

A silhouette of a person with their head bowed and hands pressed against a wall, set against a dark, moody background. The person's head is tilted down, and their hands are raised, touching the wall. The overall tone is somber and evocative of mental distress.

Depression

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About the Presenter

- Dr.Suresh Kumar Murugesan is a Passionate Professor, Researcher and Mental Health Practitioner from Tamil Nadu, India
- At present he is Heading the Department of Psychology, The American College, Madurai and Yellow pond Counselling and Wellness Centre, India
- He is very keen in new research studies in behavioural sciences and always open to learn.
- His ultimate aim is to make impression in the field of Education
- His area of specializations are Counselling & Psychotherapy, Positive Psychology, Education Psychology etc

Disclaimer

- This presentation is prepared for learning purpose only and all the images and pictures used in this presentation are taken from google image search.
- Due recognition was given to all the material collected from the various sources.
- Any name or reference is missed kindly bring it to the notice of the presenter for inclusion.
- Email - sureshkumar800@yahoo.com
Thank you



DISCLAIMER

Topics

- Why it is important to talk about Depression?
- Who is more vulnerable to depression?
- What is Depression?
- What is status of India on Depression and its research?
- How we will come to know a person is depressed?
- What are the different types of symptoms?
- How to identify the intensity or level of depression?
- How to overcome depression from our daily life?

A dark silhouette of a person with their head buried in their hands, set against a light, hazy background. The person's posture is slumped, conveying a sense of despair or emotional pain. The overall mood is somber and reflective.

**Depression is a
common mental
disorder**

**Globally,
more than
264 million
people of all
ages suffer
from
depression.**



Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease.



A woman with long, dark, wavy hair is sitting in a dark wooden chair. She is hunched over, with her head buried in her arms, which are crossed over her chest. She is wearing a grey long-sleeved sweater and dark blue jeans. The background is a plain, light grey wall. The overall mood is somber and distressed.

**Depression can lead
to suicide**



**More women are
affected by
depression than
men**

World Health Organisation
which estimated that one in
seven Indians suffered from poor
mental health and labelled the
country the most depressing
country in the world.





Depression

Everyone feels sad or low sometimes, but these feelings usually pass with a little time but these feeling continue and affect our daily life activities



Depression

Depression is a common and serious illness that negatively affects how we feel, think and behave.

Depression: Why to talk?

- Depression is a grim condition that affects every facet of our life.
- It has an impact on
 - interpersonal relationships,
 - social life,
 - career and
 - one's sense of self-worth leading to severe dysfunction.





Depression: Why to talk?

- The World Health Organization (WHO) has announced depression as the theme for this World Health Day 2017.
- The campaign slogan was '**Depression: Let's talk**'

Depression: Why to talk?

The report on Global Burden of Disease shows that the point prevalence of depressive episodes is 5.8 per cent for men and 9.5 per cent for women



Depression: Why to talk?

The largest population-based study conducted in south India revealed that among urban south Indians, the prevalence of depression was 15.1 per cent.

The prevalence of depression was higher in the low-income group (19.3%) compared to the higher income group (5.9%).

Prevalence of depression was higher amongst divorced (26.5%) and widowed (20%) compared to currently married participants (15.4%)



Depression: Why to talk?

Having depression does not mean that a person is incapable, or is a failure, or is not really making efforts to cope up, it means they are in a dire need of help.



Depression: Why to talk?

Depression happens, just like any other common illness. Sometimes, depression comes first and people try drugs (substance abuse) as a method to escape it (Drugs or alcohol just make the prognosis even worse!).

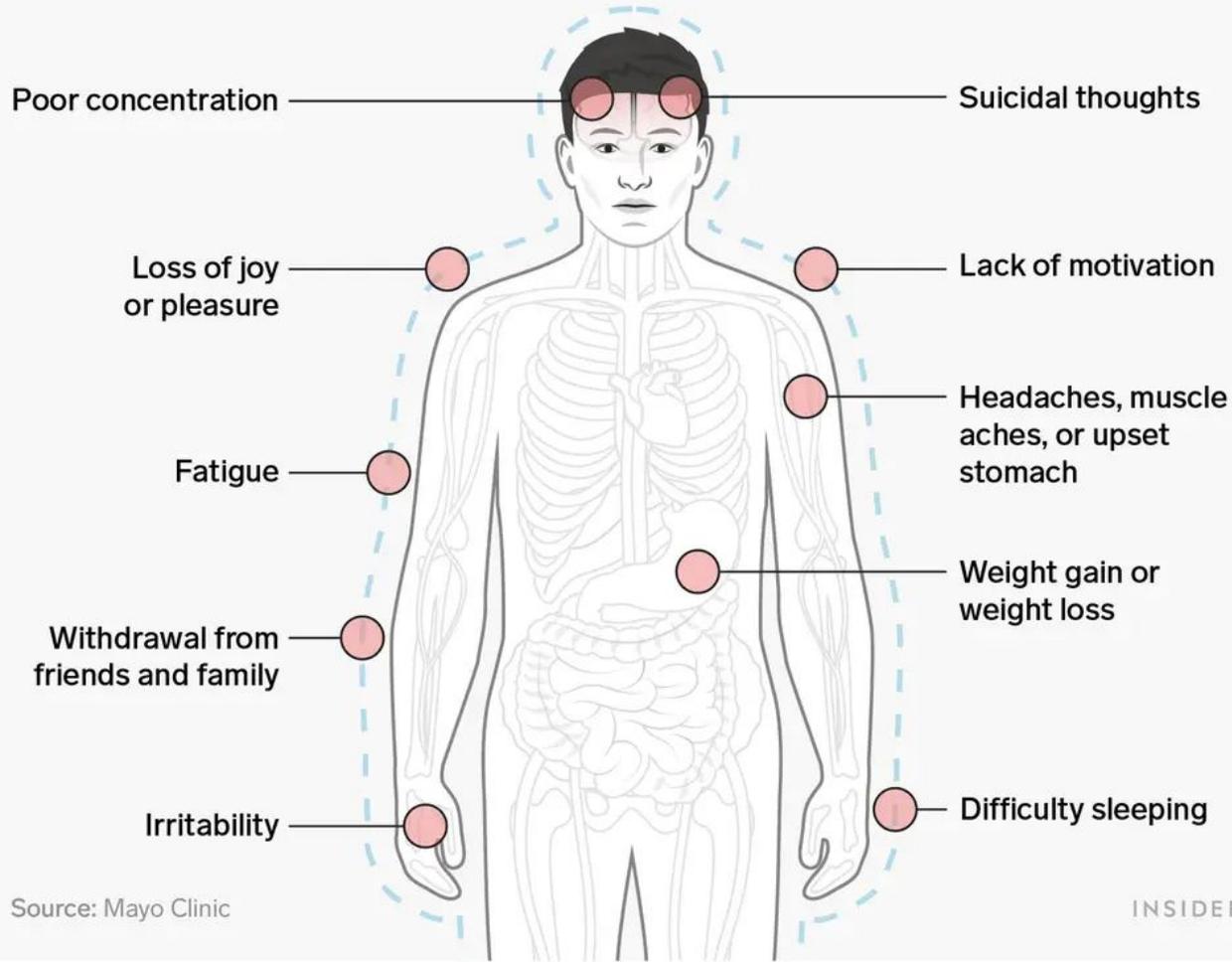
Depression can be prevented and treated.



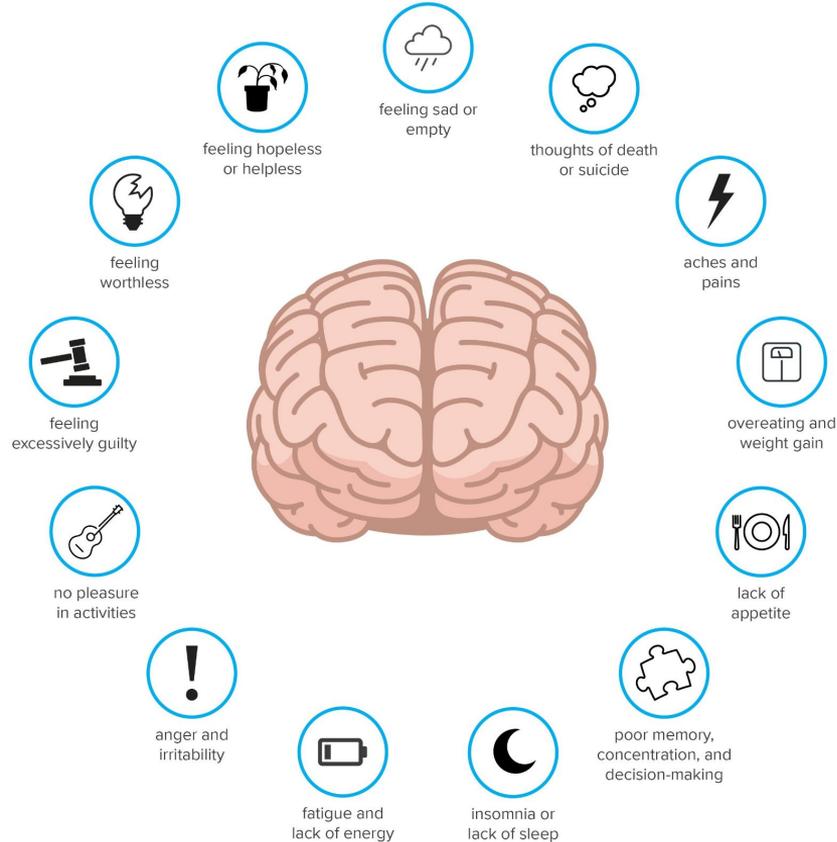
Symptoms



Symptoms of depression



Common Symptoms of Depression



Physical Symptoms of Depression



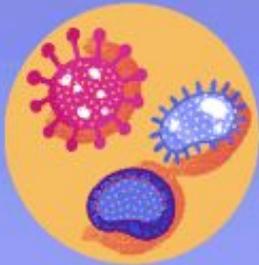
Aches and pains



Nausea



Bloating



**Weakened
immune system**



**Sleep disruption
(too much or
too little)**



High blood pressure



**Appetite and
weight changes**

Types of Depression

Types of Clinical Depression



Major Depressive Disorder



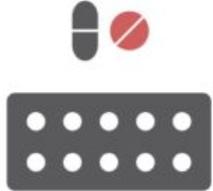
Postpartum Depression



Seasonal Affective Disorder



Bipolar Depression



PMDD



Psychotic Depression



Dysthymia



Atypical Depression

Risk Factors for Depression

Biochemistry: Differences in certain chemicals in the brain may contribute to symptoms of depression.

Genetics: Depression can run in families. For example, if one identical twin has depression, the other has a 70 percent chance of having the illness sometime in life.

Personality: People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.

Environmental factors: Continuous exposure to violence, neglect, abuse or poverty may make some people more vulnerable to depression.

Risk Factors

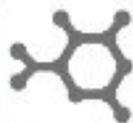
Genes

Traits we inherit from our families



Biology

Balance of chemicals in the body
Patterns of cell communication



Environment

Exposure to traumatic events like sudden loss, violence, abuse or neglect
Unsafe communities
Low socioeconomic status



Lifestyle

Poor diet
Substance use or abuse
Lack of exercise
Irregular sleep patterns





Causes

Abuse

Post - Partum

Certain Medications

Conflict

Death

Post - Partum

Genetical issues

Drastic events in life

Substance abuse

Accidents or health issues

**CAUSES OF
DEPRESSION**



Risk factors

Depression often begins in the teens, 20s or 30s, but it can happen at any age. More women than men are diagnosed with depression, but this may be due in part because women are more likely to seek treatment.

Factors that seem to increase the risk of developing or triggering depression include:

- Certain personality traits, such as low self-esteem and being too dependent, self-critical or pessimistic
- Traumatic or stressful events, such as physical or sexual abuse, the death or loss of a loved one, a difficult relationship, or financial problems
- Blood relatives with a history of depression, bipolar disorder, alcoholism or suicide
- Being lesbian, gay, bisexual or transgender, or having variations in the development of genital organs that aren't clearly male or female (intersex) in an unsupportive situation
- History of other mental health disorders, such as anxiety disorder, eating disorders or post-traumatic stress disorder
- Abuse of alcohol or recreational drugs
- Serious or chronic illness, including cancer, stroke, chronic pain or heart disease
- Certain medications, such as some high blood pressure medications or sleeping pills (talk to your doctor before stopping any medication)

Complications

Depression is a serious disorder that can take a terrible toll on you and your family. Depression often gets worse if it isn't treated, resulting in emotional, behavioral and health problems that affect every area of your life.

Examples of complications associated with depression include:

- Excess weight or obesity, which can lead to heart disease and diabetes
- Pain or physical illness
- Alcohol or drug misuse
- Anxiety, panic disorder or social phobia
- Family conflicts, relationship difficulties, and work or school problems
- Social isolation
- Suicidal feelings, suicide attempts or suicide
- Self-mutilation, such as cutting
- Premature death from medical conditions



Treatment

Treatment for depression

-
1. Medications
 2. Psychotherapy
 3. Light therapy
 4. Alternative therapies
 5. Exercise
 6. Avoid alcohol and drugs
 7. Learn how to say no
 8. Self Care
 9. Natural Treatments
-



Medications

The healthcare provider may prescribe:

- antidepressants
- anti anxiety
- antipsychotic medications



Psychotherapy

Speaking with a therapist can help learn skills to cope with negative feelings.

- Talk Therapy for Depression : Studies suggest different types of talk therapy can fight mild to moderate depression.
- Cognitive behavioral therapy: It aims to change thoughts and behaviors that contribute to depression.
- Interpersonal therapy : It identifies how your relationships impact your mood.
- Psychodynamic psychotherapy:It helps people understand how their behavior and mood are affected by unresolved issues and unconscious feelings. Some patients find a few months of therapy are all they need, while others continue long term.



Light therapy

Exposure to doses of white light can help regulate your mood and improve symptoms of depression. Light therapy is commonly used in seasonal affective disorder, which is now called major depressive disorder with seasonal pattern.

Alternative therapies

Acupuncture or meditation. Some herbal supplements are also used to treat depression, like St. John's wort, SAMe, and fish oil.

Healthcare provider may supplement or combining a supplement with prescription medication because some supplements can react with certain medications. Some supplements may also worsen depression or reduce the effectiveness of medication.





Exercise

Aim for 30 minutes of physical activity 3 to 5 days a week.

Exercise can increase our body's production of **endorphins**, which are hormones that improve mood.



Avoid alcohol and drugs

Drinking or misusing drugs may make you feel better for a little bit. But in the long run, these substances can make depression and anxiety symptoms worse.



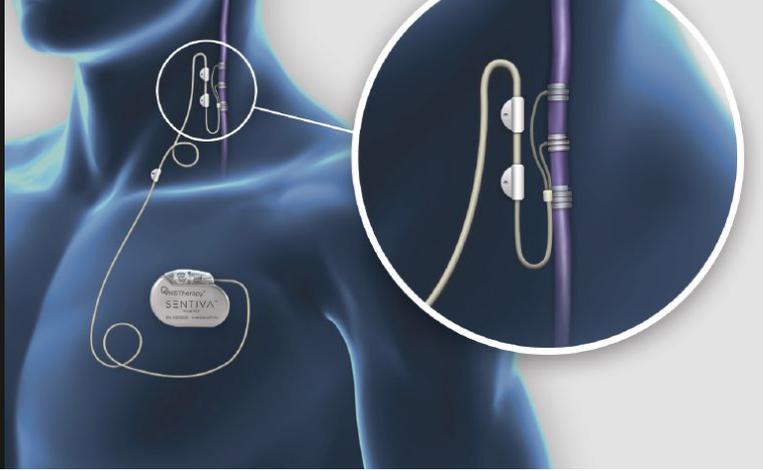
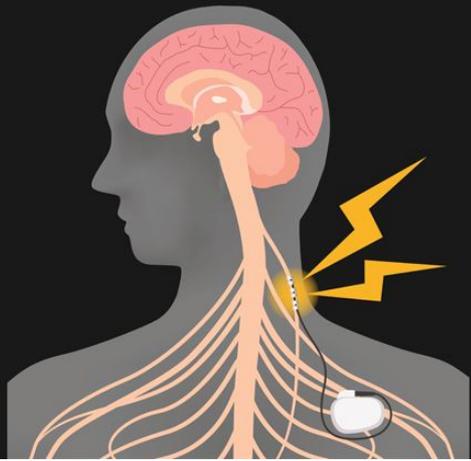
Learn how to say no

Feeling overwhelmed can worsen anxiety and depression symptoms. Setting boundaries in your professional and personal life can help you feel better.

Self Care

- Depression persons can improve symptoms of depression by taking care of themselves.
- This includes getting plenty of sleep, eating a healthy diet, avoiding negative people, and participating in enjoyable activities.
- Sometimes depression doesn't respond to medication. Self care is an options if the symptoms don't improve.





Vagus Nerve Stimulation (VNS) Placement

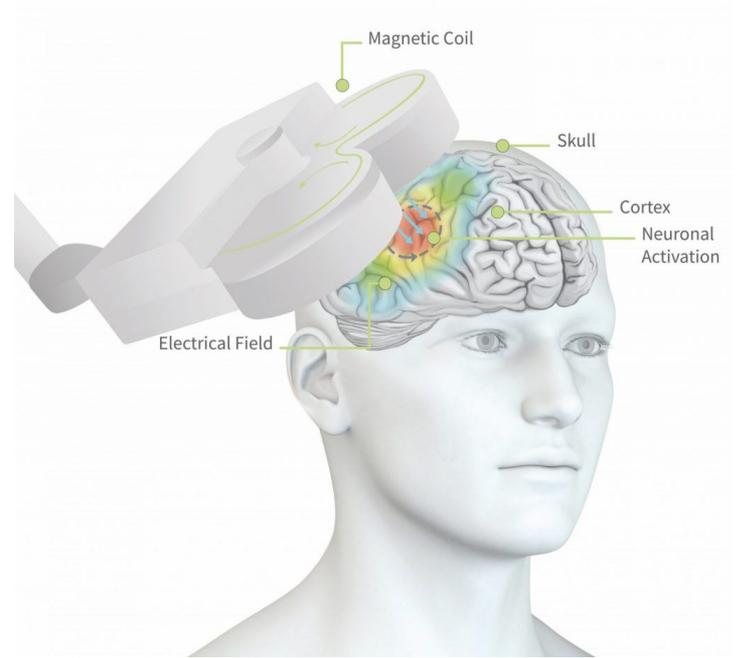
Vagus Nerve Stimulation (VNS)

- Vagus Nerve Stimulation (VNS): VNS is like a pacemaker for the brain. The surgically implanted device sends electrical pulses to the brain through the vagus nerve in the neck. These pulses are believed to ease depression by affecting mood areas of the brain.



Electroconvulsive Therapy (ECT)

- Electroconvulsive Therapy (ECT): This treatment uses electric charges to create a controlled seizure.



Transcranial Magnetic Stimulation

- Transcranial Magnetic Stimulation: This treatment aims electromagnetic pulses at the skull. It stimulates a tiny electrical current in a part of the brain linked to depression.

Natural treatment for depression

- Food
- Supplements
- St. John's wort
- S-adenosyl-L-methionine (SAMe)
- 5-hydroxytryptophan (5-HTP)
- Omega-3 fatty acids
- Essential oils
- Vitamins



Natural treatment for depression

Traditional depression treatment uses a combination of prescription medication and counseling. But there are also alternative or complementary treatments you can try.

It's important to remember that many of these natural treatments have few studies showing their effects on depression, good or bad.

Likewise, the U.S. Food and Drug Administration (FDA) doesn't approve many of the dietary supplements on the market in the United States, so you want to make sure you're buying products from a trustworthy brand.

Talk to your healthcare provider before adding supplements to your treatment plan.

Nutrients to Help Treat Depression

B-Complex Vitamins

- Asparagus
- Acorn squash
- Nuts



Vitamin D

- Cheese
- Egg yolks
- Salmon



Vitamin C

- Broccoli
- Kiwi
- Peppers



Zinc

- Beans
- Cashews
- Dairy Products



Magnesium

- Dark Green-Leafy Vegetables
- Nuts and Seeds
- Whole Grains



Supplements

Several types of supplements are thought to have some positive effect on depression symptoms.

THE MOST EFFECTIVE NATURAL WAYS TO TREAT DEPRESSION



DRINK WATER

MAKE SURE YOU DON'T HAVE:

- FOOD INTOLERANCE
- FOOD ALLERGIES

LESS SUGAR

MORE NUTRIENTS IN YOUR DIET OR:

- TAKE VITAMINS
- TAKE MINERALS
- TAKE OMEGA 3 & 6 FOOD SUPPLEMENTS





CHANGE LIFESTYLE

- REDUCE SMOKING & ALCOHOL

MORE PHYSICAL EXERCISE

ELIMINATE POSSIBLE THYROID DYSFUNCTION & POSSIBLE ANEMIA:

- TAKE VITAMIN C
- TAKE IRON

TAKE NATURAL ANXIETY & DEPRESSION RELIEVING SUPPLEMENTS:

- 5-HTP
- B VITAMINS
- VITAMIN D
- MAGNESIUM
- ASHWAGANDHA



BALANCE YOUR INTESTINAL MICROFLORA:

- ELIMINATE PARASITES
(BLACK WALNUT, PAU D'ARCO)
- ADD ANTI-INFLAMMATORY AGENTS
(CURCUMIN, DANDELION, VITAMIN D3)
- TAKE PROBIOTICS OR EAT PROBIOTIC FOODS
(ACIDIFIED VEGETABLES, SAUERKRAUT, YOGURT)



St. John's wort

Studies are mixed, but this natural treatment is used in Europe as an antidepressant medication. In the United States, it hasn't received the same approval.



S-adenosyl-L-methionine (SAME)

This compound has shown in limited studies to possibly ease symptoms of depression. The effects were best seen in people taking selective serotonin reuptake inhibitors (SSRIs), a type of traditional antidepressant.

5-hydroxytryptophan (5-HTP)

5-HTP may raise serotonin levels in the brain, which could ease symptoms. Your body makes this chemical when you consume tryptophan, a protein building block.



Omega-3 fatty acids

These essential fats are important to neurological development and brain health. Adding omega-3 supplements to your diet may help reduce depression symptoms.



OMEGA (3-6-9) FATTY ACIDS
Double Strength

1000 MG





Essential oils

Essential oils are a popular natural remedy for many conditions, but research into their effects on depression is limited.

People with depression may find symptom relief with the following essential oils:

- **Wild ginger:** Inhaling this strong scent may activate serotonin receptors in your brain. This may slow the release of stress-inducing hormones.
- **Bergamot:** This citrusy essential oil has been shown to reduce anxiety in patients awaiting surgery. The same benefit may help individuals who experience anxiety as a result of depression, but there's no research to support that claim.

Vitamins

Vitamins are important to many bodily functions. Research suggests two vitamins are especially useful for easing symptoms of depression:

- Vitamin B: B-12 and B-6 are vital to brain health. When your vitamin B levels are low, your risk for developing depression may be higher.
- Vitamin D: Sometimes called the sunshine vitamin because exposure to the sun supplies it to your body, Vitamin D is important for brain, heart, and bone health. People who are depressed are more likely to have low levels of this vitamin.
- Many herbs, supplements, and vitamins claim to help ease symptoms of depression, but most haven't shown themselves to be effective in clinical research.

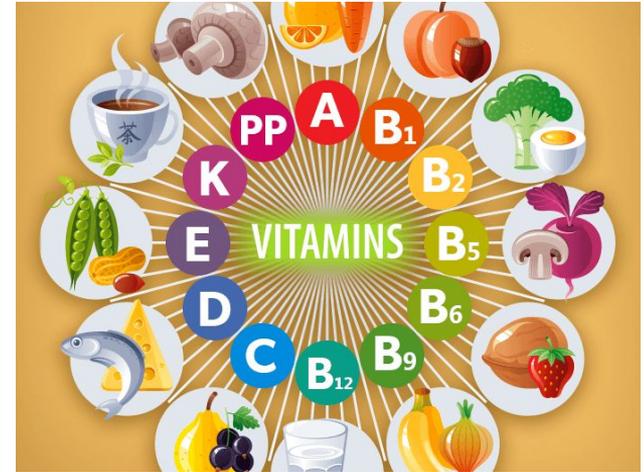


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Beyond Treatment: Things We Can Do

Here are other tips that may help us or a loved one during treatment for depression:

- Try to be active and exercise.
- Set realistic goals for yourself.
- Try to spend time with other people and confide in a trusted friend or relative.
- Try not to isolate yourself, and let others help you.
- Expect your mood to improve gradually, not immediately.
- Postpone important decisions, such as getting married or divorced, or changing jobs until you feel better. Discuss decisions with others who know you well and have a more objective view of your situation.
- Continue to educate yourself about depression.

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