

MAJOR DEPRESSIVE DISORDER



Major Depressive Disorder is characterized by a prolonged and persistent low mood

Depression= persistent sadness/ low mood, associated with loss of interest

Symptoms of Depression can vary from person to person, and can change over time

Symptoms of Depression are divided into 4 categories: behavioural, cognitive, emotional, and physical

1- BEHAVIOURAL

- Not liking things they used to
- Skewed eating habits
- Sleep troubles
- Low motivation

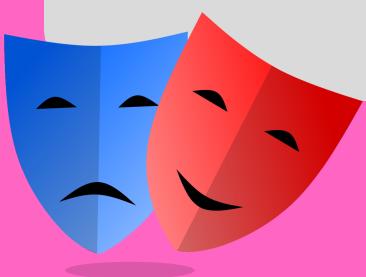
2- COGNITIVE

- Not being able to make decisions
- Hard to think
- Negative thoughts



3- EMOTIONAL

- Constant sadness
- Hopelessness/ Worthlessness
- Irritated
- Empty
- Tired



4- PHYSICAL

- Aches and pains
- Weight fluctuation
- Low energy
- Slower speech

TREATMENTS



Some treatment options:

1- Medication (Antidepressants)

Antidepressants are a type of medicine used to treat clinical depression or prevent it from recurring

2- Cognitive Behavioural Therapy

CBT is a common type of talk therapy. It is a form of psychotherapy. It focuses on the way people act and think.

3- Interpersonal Psychotherapy

A form of psychotherapy that focuses on relieving symptoms by bettering an individuals interpersonal functioning



MORE INFO ON: MEDICATIONS



- The main goal of antidepressants is to lessen the symptoms of the depression. They help improve mood, energy and negative thoughts, as well as helping to prevent these feelings from coming back. They are the most effective medication for treating depression.
- **There are 3 main types of antidepressants most often used to treat major depressive disorder**

1- SSRI (SELECTIVE SEROTONIN REUPTAKE INHIBITORS)

- Increase serotonin levels in the brain
- The way SSRIs work involves the inhibition of serotonin reuptake into the presynaptic neuron.

Presynaptic neuron: transmits the signal towards a synapse (junction between two neurons where they connect and communicate)

- Most commonly prescribed anti depressant
- Most popular SSRIs: Fluoxetine, Escitalopram, Sertraline, Citalopram
- Often used as first line pharmacological treatment for depression over SNRIs. This is because they generally have fewer side effects than other types of anti-depressants, plus they are effective at improving mood. However, this doesn't mean they are the best treatment for everyone as not everyone's bodies work the same.
- You can have withdrawals from SSRIs

2- SNRI (SEROTONIN AND NOREPINEPHRINE REUPTAKE INHIBITORS)



- Increase serotonin and norepinephrine levels in your brain
- SNRIs work by impeding the reabsorption or reuptake of serotonin and norepinephrine into the nerve cells from which they were discharged, leading to a surge in the levels of these active neurotransmitters in the brain.
- Examples of SNRIs: Desvenlafaxine, Venlafaxine, Duloxetine
- Is sometimes used when the person doesn't properly respond to SSRIs, but was originally considered more affective than SSRIs
- You can have withdrawals from SNRIs

SYMPTOMS OF SSRIs & SNRIs: feeling sick/agitated, loss of appetite, constipation, dizziness, insomnia, headaches, loss of libido and more

3- NDRI (NOREPINEPHRINE AND DOPAMINE REUPTAKE INHIBITORS)

- Increase the amount of norepinephrine and dopamine levels in your brain
- NDRI's work by blocking the transport of norepinephrine and dopamine back into the brain cells that released them, this allows a larger amount of active neurotransmitters to be available in the brain.
- Examples of an NDRI: Bupropion
- Used commonly in people who do not respond well to SSRIs
- Have fewer side effects that are common to other antidepressants such as weight gain and sexual dysfunction
- Some level of withdrawal is possible

Other types of antidepressants: TCA, SARI, MAOI & NASSA

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