



308: Adult Psychopathology: Depression Disorder

The Pennsylvania Child Welfare Training
Program
University of Pittsburgh, School of Social Work



Adult Depression Agenda

- Introductions and Workshop Overview
- Prevalence, Definitions, Symptoms and Features of Adult Depression
- Adult Depression
- Impact of Depression
- Treatment for Adult Depression
- Review and Evaluation

Learning Objectives

- Participants will be able to:
 - Use the DSM IV to identify the signs and symptoms of Depression in the Major, Moderate, Mild and Dysthymic diagnosis.
 - Use the DSM IV to identify the features that can accompany the diagnosis of Depression: Mild, Moderate, Severe, Psychotic, Chronic, Catatonic, Postpartum, Melancholic, Partial and full remission, Seasonal Pattern, Atypical and Interepisode Recovery.

Learning Objectives (continued)

- Identify how the parent's/caregiver's mental health diagnosis of Depression may impact the child's growth and development (physical, mental, emotional, social).
- Identify how culture impacts the diagnosis of Depression and its treatment
- Identify when parent/caregiver with the diagnosis of Depression may need mental health services
- Identify community and medical treatment resources for individuals diagnosed with Depression and the family or children it impacts upon.

Signs and Symptoms of Adult Depression

- Major Depressive Episode
 - Five or more of the following symptoms must be present during the same 2-week period
 - Change in functioning
 - Depressed mood or loss of interest or pleasure
 - Depressed mood most of the time
 - Diminished interest or pleasure in activities
 - Significant weight loss or gain
 - Insomnia or hypersomnia
 - Psychomotor agitation or retardation
 - Fatigue or loss of energy
 - Feelings of worthlessness or excessive inappropriate guilt
 - Diminished ability to think or concentrate, indecisive
 - Recurrent thoughts of death

Signs and Symptoms of Adult Depression (continued)

- Major Depressive Disorder, Single Episode
 - Meets criteria for Major Depressive Episode
 - No diagnosed Schizoaffective Disorder or other illnesses
 - No manic episode
- Major Depressive Disorder, Recurrent
 - Presence of two or more Major Depressive Episodes
 - No diagnosed Schizoaffective Disorder or other illnesses
 - No manic episode

Signs and Symptoms of Adult Depression (continued)

- Dysthymic Disorder
 - Depressed mood
 - Presence of at least two of the following:
 - Poor appetite or overeating
 - Insomnia or hypersomnia
 - Low energy or fatigue
 - Low self-esteem
 - Poor concentration or difficulty making decisions
 - Feelings of hopelessness
 - Symptoms always present
 - No Major Depressive Episode
 - No manic episode
 - Not related to a chronic psychotic disorder
 - Not direct effect of a substance or medical condition
 - Symptoms cause significant distress or impairment in social, occupational, or other areas of functioning

Features of Adult Depression

- Mild - few, if any symptoms
- Moderate – mild to severe functional impairment
- Severe Without Psychotic Features - interference with occupational or social functioning
- Severe With Psychotic Features - delusions or hallucinations
 - Mood congruent psychotic features
 - Mood-incongruent psychotic features
- Catatonic Features
 - Motor immobility
 - Excessive motor activity
 - Extreme negativism or mutism
 - Peculiarities of voluntary movement
 - Echolalia or echopraxia

Features of Adult Depression (continued)

- Melancholic Features
 - Depressed mood
 - Depression worse in the morning
 - Early morning awakening
 - Marked psychomotor agitation or retardation
 - Significant anorexia or weight loss
 - Excessive or inappropriate guilt
- Atypical Features
 - Significant weight gain or increase in appetite
 - Hypersomnia
 - Leaden paralysis
 - Interpersonal rejection sensitivity
- Postpartum Onset
- Seasonal Pattern



Bio-Psycho-Social-Cultural Model

- Biological Theories
- Psychological Theories
- Social (Sociological) Theories
- Cultural Theories

Adult Depression Considerations

- Obtain this information from the client:
 - Age of onset
 - Number of previous episodes
 - Medical history (including a recent physical exam)
 - Familial history of depression or substance abuse
 - Perception of support systems
 - Substance abuse history
 - Information about any stressful life events, particularly losses, occurring during the past six months to one year

Impact of Depression on the Individual

- Categories of Symptoms:
 - Affective Characteristics
 - Behavioral Characteristics
 - Attitudes
 - Cognitive Impairments
 - Physiological Changes
 - Social Characteristics

Impact of Depression on the Family

- All family members suffer emotionally
- Families blame each other
- All family members lose time and energy for leisure activities
- Economic
- Frequent disruption of life routines
- Few social relationships
- Stress
- Grief and mourning
- Lower quality of physical and mental health
- Stigma
- Disappointment related to changing goals

Culture and Depression

- The word 'depression' is absent in some languages
- Few studies have really examined race, ethnicity and culture as they relate to presence of and treatment for depression
- Affective responses and expressions of feelings differ from culture to culture
- Treatment is often not culturally sensitive

Medications for Adult Depression

- Tricyclics
- Amitriptylene (Elavil, Endep)
 - Imipramine (Tofranil)
 - Clomipramine (Anafranil)
 - Nortriptyline (Pamelor)
 - Desipramine (Norpramin)
 - Protriptylene (Vivactil)
 - Doxepin (Sinequan)
 - Trimipramine (Surmontil)
- Indicators: Depressive disorders, panic disorder
- Possible side effects:
 - Drowsiness
 - Dry mouth
 - Constipation
 - Blurred vision
 - Weight gain

Medications for Adult Depression (continued)

- MAO Inhibitors:
 - Isocarboxazid (Marplan)
 - Phenezine (Nardil)
 - Tranclypromine (Parnate)
- Indicators: Depressive disorders
- Possible side effects:
 - Low blood pressure
 - Drowsiness, constipation
 - Dizziness
 - Rash

Medications for Adult Depression (continued)

- SSRI's (Selected Serotonin Reuptake Inhibitors)
 - Citalopram (Celexa)
 - Paroxetine(Paxil)
 - Fluoxetine (Prozac)
 - Sertraline (Zoloft)
 - Fluvoxamine (Luvox)
 - Venlafaxine (Effexor)
- Indicators:
 - Depression
 - Panic disorder
 - OCD (Obsessive Compulsive Disorder)
 - Bulimia
 - Social phobia
 - PTSD (Post-Traumatic Stress Disorder)
 - PMS (Premenstrual Dysphoria)
 - Borderline personality disorder
- Possible side effects:
- Few side effects
- More likely to depress libido

Medications for Adult Depression (continued)

- Others:

- Bupropion (Wellbutrin) - Less likely to depress libido
- Trazodone (Desyrel) - decreases insomnia
- Nefazodone (Serzone) – faster acting



Psychotherapy Options for Adult Depression

- Ego Supportive Interventions
- Crisis Intervention
- Interpersonal Therapy
- Cognitive-Behavioral Interventions
- Social Support Skills Training
- Exposure Therapy
- Psychodynamic Therapy
- Group Therapies
- Psychoeducation Models