

Understanding Depression

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- A Syndrome – depression is described by its symptoms, not by the actual problem. That is like the difference between saying “the car won’t run” vs. saying “the car is out of gas.”

Comparison of Two Different Depressed People

Characteristic	Person 1	Person 2
*Depressed mood	x	
*Loss of interests/pleasure		x
Weight change	Loss	gain
Insomnia		
Hypersomnia		x
Psychomotor agitation	x	
Fatigue, low energy		x
Feel worthless	x	
Problems concentrating		x
Suicidal ideation	x	

- Types of Depression
 - Endogenous
 - Medical condition
 - Severe symptoms
 - May be hormonal
 - May be genetically predisposed
 - Responds to medications
 - Often cycles
 - Reactive/Situational
 - 75% of all depression
 - Grieving
 - Signal depression
 - Identifiable triggers
 - Accumulated stress draining energy



- Stress (Volcano) model
 - Behavior: Isolation, substance abuse, ..
 - Physical condition: Chronic pain, insomnia, low-T, thyroid, diabetes,..
 - Environment: Job, relationships, etc
 - Thinking: pessimism, hopelessness, ..

- Distorted thinking
 - Hopelessness and pessimism
 - Low self-esteem
 - Imagination
 - Learned
 - Self awareness
 - Unconscious thinking

- Lack of Coping skills
 - Life is “recurring condition”
 - Mindfulness: effort to always see the world “as it is”
 - Thought management
 - Identity and purpose: ego strength
 - “We are sinners.” We are not naturally civilized. We naturally wanted to take the toy from our brother. We must make an effort “to be” who we want to be. Ego strength refers to our ability to hold it together when our identity is challenged.
 - Self-soothing

- Costs
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