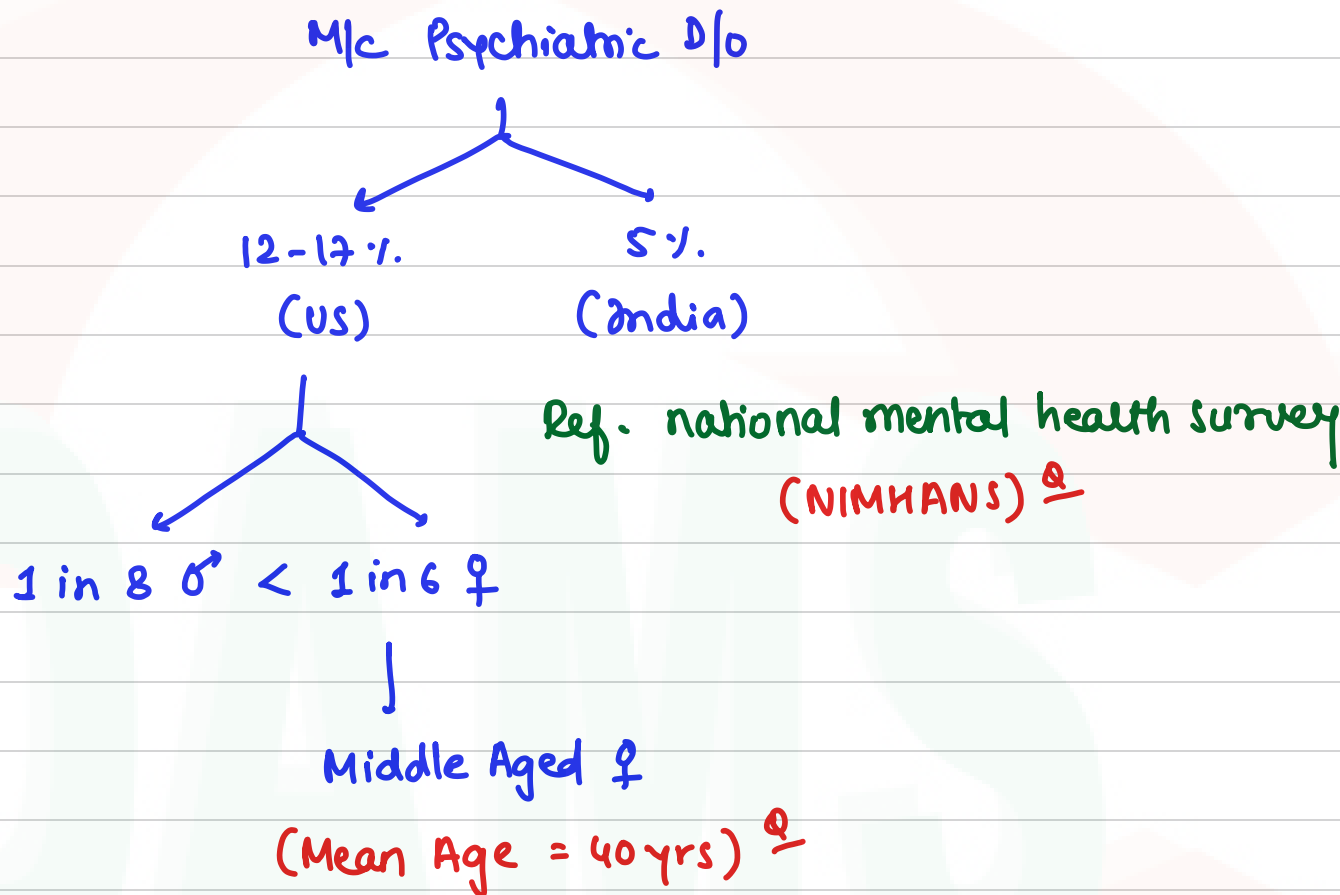
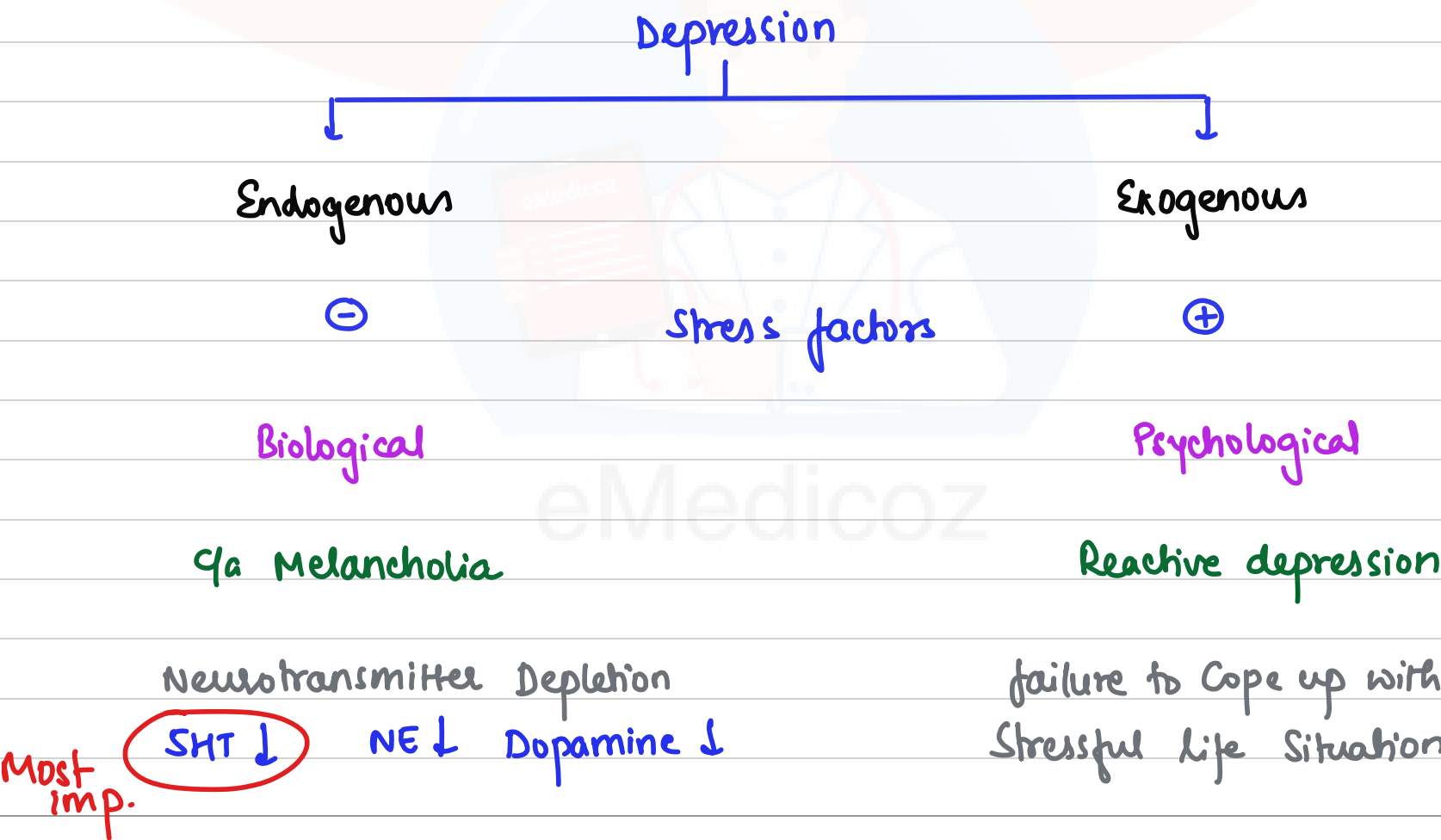
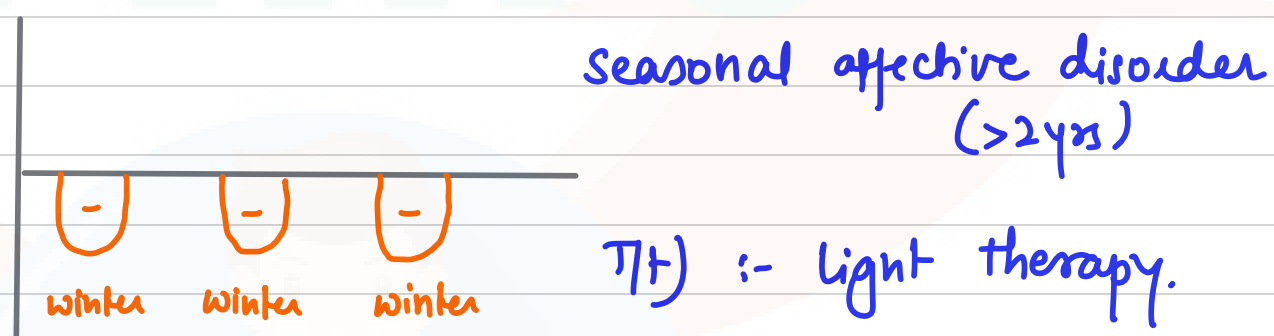
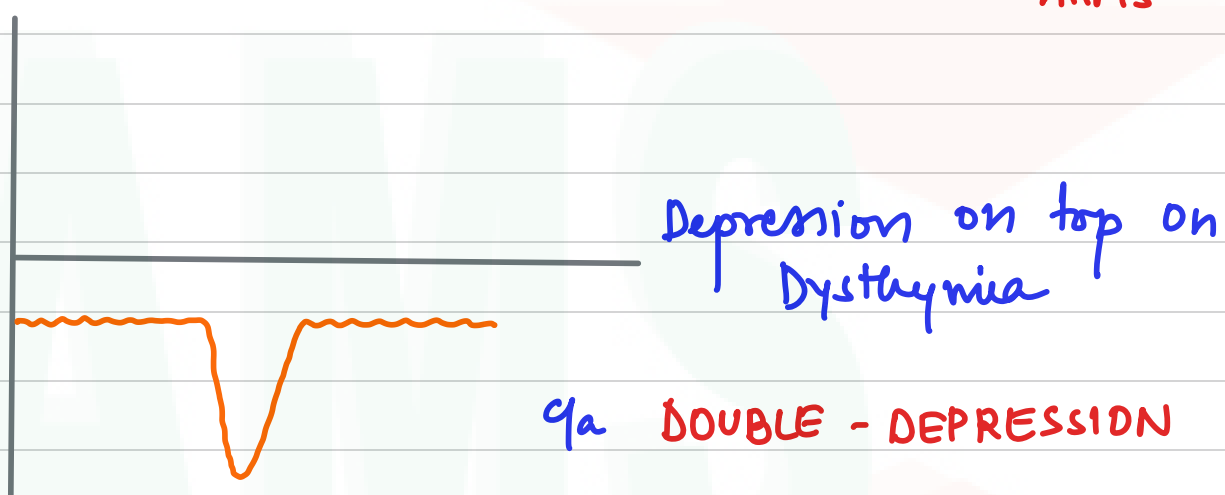
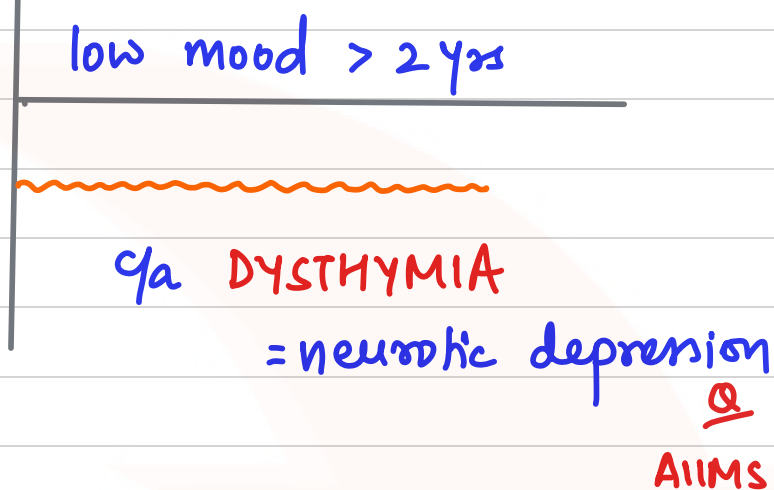
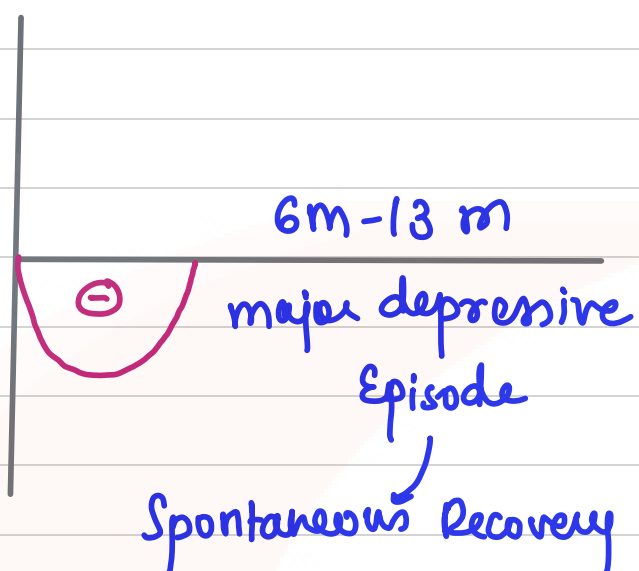


DEPRESSION



→ Depression causes max. DALY (Disability Adjusted Life years) loss.





* Psychotic Depression :

Depression with mood congruence { Delusion
Hallucination

Q NEET 2020

⌈ GUILT, SIN, NIHILISM

↓
Suicide provoking

Rx : Antidepressants + Antipsychotics.

• ATYPICAL DEPRESSION

HYSTEROID DYSPHORIA

① Reversal of vegetative Symptoms

(↑ sleep, ↑ Appetite, wt. gain) Hallmark

② Carbohydrate Craving

③ Mood Reactivity ↑ (swings), impulsivity

Anger outbursts

④ Profound psychomotor retardation

Heaviness of limbs ⇒ Leyden Paralysis

⑤ Interpersonal Rejection Sensitivity

• PMDD premenstrual dysphoric disorder

onset : 5-7 days prior to menses



Continue in menses



Disappear after menses

Somato- psychic Syndrome



Body

Heaviness (oedematous)

Multiple pains

lethargy



Psychological

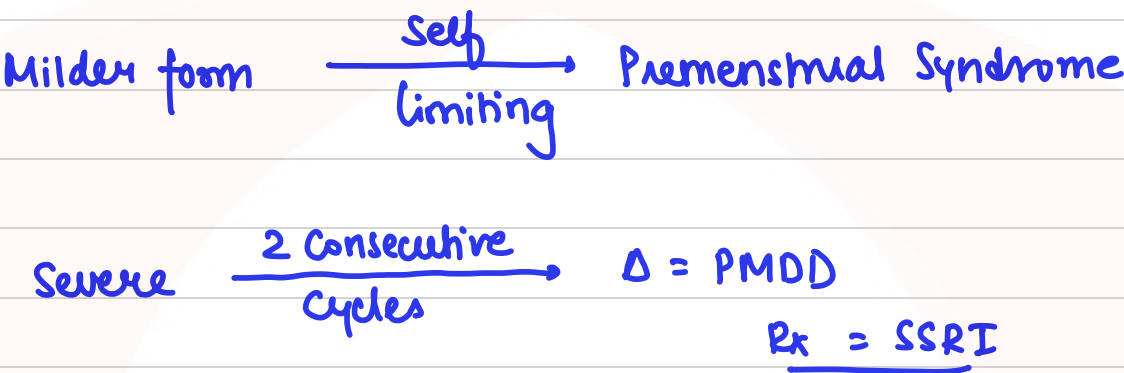
Mood Swings

Irritability

Impulsivity

Breast tenderness

Anger, Anxiety



• POST - PARTUM PSYCHIATRY

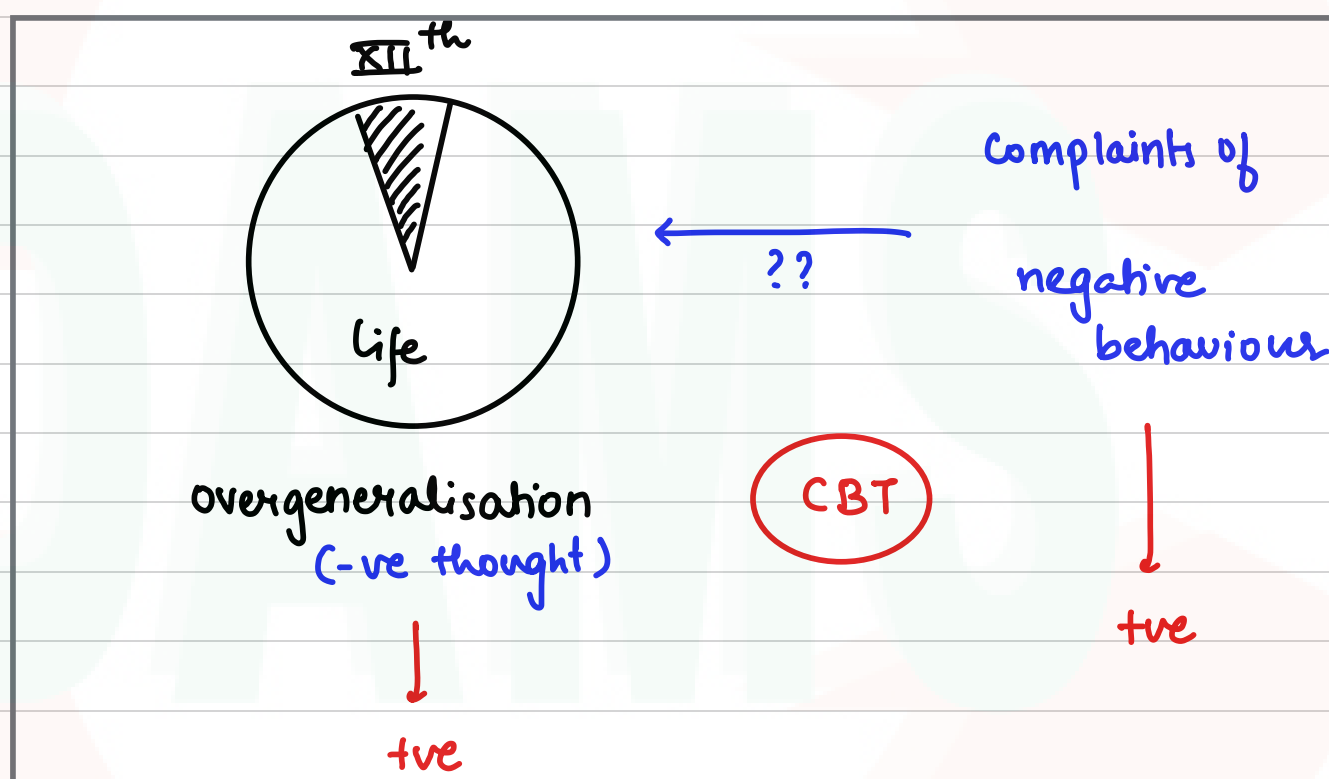
Condition	onset	Symptom	T/+
P.P. Blues (MC) Baby blues	Days of Delivery	labile mood (MC) low mood <2 wks Tearfulness	No T/+ (Self limiting)
P.P. Depression	<1m of delivery	low mood >2 wks + Guilt Anhedonia Suicidal Attempt	Antidepressants Rarely : <u>ECT.</u>
P.P. Psychosis (High recurrence in next pregnancy).	<1m of delivery	Depression ⊕ Psychosis (Delusion against newborn) Infanticide	Mother to child Separation - Anti depp + - Anti Psych. (Good Response)

• COGNITIVE THEORY OF DEPRESSION :

Depression is caused by maladaptive $\ominus$ ve beliefs aka **Cognitive distortions**.

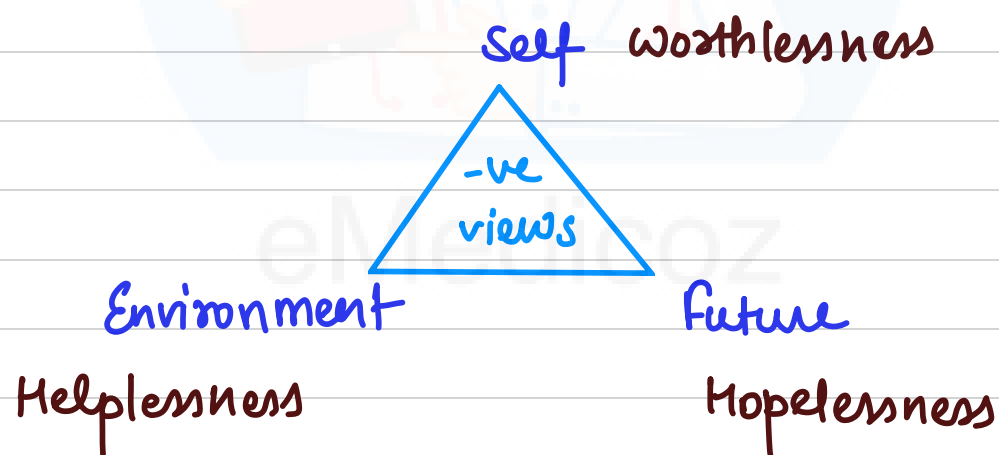
a) overgeneralisation (1 failure = all failures)

b) selective abstraction (focus on only -ves)



c) Arbitrary inference (drawing -ve conclusion without evidence)

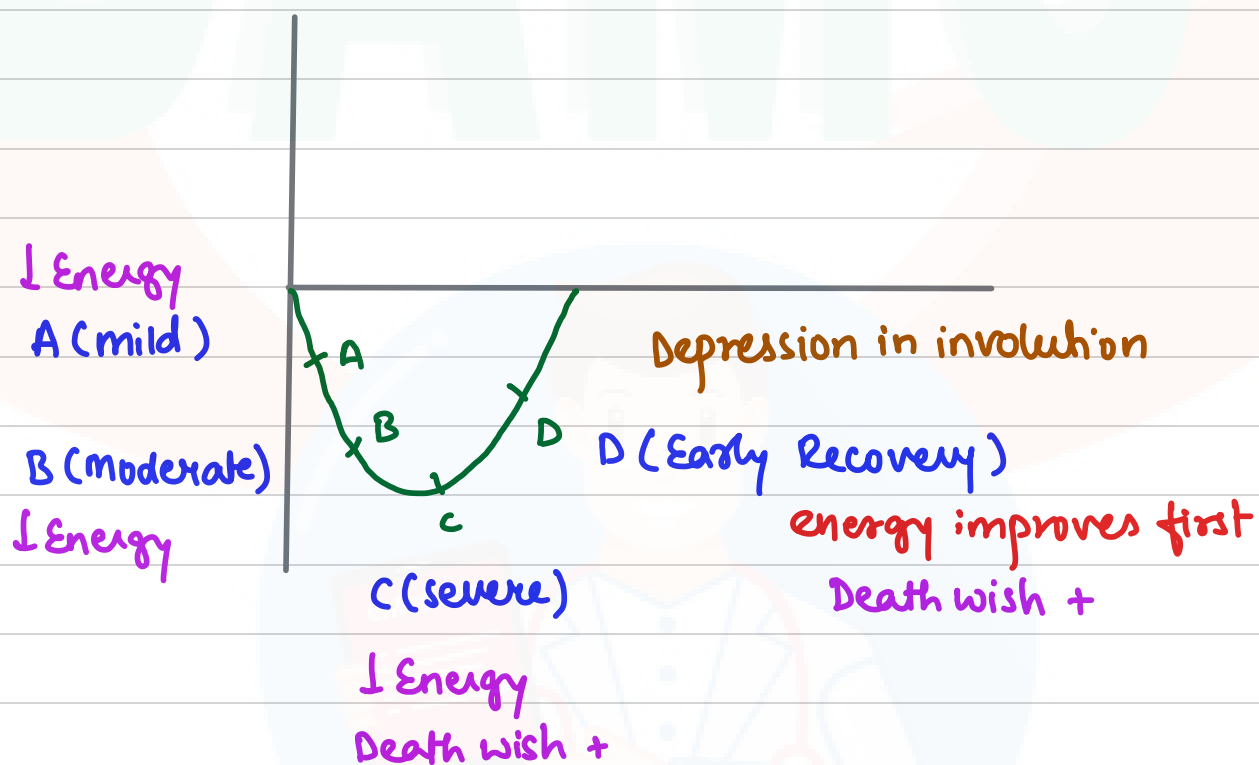
Cognitive triad of depression



• SEVERITY OF DEPRESSION

- ① Low mood
 - ② Anhedonia
 - ③ ↓ Energy
 - ④ Somatic (body Complaints)
 - ⑤ Cognitive Symptoms (-ve thoughts)
 - ⑥ vegetative symptoms (↓ Sleep, ↓ Appetite)
 - ⑦ Psychotic Symptoms (Delⁿ, Hallⁿ) or stupor
 - ⑧ Death wish, suicidal thoughts
- mild (1-3)
 moderate (1-6)
 severe (1-8)

Q Max. Suicide is Seen in which stage of depression? **D > C**



Qa Paradoxical Suicide (AIIMS) ²

• SUICIDE

AIIMS 2015 : M/c method : Hanging > Poisoning

→ NT : Serotonin ↓

→ Biochemical marker : ↓CSF (5HIAA) AIPG Q
5 hydroxy indole acetic acid

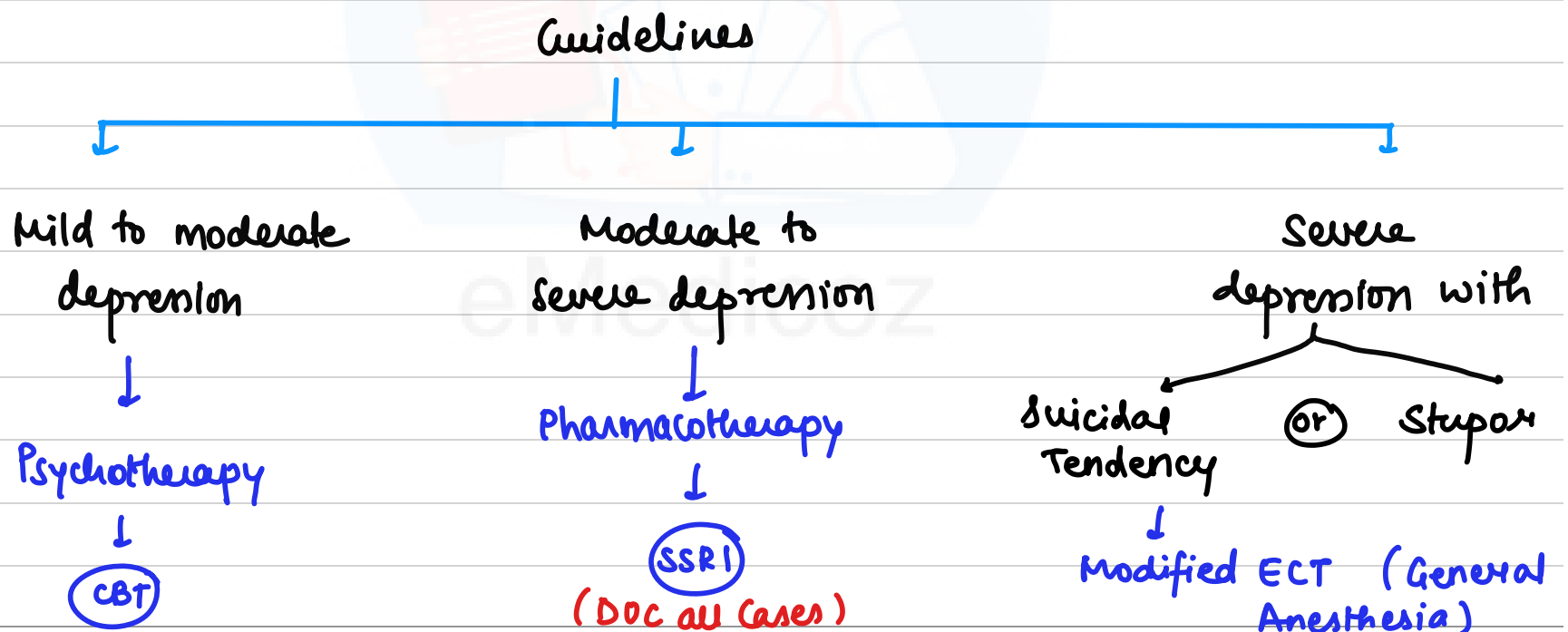
→ Suicide predictors :- **SAD - PERSONS**

- S** Sex (M>F) , attempts (F>M)
- A** Age (old>Young)
- D** Depression (Hopelessness)
- P** Previous Suicidal attempts (M. imp.)
- E** Ethanol or other drug use
- R** Rational thinking loss (Command Halluⁿ)
- S** Sickness or long term illness
- O** organized plan
- N** no spouse (Single, unmarried, Divorced)
- S** Social Support Absent.

Anti-Suicidal :- **Best = ECT**

Drugs :- ① Lithium
② clozapine
③ ketamine.

• TREATMENT OF DEPRESSION :-



→ CBT (Cognitive behavioural therapy) :-

→ Target Cognitive distortions

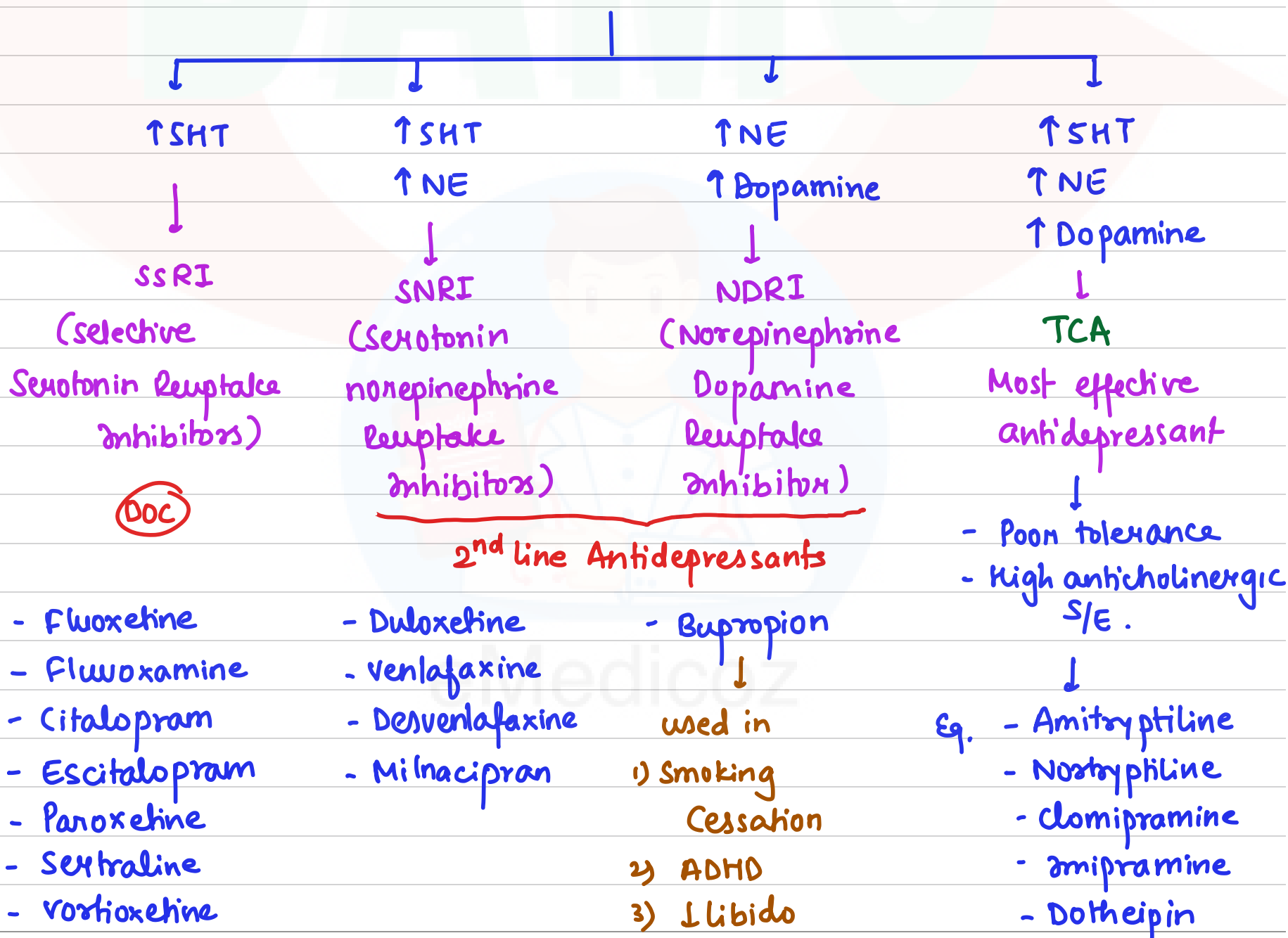
Gold Std. for Tt of depression.

Cognitive restructuring

Aim to modify behaviour

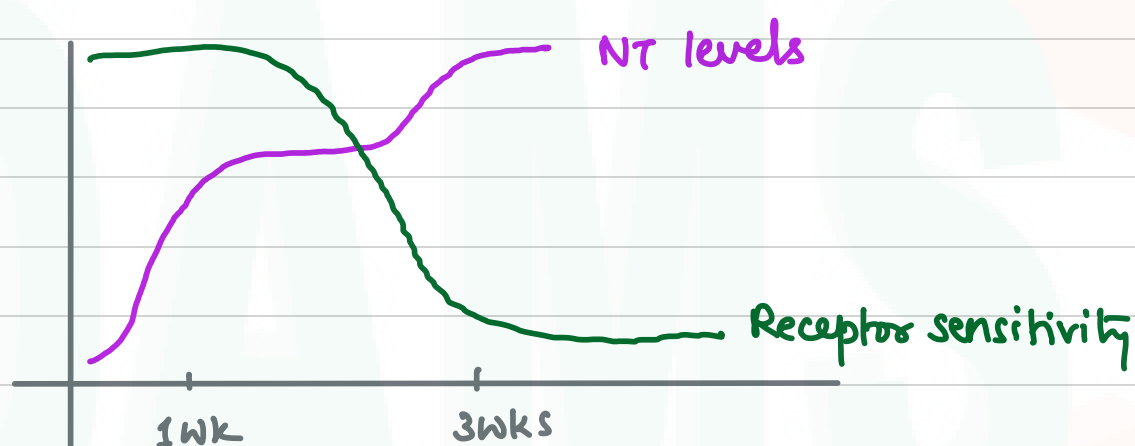
ANTIDEPRESSANTS

→ MOA : Neurotransmitter Reuptake inhibition



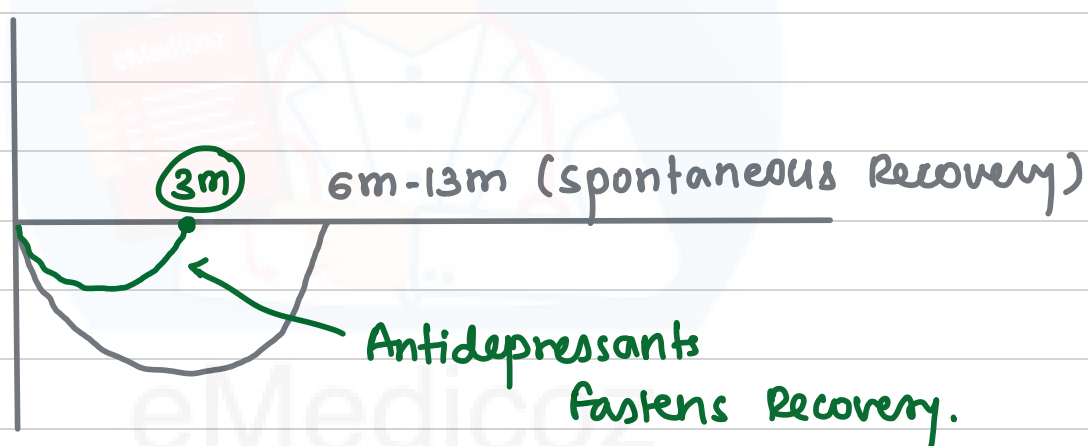
- M/c S/E :-
 - 1) upper GI Disturbance
- M/c long term S/E :- Anorgasmia
- S/E : ↓ Seizure threshold
- CI : Epilepsy

→ SSRI takes 2-3 weeks to show action :



clinical Action of antidepressants → due to ↓ in NT Receptor Sensitivity.

→ Purpose of antidepressants :- To fasten Recovery



ECT

Electro Convulsive therapy

⇒ MOA :-

① Seizures $\propto$ $\frac{1}{\text{Psychosis}}$

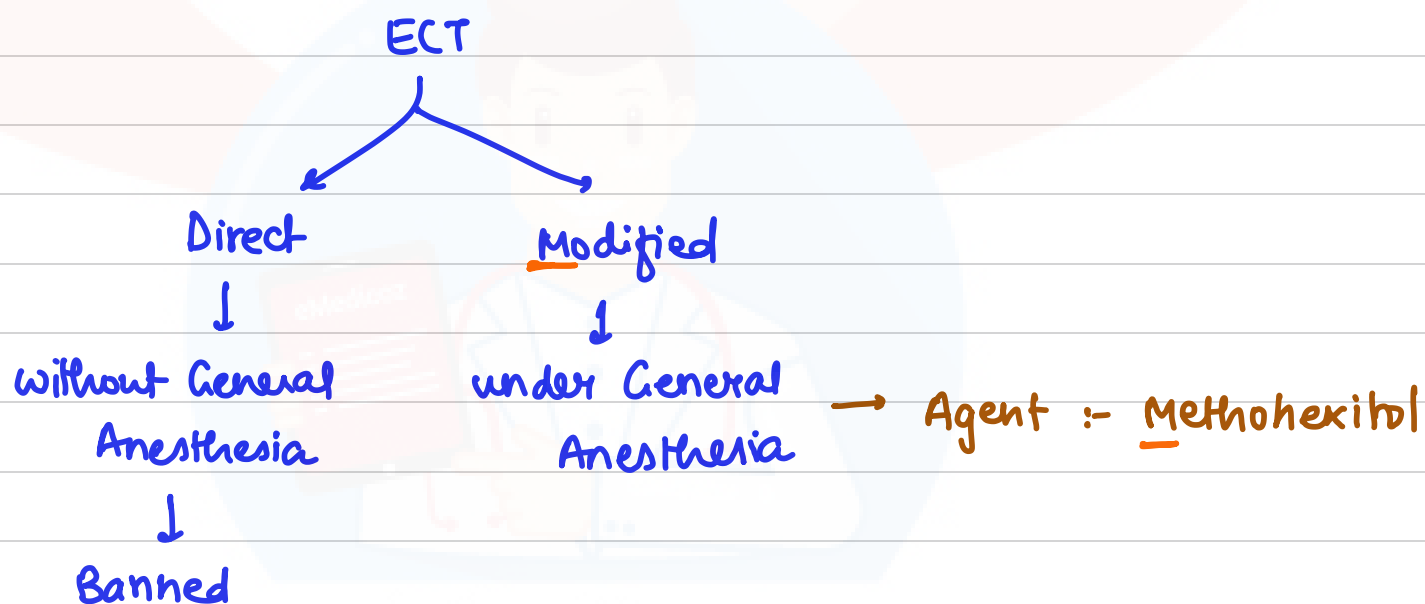
↓

Minimum 25 Seconds for Effective ECT

>180 Seconds Prolonged Seizures.

② Neurotransmitter Booster via BDNF (AIIIMS)

↳ Brain derived neurotrophic factor



⇒ S/E :-

Amnesia > Headache

↓

Both

Anterograde < Retrograde

Anterograde Amnesia < Retrograde Amnesia

5 hours

Completely
Reversible

6-9 months

⇒ CI : Absolute = None

Relative =

- 1) ↑ ICT
- 2) Recent MI
- 3) Cardiac Compromise
- 4) High Risk Pregnancy.

NEWER TREATMENT MODALITIES

↳ NT Boosters = MDA

① rTMS :
(AIPG-12) repetitive Transcranial Magnetic stimulation.

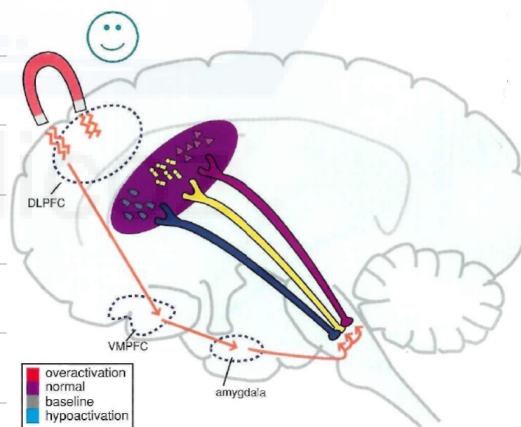
② VNS : vagal Nerve stimulation
(AIPG)

③ DBS : Deep Brain stimulation
(DNB)

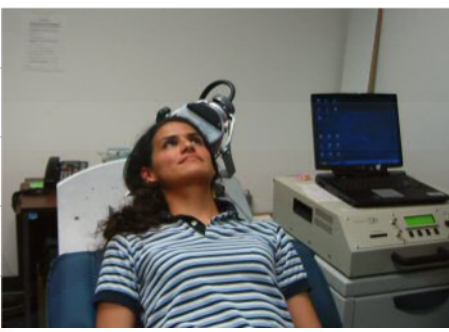
④ tDCS : transcranial Direct Current stimulation latest



rTMS



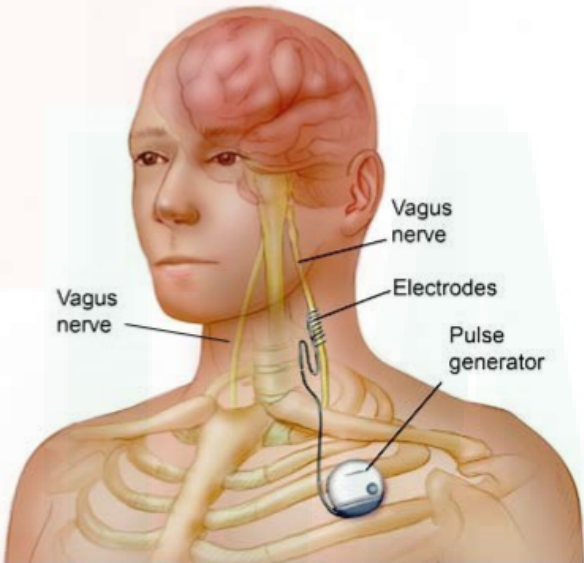
TMS



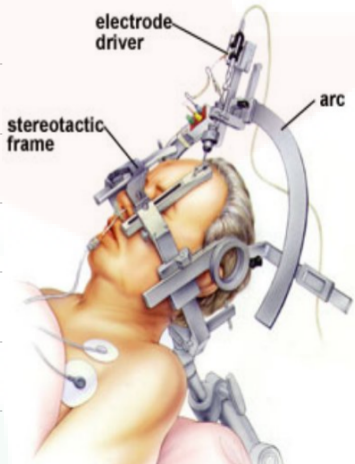
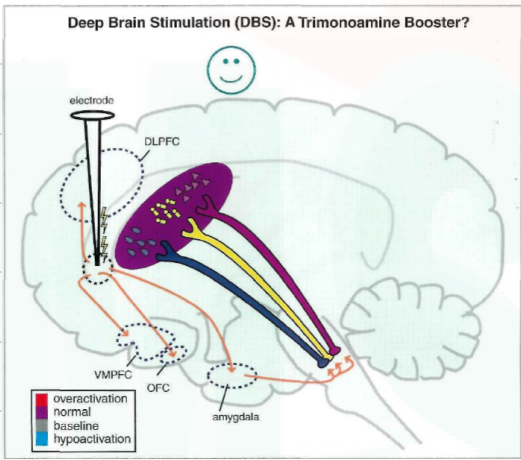
Transcranial Magnetic stimulation



VNS



VNS



Deep Brain stimulation

