

Depression

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Statistics

- 5-10% of the population is affected over a 12-month period
 - 1-2 out of 20 people
- 17% of adults may experience an episode of severe depression at some point in their lives
- Women: Men = 2:1
- Of those who meet the criteria for the disorder, only 50% are getting treatment

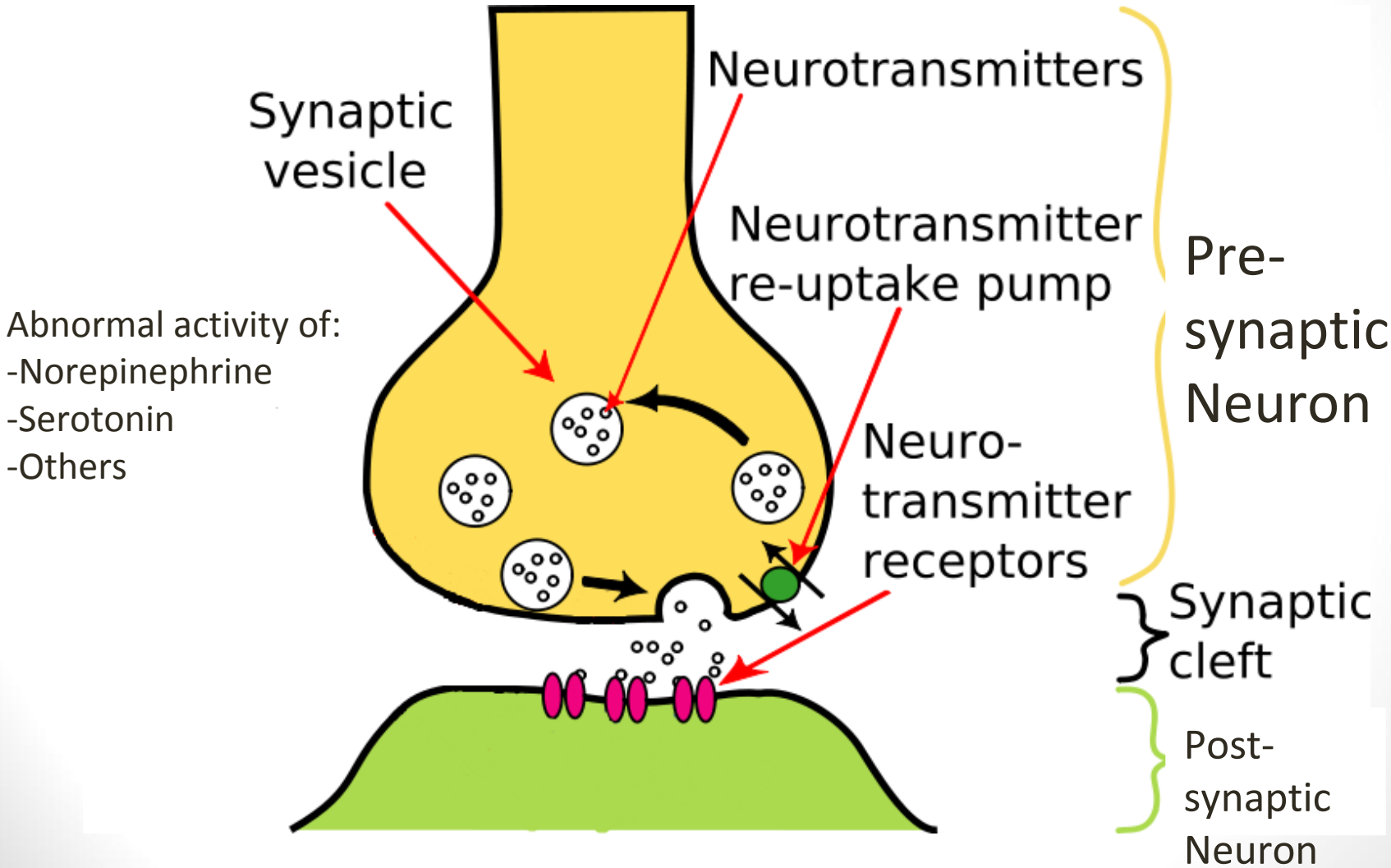
Sadness vs. Depression

- Sadness
 - Feeling down
 - Natural reaction to painful circumstances
 - Continues to cope with living
 - Requires support and care
- Clinical Depression
 - Sleep changes
 - Appetite changes
 - Low energy
 - Poor concentration
 - Loss of interest in things that used to bring happiness
 - Hopelessness, helplessness, worthlessness and possibly even thoughts of harming oneself
 - Interferes with daily function
 - Lasts for two weeks or more, most of the day, nearly everyday
 - Requires support, care, and treatment

Causes of Depression

- Environmental Stressors
 - Stressful events are more likely to trigger depression symptoms
- Genetics
 - People with relatives who are affected by depression are more likely to have depression
 - In pedigree studies, about 20% of relatives found to be depressed
 - In identical twin studies, 46%
 - Abnormality of 5-HTT gene, responsible for transportation of serotonin in the brain

Mechanism of Depression



Prognosis: So What?

- If left untreated:
 - Negatively impacting relationships
 - Difficulties performing in school or job
 - Inability to function in day-to-day life
 - May develop comorbidities:
 - Anxiety
 - Addictions (Drugs and Alcohol, Internet/Gaming)
 - Hallucination & Delusion
 - Self-harm, harming others
 - Suicide

Suicide Statistics

- **4th** leading cause of death for **18-65 year olds**
- **3rd** leading cause of death for **15-24 year olds**
- **5th** leading cause of death among **Asian Americans** overall, compared to the **9th** leading cause of death for **Caucasian Americans**

What can we do about it?

Do What You Are Doing Now!

- Learn about mental health
- Seek treatment
- Support friends and family to get the help they need and deserve

Treatment

- Finding mental health professionals
- Evaluation
- Psychoeducation
- Therapy
 - Individual, Couple's, Family, or Group
 - Cognitive Behavioral Therapy, Interpersonal Therapy, etc.
- Medication
 - SSRIs (targeting Serotonin)
 - SNRIs (targeting Serotonin and Norepinephrine)
 - Other agents

