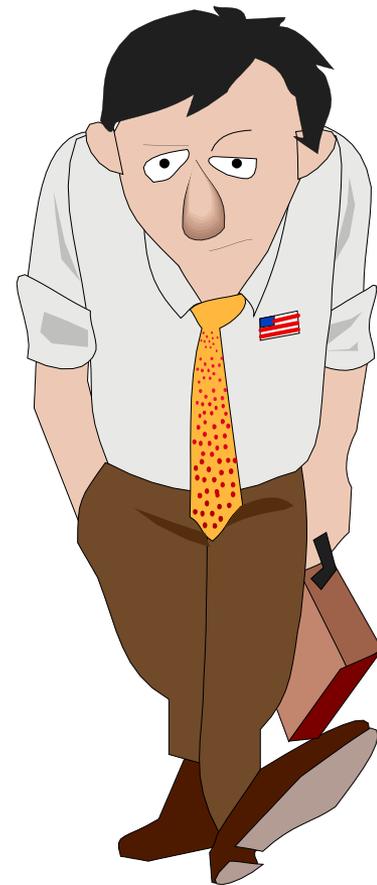
- Lowering of mood, reduction of energy, and decrease in activity.
- Reduced enjoyment, interest, and concentration
- Marked tiredness after even minimum effort is common.
- Sleep is usually disturbed and appetite diminished.
- Self-esteem and self-confidence are almost always reduced.
- Even in the mild form, some ideas of guilt or worthlessness are often present.

ICD-10: F32 Depressive Episode (2)

- Lowered mood varies little from day to day,
- Is unresponsive to circumstances and may be accompanied by "somatic" symptoms such as:
 - loss of interest and pleasurable feelings
 - Waking in the morning several hours before the usual time
- Depression worst in the morning, marked psychomotor retardation, agitation, loss of appetite, weight loss, and loss of libido.

ICD-10: Various Types of Depression

- Mild depressive episode
- Moderate depressive episode
- Severe depressive episode without psychotic symptoms
- Severe depressive episode with psychotic symptoms
- Other depressive episodes
- Depressive episode, unspecified



Key Questions for Depression

- I feel sad or irritable.
- I have lost interest in activities I used to enjoy.
- I'm eating much less than I usually do and have lost weight, or I'm eating much more than I usually do and have gained weight.
- I am sleeping much less or much more than I usually do
- I have no energy or feel tired much of the time.
- I feel anxious and can't seem to sit still.
- I feel guilty or worthless.
- I have trouble concentrating or find it hard to make decisions.
- I have recurring thoughts about death or suicide, I have a suicide plan, or I have tried to commit suicide.
 - **Scoring Key:** If you checked a total of five or more statements on the depression checklist, including at least one of the first two statements, you (or your loved one) may be suffering from an episode of major depression. If you checked fewer statements, including at least one of the first two statements, you may be suffering from a milder form of depression or dysthymia.

Mild, moderate, or severe?

- Experts judge the severity of depression by assessing the number of symptoms and the degree to which they impair your life.
- **Mild:** You have some symptoms and find it takes more effort than usual to accomplish what you need to do.
- **Moderate:** You have many symptoms and find they often keep you from accomplishing what you need to do.
- **Severe:** You have nearly all the symptoms and find they almost always keep you from accomplishing daily tasks.

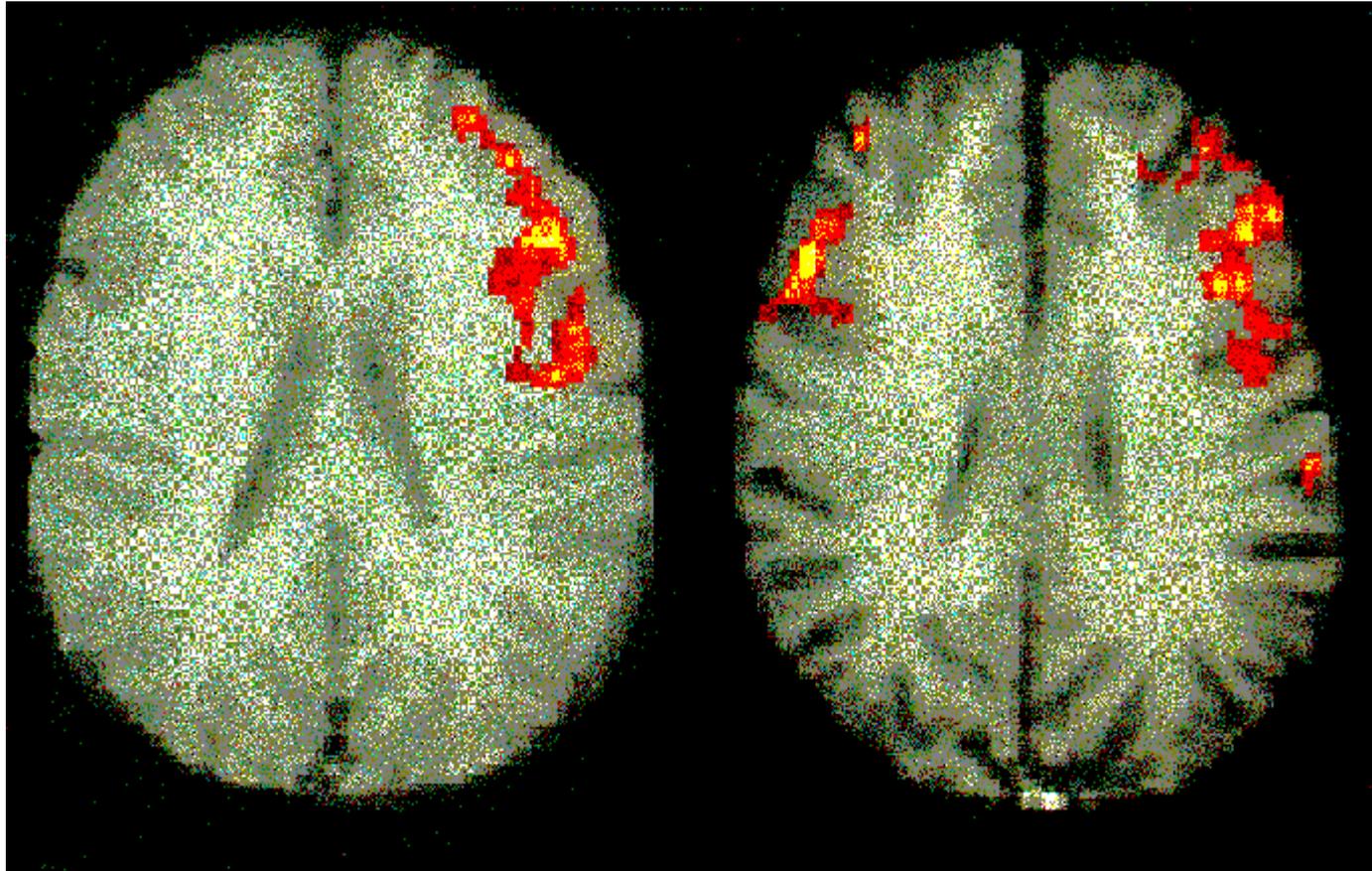
Beck Depression Inventory (BDI)

1. Sadness
2. Hopelessness
3. Past failure
4. Anhedonia
5. Guilt
6. Punishment
7. Self-dislike
8. Self-blame
9. Suicidal thoughts
10. Crying
11. Agitation
12. Loss of interest in activities
13. Indecisiveness
14. Worthlessness
15. Loss of energy
16. Insomnia
17. Irritability
18. Decreased appetite
19. Diminished concentration
20. Fatigue
21. Lack of interest in sex

Interpretation:

Score <15: Mild Depression - Score 15-30: Moderate Depression - Score >30: Severe Depression

Differences male - female



Psychodynamics of male depression

- Male in depression feels that the world set them up to fail.
- Men report feelings loss of concentration and loss of interest in work and social activities, rather than the emotional feelings of profound sadness, guilt and worthlessness that women acknowledge.
- Men in depression are frightened by failures.
- Men tend to exhibit more anger and agitated mood states.

Psychodynamics of male depression

- Male in depression faces sleeping disorders.
- They feel ashamed for who they are.
- Male in depression are frustrated if not praised enough and they tend to externalize depression.
- They never talk about weaknesses and doubts.
- A male in depression may blame his marriage instead of looking at depression as the primary problem.
- Uses alcohol, TV, sports, and sex to self medicate.
- They may complain more of physical aches and pains.

Male and female depression

Female depression	Male depression
Blame themselves	Feel others are to blame
Feel sad, apathetic, and worthless	Feel angry, irritable, and ego inflated
Feel anxious and scared	Feel suspicious and guarded
Avoids conflicts at all costs	Creates conflicts
Always tries to be nice	Overtly or covertly hostile
Withdraws when feeling hurt	Attacks when feeling hurt
Has trouble with self respect	Demands respect from other
Feels they were born to fail	Feels the world set them up to fail
Slowed down and nervous	Restless and agitated
Chronic procrastinator	Compulsive time keeper
Sleeps too much	Sleeps too little
Trouble setting boundaries	Needs control at all costs

Male and female depression

Female depression	Male depression
Feels guilty for what they do	Feels ashamed for who they are
Uncomfortable receiving praise	Frustrated if not praised enough
Finds it easy to talk about weaknesses and doubts	Terrified to talk about weaknesses and doubts
Strong fear of success	Strong fear of failure
Needs to "blend in" to feel safe	Needs to be "top dog" to feel safe
Uses food, friends, and "love" to self-medicate	Uses alcohol, TV, sports, and sex to self medicate
Believe their problems could be solved only if they could be a better (spouse, co-worker, parent, friend)	Believe their problems could be solved only if their (spouse, co-worker, parent, friend) would treat them better
Constantly wonder, "Am I loveable enough?"	Constantly wonder, "Am I being loved enough?"

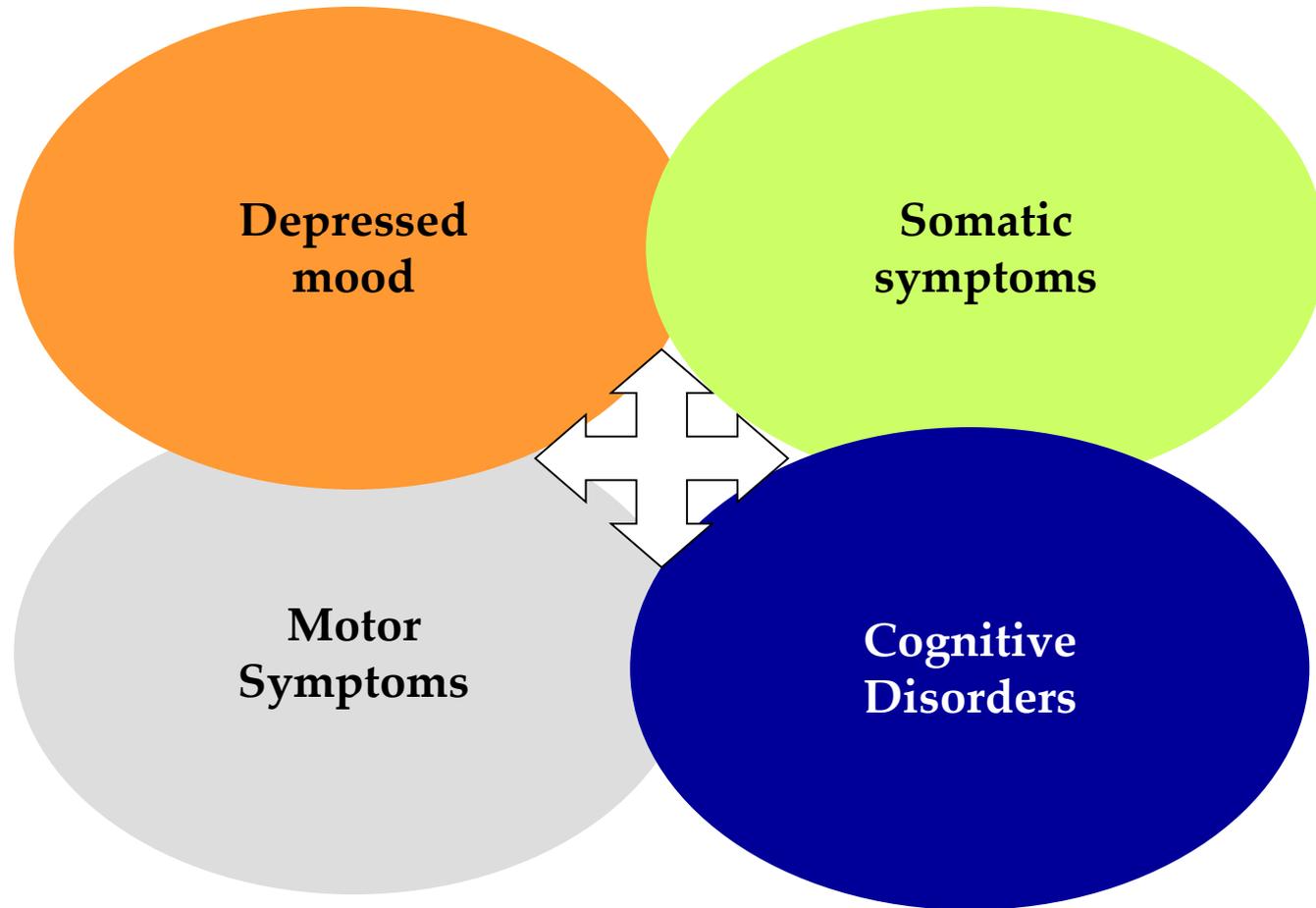
Basic symptoms

“Recession is when a neighbor loses his job. Depression is when you lose yours.”

Ronald Reagan

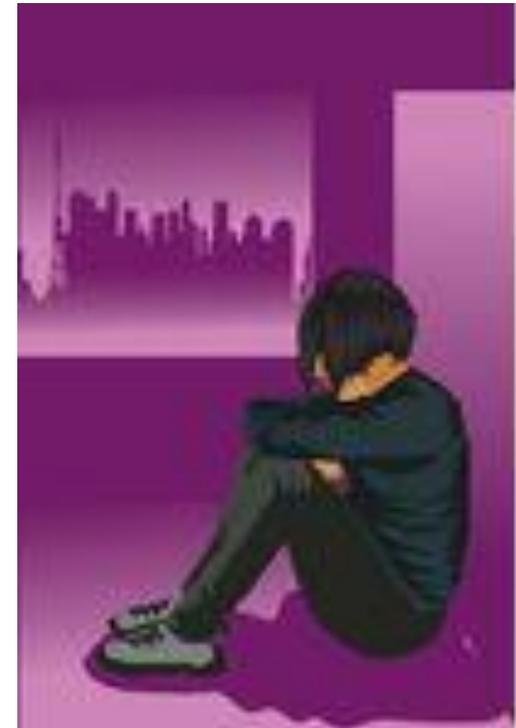


Basic symptoms



Symtoms

- The symptoms of depression are characterised by certain –
 - Behaviours;
 - Thoughts;
 - Feelings; and
 - Physical signs
- Evaluate yourself according to the checklist that **follows**



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Symptoms

For more than two weeks, have you -

- Felt sad, down or miserable most of the time?
- Lost interest or pleasure in most of your usual activities?
- If you have answered YES to either of the questions, evaluate yourself according the following checklist and count how many times you answered YES



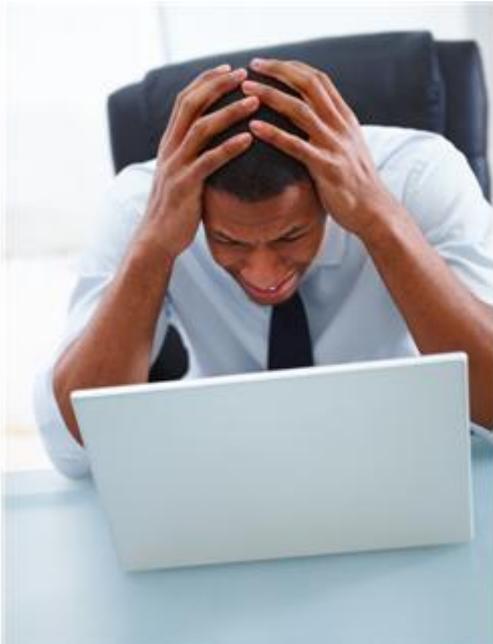
Symptoms (Behaviour)

- Stopped going out
- Not getting things done
- Withdrawn from family & friends
- Relying on sedatives or alcohol
- Stopped doing things you enjoy
- Unable to concentrate



Symptoms (thoughts)

- “I’m a failure”
- “It’s my fault”
- “Nothing good ever happens to me”
- “I’m worthless”
- “Life is not worth living”
- “Nothing makes sense anymore”



Symptoms (Feelings)

- Overwhelmed
- Unhappy
- Irritable
- Frustrated
- No confidence
- Guilty
- Indecisive
- Miserable
- Sad



Physical symptoms

- Tired all the time
- Sick and run down
- Headaches/muscle pains
- Churning gut
- Cry easily
- Can't sleep
- Poor appetite / weight loss



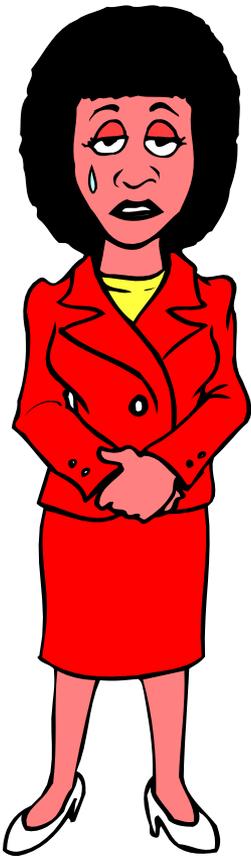
Your score

If you answered YES to 3 or more of the symptoms on the checklist, you most probably may be diagnosed with a depressive illness



Degrees of depression

- One can have mild, moderate or serious depression.
- Moderate chronic depression is sometimes called dysthemia.
- It may also be a single episode, it may be a series of separate episodes or the depression could be a chronic condition over a number of years.
- All the variations, though, exhibit the same symptoms.



The prime cause of suicide

- About 90% of persons who commit suicide are suffering from severe depression.
- Depression is, therefore, a serious condition that cannot be ignored or wished away



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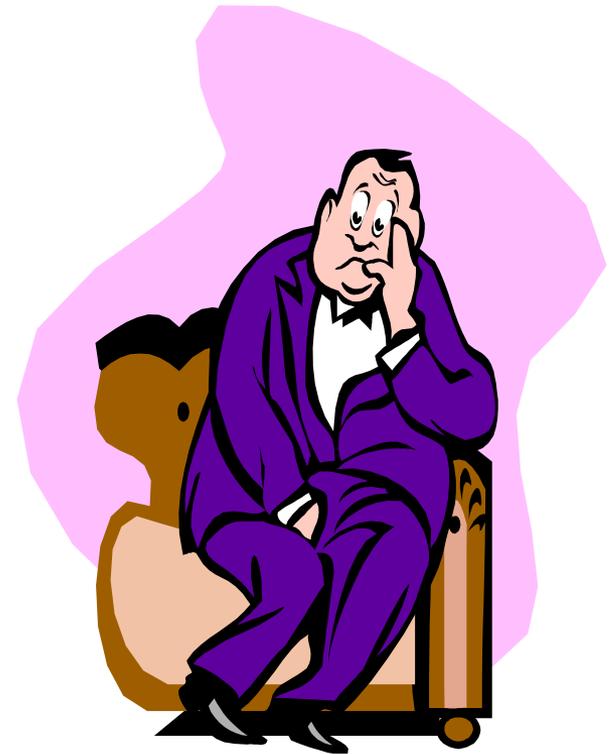
Quotes

- *It's hard to answer the question “what’s wrong” when nothing’s right.*
- *I'm tired of trying, sick of crying, I know I've been smiling, but inside I'm dying.*
- *Tired of living and scared of dying.*
- *I'm just learning how to smile, and that's not easy to do.*
- *The hardest years in life are those between ten and seventy.*

Types of depression

There are basically 2 forms of depression:

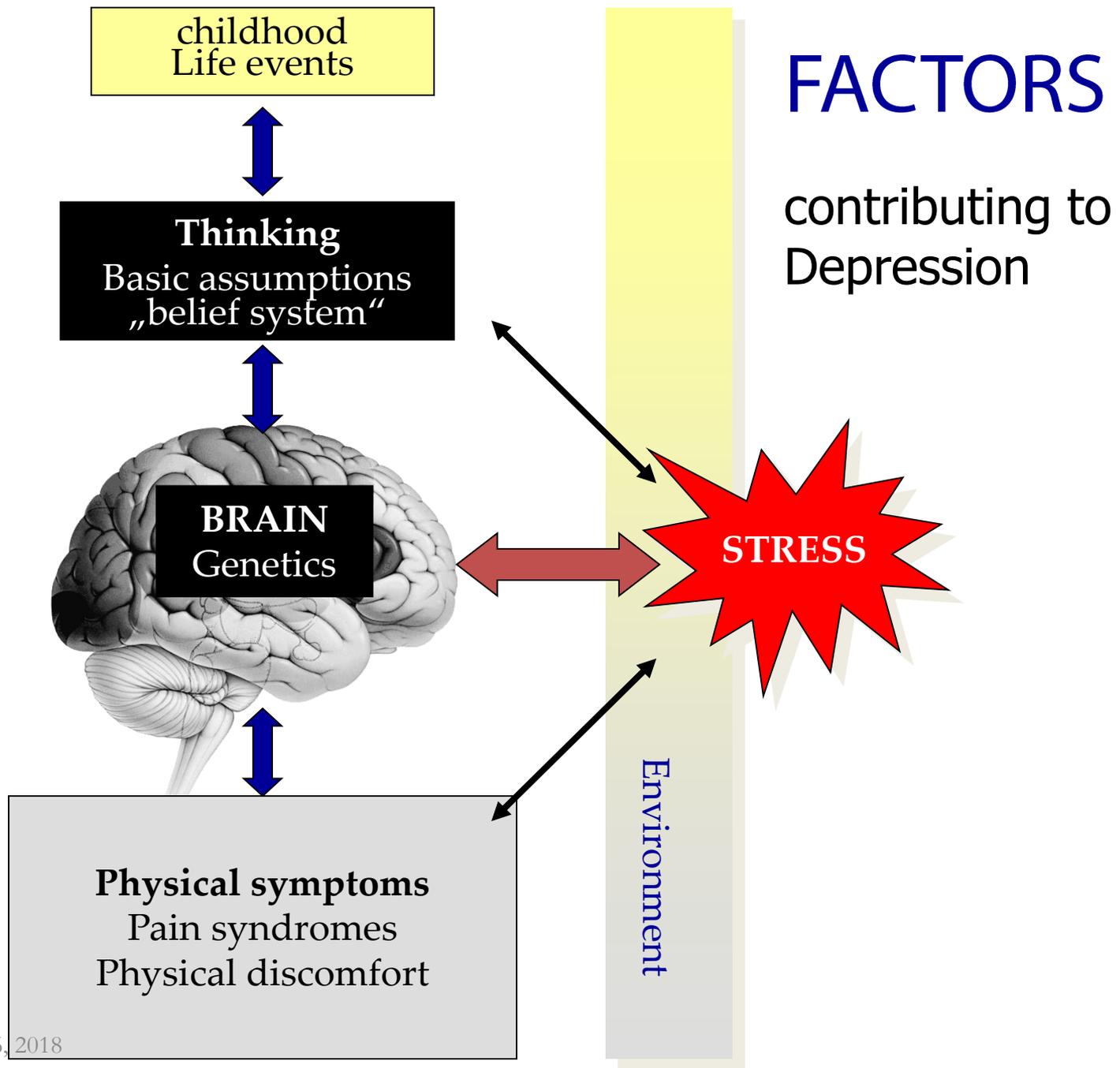
- Reactive depression
- Endogenous depression



Reactive depression

- An individual's reaction to some or other disaster or serious loss, e.g. death of a beloved one, loss of income, loss of health or cessation of an important relationship
- Nobody can stay untouched in these circumstances
- Depression is a normal reaction after such a blow or loss





Etiology

- Biological factors
- Social factors
- Psychological factors

Biological factors

- Genetic
 - High prevalence in first degree relatives
 - High concordance with monozygotic twins
 - Short allele of serotonin transported gene
- Medical Illness:
 - Parkinson's, Alzheimer's, cancer, diabetes or stroke
- Vascular changes in the brain
- Chronic or severe pain
- Previous history of depression
- Substance abuse

Social factors

- Loneliness, isolation
- Recent bereavement
- Lack of a supportive social network
- Decreased mobility
 - Due to illness or loss of driving privileges

Psychological factors

- Traumatic experiences
 - Abuse
- Damage to body image
- Fear of death
- Frustration with memory loss
- Role transitions

Aggravating factors

- Social isolation
- Inadequate diet
- Weak self-image
- Pessimism
- Chronic pain & bad health
- Dependency on alcohol & other drugs



Common precipitants

- Arguments with friends/relatives
- Rejection or abandonment
- Death or major illness of loved one
- Loss of pet (??)
- Anniversary of a (-) event
- Major medical illness or age-related deterioration
- Stressful event at work
- Medication Noncompliance
- Substance use



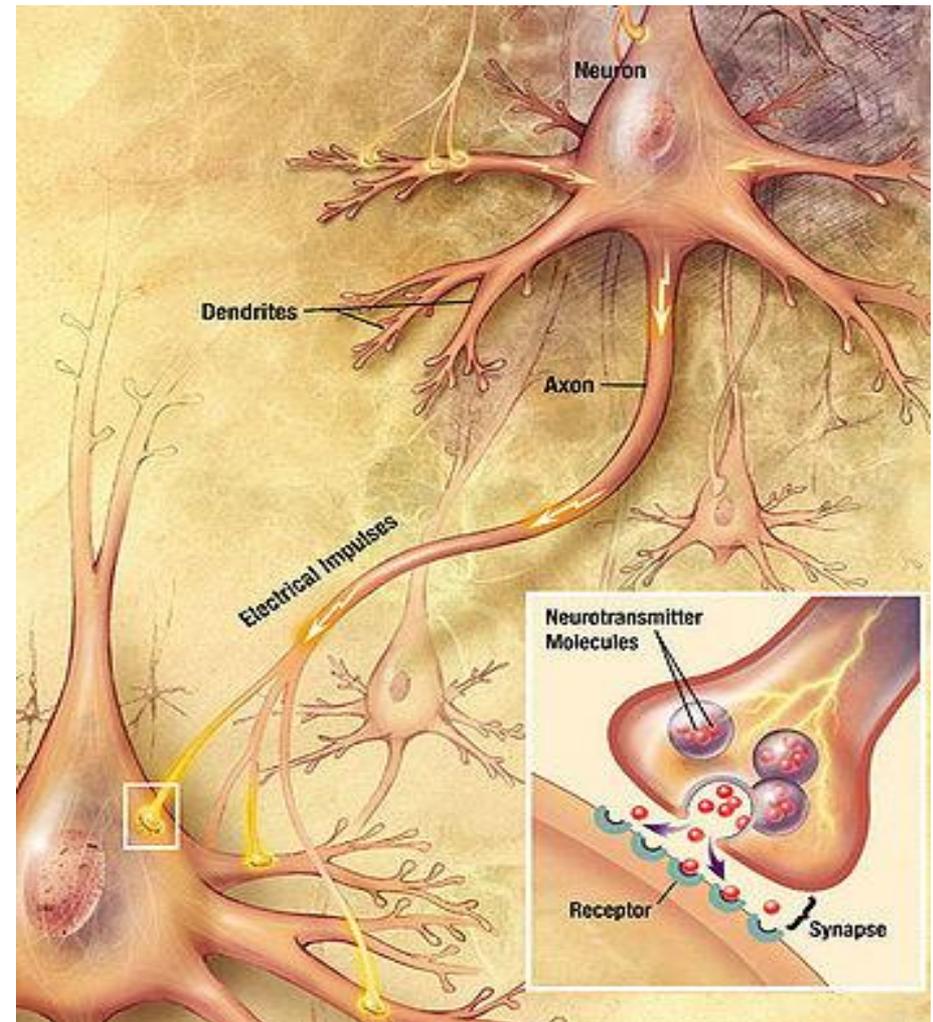
Overdose of stress

- A certain amount of stress is beneficial
- An overdose of stress may be overwhelming and lead to depression
- Examples:
 - Family strife
 - Work overload
 - Social demands
 - Deadlines



Endogenous depression

- An inherited condition in which the person has an inability to produce enough of the neurotransmitters **Serotonin**, **Dopamine** and **Noradrenalin** for use in his brain



Depression and neurotransmitter

- Connection between depression and deficiency of **Serotonin, Dopamine, Norepinephrine** and **Estrogen**
- Deficiency may cause depression
- Depression may cause deficiency



Combined type

- In most cases, depression is a combination of inherited factors and environmental factors
- If one has the inherited tendency to become depressed it will not necessarily happen
- If enough stress and other factors do occur, depression may result



Other medical conditions

Certain medical conditions may have symptoms similar to depression:

- Anemia
- Under-active thyroid
- Heart conditions



Post-natal depression

- Young mothers, especially with a first baby
- Hormones thrown into confusion with the pregnancy and breast-feeding
- If only for a few days – reasonably normal (“baby blues”)
- For a longer period – dangerous
- Depressive mother often does bind with the baby and doesn’t realise the necessity of after the baby properly



IS depression a sin?

- One of the symptoms: feelings of guilt
- Question: is it sinful to be depressed?
- Depressed persons often angry at God
- Depression: not a sin, but a medical condition



Treatment



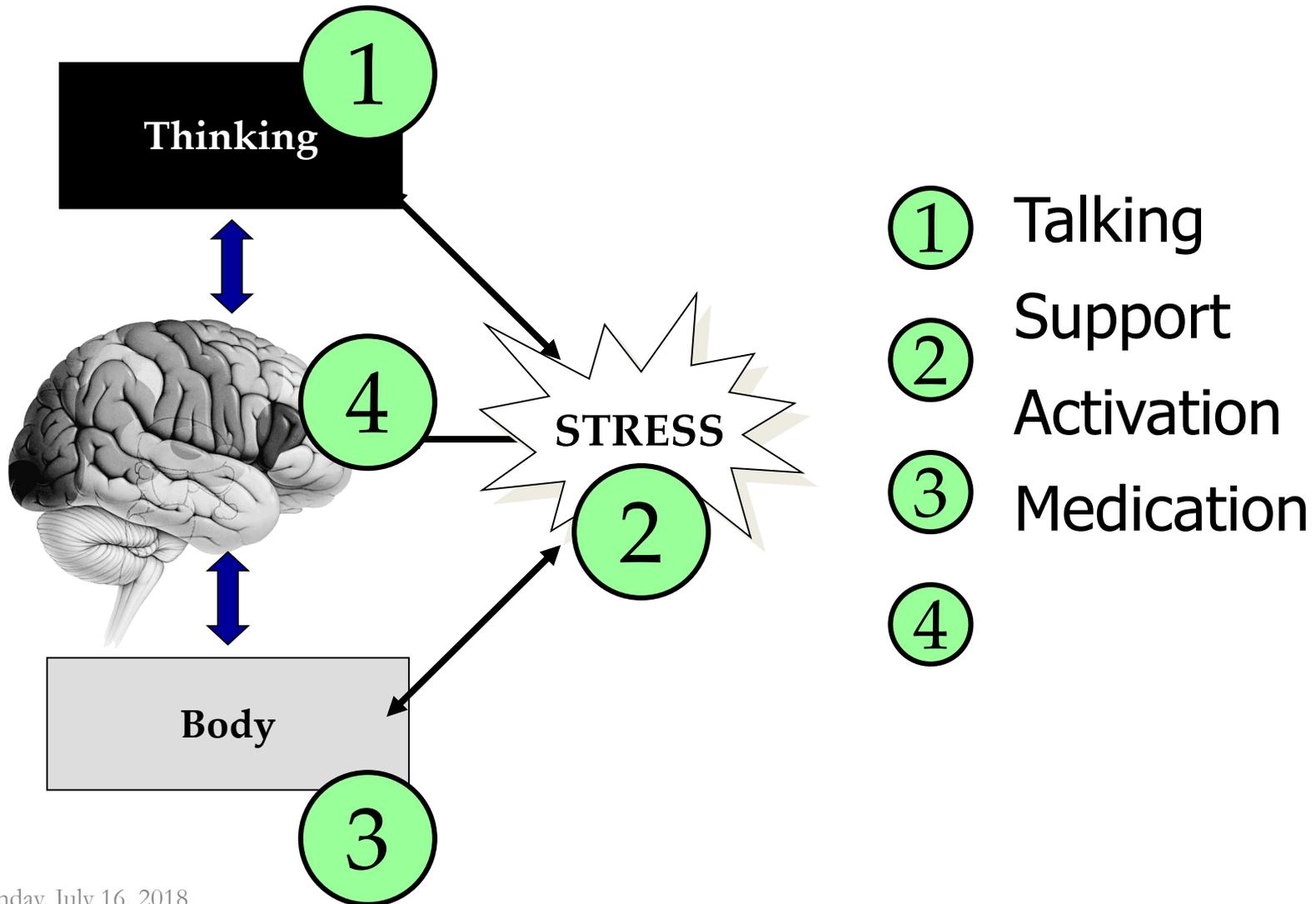


Therapy of Depression

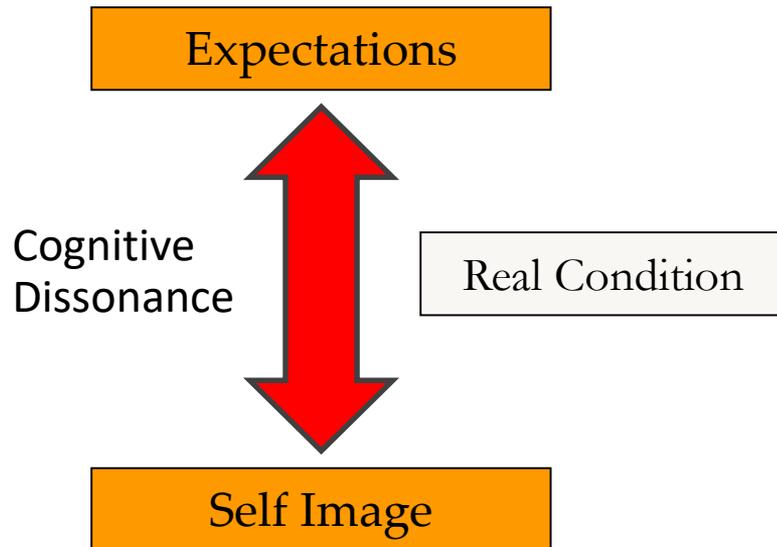
Depression can be treated!

We have a responsibility to reduce stigma and to help those who are suffering.

Therapy of Depression



Depressive Thinking Patterns



THE COGNITIVE TRIAD (A. Beck):

Negative thoughts about:

- the self («I am a failure»)
- the world/environment («everything is against me»)
- the future («there is no way out, no hope!»)

Cognitive distortions

- **All-or-nothing thinking** – “Either I am completely well or I am a failure!”
- **Overgeneralization** – everybody is against me, nothing helps
- **Mental filter** - Focusing exclusively on certain, usually negative or upsetting, aspects of something while ignoring the rest, like a tiny imperfection in a piece of clothing. (See misleading vividness.)
- **Disqualifying the positive** - Continually "shooting down" positive experiences for arbitrary, ad hoc reasons. (See special pleading.)
- **Catastrophizing** - Focusing on the worst possible outcome, however unlikely, or thinking that a situation is unbearable or impossible when it is really just uncomfortable.
- **Making should statements** - Concentrating on what you think "should" or ought to be rather than the actual situation you are faced with, or having rigid rules which you think should always apply no matter what the circumstances are.
 - And many more

Treatment Steps

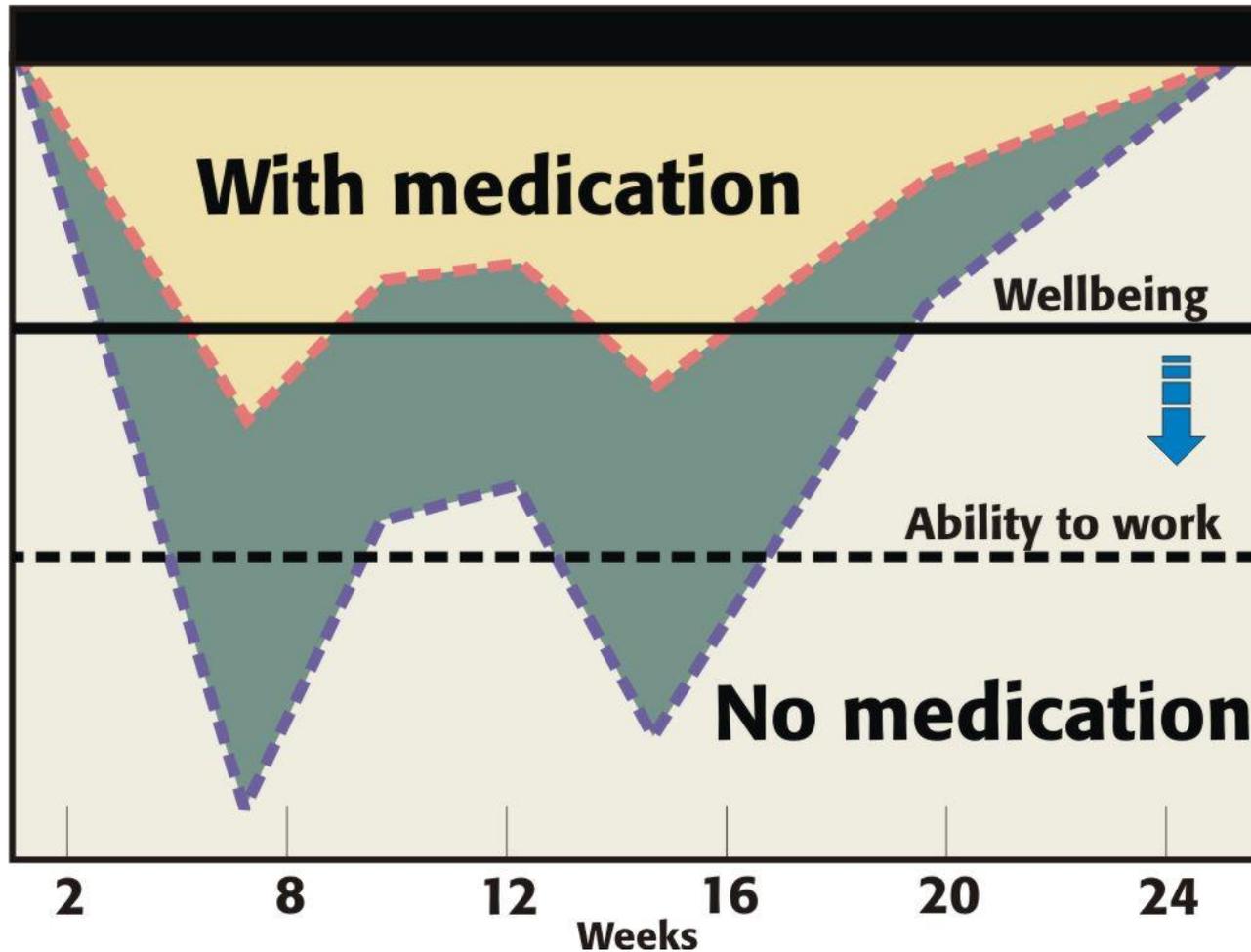
- Evidence-based recommendations for management of depression in non-specialized health settings (WHO)
 - Antidepressants (Tricyclic Antidepressants and Selective Serotonin Reuptake Inhibitors) in treatment of adults with depression
 - Duration of antidepressant treatment
 - Brief, structured psychological treatment
 - Behavioral activation
 - Relaxation training
 - Physical activity

Medication



- Medication can bring a surprising stability in depressive mood.
- Tricyclic Antidepressants or fluoxetine should be considered in adults with moderate to severe depressive episode/disorder.
- It takes some time until the medication brings relief.
- Medication should be prescribed by the doctor and should be supported by talking about the symptoms
- Side effects can be dry mouth, sweating, minor gastrointestinal symptoms, sexual dysfunction
- The effect of medication is varied

Promises and limitations of medication



- Medication cannot abbreviate depression but alleviate it

Duration of treatment



- In adult individuals with depressive episode/disorders who have benefited from initial antidepressant treatment, the antidepressant treatment should not be stopped before 9 -12 months after recovery.
- Treatment should be regularly monitored, with special attention to treatment adherence. Frequency of contact should be determined by the adherence, severity and by local feasibility issues.

Psychological treatment (Talking therapy)



- ***Interpersonal therapy***
- ***cognitive behavioral therapy***
- ***problem-solving treatment***
- should be considered as psychological treatment of depressive episode/disorder in non-specialized health care settings if there are sufficient human resources (e.g., supervised community health workers).
- In moderate and severe depression, problem-solving treatment should be considered as adjunct to antidepressants.

Talking about Depression



- Basic attitude of unconditional acceptance.
- Listening: Focus on what's going on their life in the here and now, stress at work and in relationships; their effect on mood and energy.
- Give Hope: Most depressions will improve over time.
- Educate about treatment options – medication, consulting with a psychiatrist etc.
- Identify depressive thought patterns and help the person to develop more constructive view of life.

Group therapy



- Belong to a group with similar problems – receive social support
- Gain insight into your own problems
- Group facilitator – a mental health professional

Therapeutic goals

The goal of any therapy is to remove all the symptoms regarding –

- Unhelpful behaviours
- Negative thoughts
- Bad feelings
- Unpleasant physical symptoms



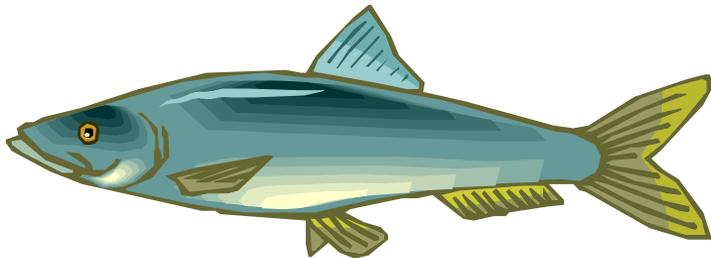
Spiritual life

Strengthen your relationship with God



Nutrition

- Eat enough FRESH veggies & fruit
- Eat enough fibre & low GI foods
- Use supplements: Omega-3 fatty acids, Vit B comp., Vit C, zinc, calcium & magnesium



Nutrition

AVOID:

- Food fried in oil
- Fatty food
- Processed food
- Sugar
- Caffeine
- Alcohol & drugs

These things mess with your



EXERCISE

- **Your body is designed for movement**
- **Exercise produces endorphins – potent pain killers and enhancers of mood**
- **Helps with sleep**
- **Good for your health**



Do something pleasant

- Go for a walk with your dog
- Take a bubble bath
- Work in the garden
- Practice a hobby
- Read a book
- Listen to music
- Go to the cinema
- Spoil yourself!



Get social support



- Nurture your relationships
- Visit friends and relatives
- Avoid isolation – this will only make you feel worse

Relaxation exercise

- Get your partner to massage your back and legs
- Practice relaxation and self-hypnosis



Join a support group

- Receive information
- Meet new friends
- Become part of a network where you can help others



Behavioral activation



- Behavioral activation should be considered as treatment of adults with depressive episode/disorder.
- In moderate and severe depression, this intervention should be considered as adjunct to antidepressants.

Relaxation training



- Relaxation training may be considered as treatment of adults with depressive episode/disorder. In moderate and severe depression, this intervention should be considered as adjunct to antidepressants or structured brief psychological treatments.

Physical activity



- Advice on physical activity should be encouraged as part of treatment for adults with depressive episode/disorder with inactive lifestyles. In moderate and severe depression, this intervention should be considered as adjunct to antidepressants or brief structured psychological treatments.

Depression and the spiritual life



Depression can darken the faith



- Like a dark cloud before the sun, depression can be a dark filter not only in daily life but also in the life of faith.

Seven frequent spiritual worries

- «Depression is a sign of sin!» (good Christians do not get depressive)
- «God is punishing me!»
- «I do not feel God's presence anymore!»
- «I do not get any strength out of Bible readings and prayer!»
- «I am so afraid of other people, I cannot go to church!»
- «I am a failure as a Christian. Others do much more for God!»
- «There is no hope for me!»

Depressive Symptoms and religious life

- Research has shown that it is not faith that makes a person unhappy, but that the depressed mood may lead to difficulties in the religious life.
- Sad mood, loss of joy and interest.
- Brooding and Doubt, unrest and a narrowing focus on depressive ideas.
- Self reproach, guilt feelings
- Lack of energy, inability to decide
- Anxiety leads to withdrawal from church and fellowship
- Worry and lack of perspective
- Irritability and hypersensitivity
- Hopelessness and death wish

Positive Aspects of Faith

- 1. Depression leads to a deepened sense of faith**
- 2. Faith as a protection against despair and suicide**
- 3. Faith as a source of strength in depression**

1. Deepened faith through depression

- Increased dependency on God
- Deepening of personal faith
- A more mature attitude towards suffering
- A more compassionate attitude towards other people

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. . . . Psalm 42:5

*I thirst for you, oh God; my whole being longs for you, in a dry and parched land, where there is no water.
(Psalm 63:1)*

2. Faith as a protection against despair /suicide

- Hope against hopelessness
- Fear of punishment in case of suicide
- Death wish becomes a desire for eternity without taking suicidal action.

I have become like broken pottery. . .

But I trustc in you, Lord;I say, “You are my God.”

My times are in your hands . . . (Psalm 31:12-15)

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. . . . (Psalm 23)

3. Faith as a source of strength in depression

- Despite despair, doubt and lack of energy
- Bible verses and Christian songs
- Encouragement by fellow Christians

*Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.
As they pass through the desert valley,
they make it a place of springs;
the autumn rains also cover it with pools.
They go from strength to strength . . . (Psalm 84)*

Conclusion

- Don't hide depression
- Get help today
- Don't stigmatize persons with depression
- We are more than conqueror

Let's talk depression

THANK YOU FOR LISTENING