



# Treatment for MAJOR DEPRESSIVE DISORDER

Constant sadness or low mood that can lead to lack of interest.

## SYMPTOMS

### EMOTIONAL

- Constant sadness
- Hopelessness
- Worthlessness
- Empty, emotionless
- Irritated, angry
- Tired, run-down (despite good sleep)
- Restless, listless

### Cognitive

- Indecisive
- Hard to think/concentrate

### BEHAVIOURAL

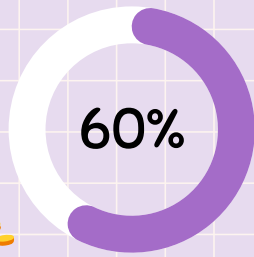
- Don't like things I used to
- Eating more or less than usual
- Trouble sleeping or sleeping a lot
- Low motivation

### PHYSICAL

- Aches and pains not caused by activities
- Weight gain or loss
- Slower speech and responses
- Low energy

## COMMON TREATMENTS

Medication: medications are used as antidepressants, which are used by balancing the chemicals in the brain, especially the neurotransmitters.



60% of people successfully responds to medications within the first two months.

### Types of medications:

- selective serotonin reuptake inhibitors (SSRIs)
- serotonin
- norepinephrine reuptake inhibitors (SNRIs)
- atypical antidepressants
- tricyclic antidepressants
- monoamine oxidase inhibitors (MAOIs)

Psychotherapy: talking about your condition and related issues with a mental health professional,

### Types of psychotherapy:

- Cognitive-behavioural therapy (CBT)
- psychodynamic therapy
- Interpersonal therapy (IPT)
- Humanistic therapy
- acceptance and commitment therapy (ACT)
- dialectical behaviour therapy (DBT)
- family therapy
- group therapy.



Transcranial magnetic stimulation (TMS): Sending quick magnetic pulses to stimulate nerve cells in your brain that is linked to mood regulations and depression.

How it works: Magnetic coils are placed on scalp targeting the prefrontal cortex. Short painless pulses are sent which feels like tapping on the scalp. It is believed to succeed through balancing the activity of the brain cells and the connection between the different areas of the brain. This process can help regulate the abnormal areas of the brain that is linked with depression.



Electroconvulsive therapy (ECT): When electrical currents are sent into your brain to impact the function and effect of neurotransmitters. It is meant for people when medications don't work for them.



#### Procedure:

- Preparation before, patient is given a muscle relaxant to make sure they don't experience and discomfort during the procedure.
- Electrodes are placed on the person's head, typically on both sides of the head, to guarantee that the electrical currents will get to specific areas of the brain.
- Then a small electrical current is passed via electrode and into the head, which leads to an induced seizure.
- Finally when the treatment is finished, the patient is closely watched as they slowly wake up.

How it works: a small electric current is sent through the brain to cause a controlled seizure. The seizure leads to changes in brain chemistry and activity which causes improvements in symptoms. It alters the levels of certain chemicals in the brain like neurotransmitters such as serotonin.

Symptoms: confusion right after treatment, memory loss, nausea, headache, jaw pain, and muscle ache



## SOURCES:

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- Mayo Clinic. Electroconvulsive therapy (ECT). (2018, October 12). [https://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/about/pac-20393894#:~:text=Electroconvulsive%20therapy%20\(ECT\)%20is%20a,of%20certain%20mental%20health%20conditions](https://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/about/pac-20393894#:~:text=Electroconvulsive%20therapy%20(ECT)%20is%20a,of%20certain%20mental%20health%20conditions)