

INFORMATION FOR PATIENTS

DEPRESSION

WHAT IS DEPRESSION?

Depression consist of the following symptoms : loss of energy, loss of activities and in life, sadness, loss of appetite and weight, difficulty concentrating, feeling hopeless, social withdrawal, irritability and suicidal thoughts.

Clinical Depression varies from mild, moderate or severe.

WHAT CAUSES DEPRESSION?

A number of different factors can cause depression. These factors can be due to biochemical, interpersonal, behavioural or cognitive. Biochemical factors refers to your family's genetic preposition and brain chemistry. Losses in interpersonal relationships stress and might also cause depression. The way we think can also cause depression.

BEHAVIOURAL FACTORS IN DEPRESSION:

- LOSS
- LACK OF REWARDING BEHAVIOURS
- SELFLESSNESS
- LACK OF PROBLEM SOLVINGS OR SOCIAL SKILLS
- CHANGE IN WORK, RELATIONSHIP, BECOMING A PARENT
- FEELING NOT GOOD ENOUGH IN YOUR CURRENT SITUATION IN LIFE
- FEELING REJECTED BY OTHERS

The above mentioned factors can make you prone to depression, but will not necessarily result in depression.



COGNITIVE FACTORS IN DEPRESSION:

- **NEGATIVE AUTOMATIC THOUGHTS:**

These thoughts come spontaneously and reflect distorted perceptions. They are often associated with negative feelings for e.g. sadness, anger anxiety and hopelessness.

Examples:

- Mind reading
- Labelling
- Fortunetelling
- All or nothing thinking
- Discounting positives

MALADAPTIVE ASSUMPTIONS:

These thoughts include ideas about what people think they **SHOULD BE DOING**.

Examples:

- " I should get the approval of everyone "
- " I can never be happy doing things on my own "
- " I should criticize myself for my failures "



TREATMENT FOR DEPRESSION:

COGNITIVE BEHAVIOURAL THERAPY:

CBT treats people with depression by identifying their behaviours and way of thinking. Your Psychologist will help you to look at your actions and thoughts that contribute to your feelings of depression.

Psychotherapy can provide you with the right tools to think more realistically and feel better.

ASSESSMENT FOR DEPRESSION:

- BECK DEPRESSION INVENTORY SCALE
- LOCK - WALLACE MARITAL ADJUSTMENT TEST
- PAI (Personality Assessment Inventory)

EFFECTIVENESS OF COGNITIVE BEHAVIOURAL THERAPY:

Research studies throughout the world have consistently demonstrated that cognitive behavioural therapy is one of the most effective forms of therapy for treating depression. The combination of Medication and CBT increases the efficacy to 85%.

CBT will help you to reduce your symptoms of depression, but will also help you to keep those symptoms of recurring.

MEDICATION:

Medication has been found to be effective in treating depression. It takes 2- 4 weeks for the medication to get into your system. Side effects may only be temporary and will get better with time. In some severe cases of depression some Physician might refer you for an ECT (electro convulsive therapy).



EXPECTATIONS OF THE PATIENT:

- Active participation in CBT
- Commitment in Psychotherapy (once a week)
- Willingness to evaluate your depression
- Home work exercises to modify your behaviour
- Trust that although you might feel hopeless, that there is a good chance that your depression will lift with this treatment.

