

Depression

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Introduction

- **Brain problem**
- **Common , Suicide risk**
- **one-month prevalence rate = 1.6 per 100 males and 2.9 cases per 100 females**
- **lifetime prevalence of 5.8 % (ECA Study)**

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It affects everyone

- **M:F = 1:2 (c.f. bipolar disorder 1:1)**
- **mean age of onset = 27 (ECA data)**
- **increased rate of depression in lower socio-economic groups, the unemployed related to social class difference**
- **urban > rural**

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Features of Depression

- **Loss of Interest**
- **Fatigue**
- **Low mood**

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Features of Depression

- Confidence
- Concentrate
- Sleep
- Suicide
- Guilt
- Appetite
- Psychomotor activity change

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Severity

- Mild, moderate, severe
- Psychotic features

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Psychosis

- Affective disorder
- Schizophrenia
- Schizoaffective disorder etc.

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Aetiology

- Genetic vulnerability
- Neurotransmitter imbalance
- Structural change
- Life events
- Physical illnesses
- Personality
- Alcohol
- Gender

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Presentation

Rather different presentation in different age groups

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Three "D"s

- Diagnosis: duration + symptoms
 - 1)Duration: 2 weeks
 - 2)Symptoms: low mood, loss of interest, fatigue
- Danger: Suicidal risk assessment
- Doctor: Psychiatrist

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Group Work

- What should I do when I am upset?

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What else can I do if I feel "depressed"?

- Don't keep it to yourself
- Do something
- Eat well
- Beware alcohol!
- Sleep
- Tackle the cause
- Keep hopeful

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When should I seek help?

- When feelings don't seem to get any better.
- When feelings of depression affect your work, interests and feelings towards your family and friends.
- If you find yourself feeling that life is not worth living, or that other people would be better off without you.

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Depression = Weakness ??

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Cognitive Behavioural Therapy

- What is it?
- Efficacy

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Medication- Why?

- Side effects vs effects

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Other treatment modalities

- Electro-convulsive therapy (ECT)
- Others

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抗抑鬱十式

- 1.十秒開心
- 2.十分專注
- 3.十日運動
- 4.回首當初
- 5.笑看鬆弛
- 6.食得是福
- 7.煙酒莫問

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抗抑鬱十式

- 8. 看書自救 – e.g. 開心抗抑鬱手冊
- 9. 愛己愛人
- 10. 相由心生

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Others

- What is “心理醫生”?
- Hypnotherapy
- Any other questions?

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