Title: Treatment of Depression

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Abstract: General information for patients on depression and treatment options. Treating adult patients with moderate to severe depression with antidepressant medications is an effective option in the primary care setting.
Depression: Treatment Options

Where can I find help?

Sometimes when people are depressed, they think about hurting themselves.

If you are having thoughts of hurting yourself, don't!

Help is available, 24 hours a day, 7 days a week.

USA National Suicide Hotlines
Toll-free/24 hours a day/7 days a week
1-800-SUICIDE (1-800-784-2433)
1-800-273-TALK (1-800273-8255)
http://suicidehotlines.com/minnesota.html

For More Information on Depression:
Mayo Clinic: Major Depression
http://www.mayoclinic.com/health/depression/ds00175

National Institute of Mental Health
http://www.nimh.nih.gov

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Treatment Options

The most common treatment options are medications and psychotherapy.

Psychotherapy = talk therapy
It’s not just about lying on a couch and analyzing dreams anymore

Cognitive

Behavioral Therapy
Teaches new ways of thinking and behaving.
Helps change thoughts and behaviors that may worsen depression.

Interpersonal Therapy
Helps people understand how relationships affect depression.
Helps people work through difficult relationships.

Symptoms of Depression
- Constant Sadness
- Irritability
- Hopelessness
- Trouble Sleeping
- Fatigue or low energy
- Significant weight change
- Thoughts of self harm
- Loss of interest

What is Depression?

- Depression is not just feeling sad, “blue,” or “down in the dumps” for a few days.
- It is a common but serious illness that interferes with daily life.
- As many as 1 in 10 people will experience depression in their lifetime.
- Most people with depression need treatment to get better.

Medications

Antidepressant medications work by balancing naturally occurring brain chemicals. Commonly used medications work on serotonin levels (SSRIs) or serotonin and norepinephrine levels (SNRIs)

SSRIs—Selective Serotonin Reuptake Inhibitors
For Example:
Prozac, Celexa, Zoloft

SNRIs—Serotonin and Norepinephrine Reuptake Inhibitors
For Example:
Effexor, Cymbalta

Common Side Effects of SSRIs and SNRIs
- Headache
- Nausea
- Trouble falling asleep
- Nervousness
- Feeling jittery
- Sexual Problems

All classes of medications need up to 6 weeks to reach full effect.

Talk with your doctor before stopping your medication.