

DEPRESSION

[DEPTH OF BIOLOGY]

A feeling of unhappiness that lasts for a long time.

May be caused by
moral judgement

Well treatment by family &
friends is a helpful remedy

May be a medical condition

May have physical sign

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•Very serious- interfere with daily life; eg: unable to sleep.

CAUSES- **UNKNOWN**

Probably combination
of factors

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❖Genetic- family
members at risk

❖Psychological factor

❖Biological- medication-
neurotransmitter

❖Environmental factor

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- Neurotransmitter= signalling molecule in brain

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- Serotonin
 - Nor-epineprine
 - Dopamine
- increase in synaptic cleft*
[anti-depressant]

Cause depression
[obsession &
compulsion]

- Means, low level of serotonin, dopamine & nor- epinephrine.

Attention,
motivation,
pleasure

Anxiety &
attention

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- ENVIRONMENTAL= death, sexual/physical abuse
tryptophan used to make serotonin

DIAGNOSIS

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- ☐ Depressed mood
- ☐ Low or no interest/ pleasure
- ☐ Weight gain/loss
- ☐ Inability to sleep/oversleeping
- ☐ Fatigue
- ☐ Low concentration
- ☐ Suicide attempt {at last}

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POST-PARTUM SYMPTOMS

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**can also be felt before*

Child birth- hormonal changes play role - estrogen, progesterone.

Or may be due to changes in lifestyle .

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ATYPICAL DEPRESSION- another important sub type . Here improved mood when pleasure or positive moments happen.

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MELANCHOLIC DEPRESSION-

Positive moment no longer improve mood

ATYPICAL DEPRESSION- weight gain, increase in appetite, oversleeping, heavy limbs.

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PERSISTANT DEPRESSIVE ORDER- mild symptom for longer period of life {>2 year}; change in appetite, change in sleep schedule, fatigue, decreased concentration, hopeless feelings.

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TREATMENT

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1. **Non- pharmacological:** physical activity for 20 min thrice a week, psychotherapy & healthy eating habits
2. **Pharmacological:** anti depressing medication

SSR Inhibitors- reuptake/reabsorb serotonin so serotonin level increases.

MAO Inhibitors

TRICYCLICS [DEPTH OF BIOLOGY]

****At last electroconvulsive therapy{ECT} is given- this induce seizure, effective only on 50% people***

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