PRIOR MINDSET

DEPRESSION, SYMPTOMS AND TREATMENTS FOR ADULTS

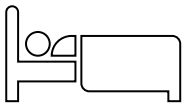
Overview Depression affects individuals differently, but symptoms typically persist for weeks or months, impacting work, social life, and family life.

Psychological Symptoms



- Persistent low mood or sadness
- Feelings of hopelessness and helplessness
- Low self-esteem
- Tearfulness
- Guilt and irritability
- Lack of motivation or interest
- Difficulty making decisions
- Inability to enjoy life
- Anxiety or worry
- Suicidal thoughts or self-harm

Physical Symptoms



- Slowed movement or speech
- Appetite or weight changes (often decreased, but sometimes increased)
- Constipation
- Unexplained aches and pains

- Low energy
- Reduced libido
- Disturbed sleep patterns (difficulty falling asleep or waking early)

Social Symptoms



- Avoiding friends and social activities
- Neglecting hobbies and interests
- Problems in home, work, or family life

Severity of Depression can be classified as:

- Mild: Few symptoms, less impact on daily life
- Moderate/Severe: More symptoms, significant impact on daily life

Severe depression may include psychosis. Diagnosis often involves answering specific questions to assess the severity.

Grief vs. Depression

- **Grief:** A natural response to loss, typically improving over time. Symptoms like suicidal thoughts and psychosis are rare.
- **Depression:** An illness with persistent symptoms that may not improve with time.

Other Types of Depression



- **Postnatal Depression:** Occurs in new parents; treated with therapy and medication.
- **Bipolar Disorder:** Includes depressive episodes and mania; involves extreme mood swings.

- **Seasonal Affective Disorder (SAD):** Depression related to seasonal changes, usually winter.
- **Premenstrual Dysphoric Disorder (PMDD):** Severe PMS with depressive and anxiety symptoms before menstruation.

Treatment for Depression in Adults



Treatment for depression often includes a combination of self-help, talking therapies, and medication, depending on the severity and type of depression.

Mild Depression

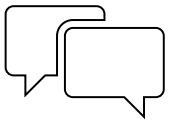
- **Watchful Waiting:** Your GP may suggest monitoring your condition for 2-4 weeks to see if it improves on its own.
- **Guided Self-Help:** Typically involves 6-8 sessions working through a workbook or online course with therapist support. Often based on Cognitive Behavioural Therapy (CBT).
- **Exercise:** Regular physical activity can help alleviate symptoms. You might be referred to a group exercise class designed for depression.
- **Talking Therapies:** If not improving, CBT or counselling may be recommended. You can refer yourself directly to NHS talking therapies services.

Moderate to Severe Depression

- **Antidepressants:** Prescription medications to treat moderate to severe depression. Various types are available.
- **Combination Therapy:** A mix of antidepressants and talking therapy (e.g., CBT) is often more effective.

- **Mental Health Teams:** For severe depression, you may be referred to a team of specialists including psychologists, psychiatrists, and occupational therapists.

Talking Therapies



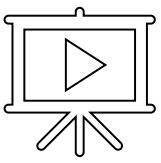
- **Cognitive Behavioural Therapy (CBT):** Focuses on changing negative thought patterns and behaviors. Usually involves 8-16 sessions.
- **Behavioural Activation:** Helps to connect activities with mood improvement. Usually involves 12-16 sessions.
- **Individual Problem-Solving:** Targets specific problems and solutions. Recommended for severe depression with 6-12 sessions.
- **Behavioural Couples Therapy:** Involves your partner to address relationship-related issues. Typically, 15-20 sessions over 5-6 months.

Getting Help



Consult a GP for referrals to NHS talking therapies or visit www.Priormindset.com to book a free 15-minute CBT consultation and discover how I can help you manage and overcome your challenges.

Resource Videos – please click each link to watch



What is Depression? (2023, May 14). *YouTube*. https://www.youtube.com/watch?v=fWFuQR_Wt4M

What is depression and how can I get help? | Mind (2023, July 22). *YouTube*. https://www.youtube.com/watch?v=pjyFhcw59pE

Behaviour Changes During Depression. (2022, October 5). *YouTube*. https://www.youtube.com/watch?v=Fm73eVoi4dw

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References and resources:



National Health Service. (n.d.). *Symptoms of depression in adults*. Retrieved August 9, 2024, from https://www.nhs.uk/mental-health/conditions/depression-in-adults/symptoms/

Mind. (n.d.). *About depression*. Retrieved August 9, 2024, from https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/

National Institute for Health and Care Excellence. (n.d.). *Diagnosis of depression*. Retrieved August 9, 2024, from https://cks.nice.org.uk/topics/depression/diagnosis/diagnosis/