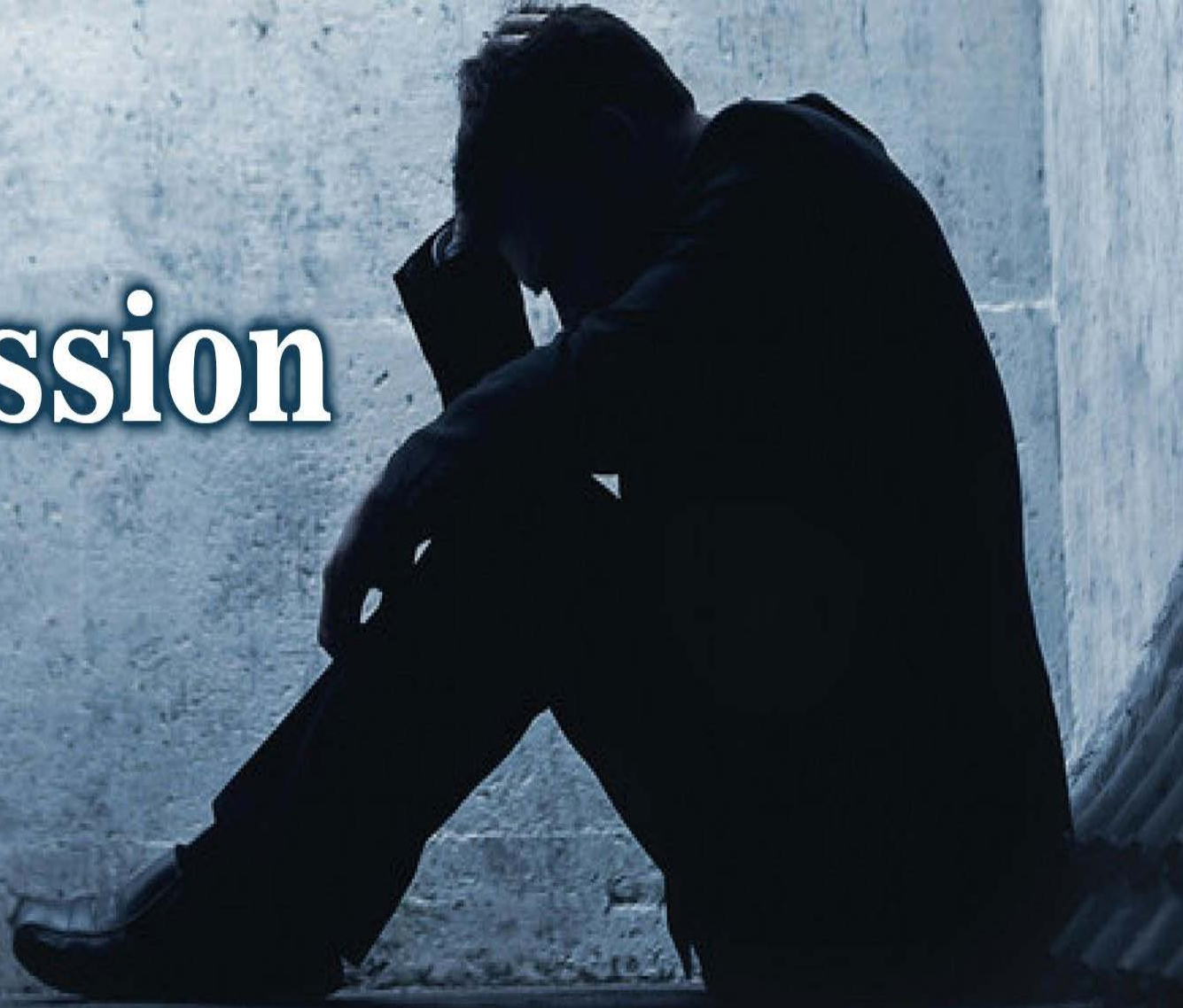


Depression



Mood Disorders

- Two key emotions :
 - ▣ Depression
 - Low, sad state in which life seems dark and its challenges overwhelming
 - ▣ Mania
 - State of breathless euphoria or frenzied energy

Mood Disorders

- Most people with a mood disorder suffer only from depression
 - ▣ This pattern is called **unipolar depression**
 - Person has no history of mania
 - Mood returns to normal when depression lifts
- Others experience periods of mania that alternate with periods of depression
 - ▣ This pattern is called **bipolar disorder**

Unipolar Depression

- ❑ People of any age may suffer from unipolar depression
- ❑ Women are at least twice as likely as men to experience severe unipolar depression
 - ▣ Lifetime prevalence: 26% of women vs. 12% of men
 - ▣ Among children, the prevalence is similar among boys and girls
- ❑ Approximately 85% of people with unipolar depression recover, some without treatment
 - ▣ Around 40% will experience another episode later in their lives



How Common Is Unipolar Depression?

- Around 8% of adults in the U.S. suffer from severe unipolar depression in any given year
 - ▣ As many as 5% suffer from mild forms
- Around 19% of all adults experience unipolar depression at some time in their lives
- The prevalence is similar in Canada, England, France, and many other countries
- The rate of depression is higher among poor people than wealthier people

What Are the Symptoms of Unipolar Depression?

□ Five main areas of functioning may be affected:

Emotional symptoms

- Feeling “miserable,” “empty,” “humiliated”
- Experiencing little pleasure

Motivational symptoms

- Lacking drive, initiative, spontaneity
- Between 6% and 15% of those with severe depression die by suicide

Behavioral symptoms

- Less active, less productive

Cognitive symptoms

- Hold negative views of themselves
- Blame themselves for unfortunate events
- Pessimistic

Physical symptoms

- Headaches, dizzy spells, general pain

Diagnosing Unipolar Depression

- Criteria 1: Major depressive episode
 - ▣ Marked by five or more symptoms lasting two or more weeks
 - In extreme cases, symptoms are psychotic, including
 - Hallucinations
 - Delusions
- Criteria 2: No history of mania

DSM-5 Checklist

Major Depressive Episode

1. The presence of five or more of the following symptoms during the same two-week period, including at least one of the first two symptoms: • daily depressed mood for most of the day • daily diminished interest or pleasure in almost all activities for most of the day • significant weight loss or weight gain, or daily decrease or increase in appetite • daily insomnia or hypersomnia • daily psychomotor agitation or retardation • daily fatigue or loss of energy • daily feelings of worthlessness or excessive guilt • daily reduced ability to think or concentrate, or indecisiveness • recurrent thoughts of death or suicide, a suicide attempt, or a specific plan for committing suicide.
2. Significant distress or impairment.

Major Depressive Disorder

1. The presence of a major depressive episode.
2. No history of a manic or hypomanic episode.

Dysthymic Disorder (One Form of Persistent Depressive Disorder)

1. Depressed mood for most of the day, for more days than not, for at least two years.
2. Presence, while depressed, of at least two of the following: • poor appetite or overeating • insomnia or hypersomnia • low energy or fatigue • low self-esteem • poor concentration or difficulty making decisions • feelings of hopelessness.
3. During the two-year period, symptoms not absent for more than two months at a time.
4. No history of a manic or hypomanic episode.
5. Significant distress or impairment.

Based on APA, 2013, 2012.

Diagnosing Unipolar Depression

- Two diagnoses to consider:
 - **Major depressive disorder**
 - Criteria 1 and 2 are met
 - **Dysthymic disorder**
 - Symptoms are “mild but chronic”
 - Depression is longer lasting but less disabling
 - Consistent symptoms for at least two years
 - When dysthymic disorder leads to major depressive disorder, the sequence is called “double depression”



What Causes Unipolar Depression?

- **Stress** may be a trigger for depression
 - ▣ People with depression experience a greater number of stressful life events during the month just before the onset of their symptoms
 - ▣ Some clinicians distinguish reactive (exogenous) depression from endogenous depression, which seems to be a response to internal factors

What Causes Unipolar Depression? The Biological View

Genetic factors

- Family pedigree, twin, adoption, and molecular biology gene studies suggest that some people inherit a biological predisposition
- Researchers have found that as many as 20% of relatives of those with depression are themselves depressed, compared with fewer than 10% of the general population

What Causes Unipolar Depression? The Biological View

Genetic factors

- **Twin studies** demonstrate a strong **genetic** component:
 - Concordance rates for identical (MZ) twins = 46%
 - Concordance rates for fraternal (DZ) twins = 20%
- **Adoption studies** also have implicated a **genetic factor** in cases of severe unipolar depression
- Using techniques from the field of molecular biology, researchers have found evidence that *unipolar depression may be tied to specific genes*

What Causes Unipolar Depression? The Biological View

Biochemical factors

- NTs: **serotonin** and **norepinephrine**
 - In the 1950s, medications for high blood pressure were found to cause depression
 - Some lowered serotonin, others lowered norepinephrine
 - The discovery of truly effective antidepressant medications, which relieved depression by increasing either serotonin or norepinephrine, confirmed the NT role
 - Depression likely involves not just serotonin nor norepinephrine... a complicated interaction is at work, and other NTs may be involved

What Causes Unipolar Depression? The Biological View

Biochemical factors

- **Endocrine system / hormone release**
 - People with depression have been found to have abnormal levels of **cortisol**
 - Released by the **adrenal glands** during times of stress
 - People with depression have been found to have abnormal **melatonin** secretion
 - “Dracula hormone”
 - Other researchers are investigating deficiencies of important proteins within neurons as tied to depression

What Causes Unipolar Depression? The Biological View

Biochemical factors

- Model has produced much enthusiasm but has certain limitations:
 - Relies on analogue studies: depression-like symptoms created in lab animals
 - Do these symptoms correlate with human emotions?
 - Measuring brain activity has been difficult and indirect
 - Current studies using newer technology are attempting to address this issue

What Causes Unipolar Depression? The Biological View

Brain anatomy and brain circuits

- Biological researchers have determined that **emotional reactions** of various kinds are tied to brain circuits
 - These are networks of brain structures that work together, triggering each other into action and producing a particular kind of emotional reaction
 - It appears that one circuit is tied to **GAD**, another to **panic disorder**, and yet another to **OCD**
- Although research is far from complete, a circuit responsible for unipolar depression has begun to emerge
 - Likely brain areas in the circuit include the **prefrontal cortex, hippocampus** and **amygdala**

What Causes Unipolar Depression? The Biological View

Immune System

- This system is the body's network of activities and **cells that fight off bacteria** and other foreign invaders
- When stressed, the immune system may become **dysregulated**, which some believe may help produce depression
 - Support for this explanation is circumstantial but compelling

What Causes Unipolar Depression? The Psychological Views

□ Three main models:

Psychodynamic model

- No strong research support

Behavioral model

- Modest research support

Cognitive views

- Considerable research support

What Causes Unipolar Depression? The Psychological Views

Psychodynamic view

- **Link between depression and grief**
 - When a loved one dies, an unconscious process begins and the mourner regresses to the oral stage and experiences introjection – a directing of feelings for the loved one onto oneself
 - For most people, introjection is temporary
 - For some, grief worsens over time; if grief is severe and long-lasting, depression results
 - Those with oral stage issues (unmet or excessively met needs) are at greater risk for developing depression
 - Instead of actual loss, some people experience “symbolic” (or imagined) loss instead
 - Newer psychoanalysts (object relations theorists) propose that depression results when people's relationships leave them feeling unsafe and insecure

What Causes Unipolar Depression? The Psychological Views

Psychodynamic view

- **Strengths:**
 - Studies have offered general support for the psychodynamic idea that depression may be triggered by a major loss (e.g., anaclitic depression)
 - Research supports the theory that early losses set the stage for later depression
 - Research also suggests that people whose childhood needs were improperly met are more likely to become depressed after experiencing a loss

What Causes Unipolar Depression? The Psychological Views

Psychodynamic view

- **Limitations:**
 - Early losses and inadequate parenting sometimes lead to depression but may not be typically responsible for development of the disorder
 - Many research findings are inconsistent
 - Certain features of the model are nearly impossible to test

What Causes Unipolar Depression? The Psychological Views

Behavioral view

- Depression results from **changes in rewards & punishments** people receive in their lives
 - Positive rewards in life dwindle for some people, leading them to perform fewer and fewer constructive behaviors, and they spiral toward depression
- Research supports the relationship between the number of rewards received and the presence or absence of depression
 - Social rewards are especially important

What Causes Unipolar Depression? The Psychological Views

Behavioral view

- **Strengths:**
 - Researchers have compiled significant data to support this theory
- **Limitations:**
 - Research has relied heavily on the self-reports of depressed subjects
 - Behavioral studies are largely correlational and do not establish that decreases in rewards are the initial cause of depression

What Causes Unipolar Depression? The Psychological Views

- Cognitive views
 - ▣ Two main theories:
 - Negative thinking
 - Learned helplessness



What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Negative thinking**
 - Beck theorizes four interrelated cognitive components combine to produce unipolar depression:
 - **Maladaptive attitudes**
 - Self-defeating attitudes are developed during childhood
 - Beck suggests that upsetting situations later in life can trigger an extended round of negative thinking

What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Negative thinking**
 - Depressed people also make errors in their thinking, including:
 - Arbitrary inferences
 - Minimization of the positive and magnification of the negative
 - Depressed people also experience automatic thoughts
 - A steady train of unpleasant thoughts that suggest inadequacy and hopelessness

What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Strengths:**
 - Many studies have produced evidence in support of Beck's explanation:
 - High correlation between the level of depression and the number of maladaptive attitudes held
 - Both the cognitive triad and errors in logic are seen in people with depression
 - Automatic thinking has been linked to depression
- **Limitations:**
 - Research fails to show that such cognitive patterns are the cause and core of unipolar depression

What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Learned helplessness**
 - This theory asserts that people become depressed when they think that:
 - They no longer have control over the reinforcements (rewards and punishments) in their lives
 - They themselves are responsible for this helpless state
 - Theory is based on **Martin Seligman's** work with laboratory dogs
 - There has been significant research support for this model

What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Learned helplessness**
 - Recent versions of the theory focus on attributions
 - Internal attributions that are global and stable lead to greater feelings of helplessness and possibly depression
 - Example: “It's all my fault” [internal]. “I ruin everything I touch” [global] “and I always will” [stable].
 - If people make other kinds of attributions, this reaction is unlikely
 - Example: “She had a role in this also” [external], “the way I've behaved the past couple weeks blew this relationship” [specific]. “I don't know what got into me – I don't usually act like that” [unstable].

What Causes Unipolar Depression? The Psychological Views

Cognitive views

- **Learned helplessness**
 - Strengths:
 - Hundreds of studies have supported the relationship between styles of attribution, helplessness, and depression
 - Limitations:
 - Laboratory helplessness does not parallel depression in every way
 - Much of the research relies on animal subjects
 - The attributional component of the theory raises particularly difficult questions in terms of animal models of depression

What Causes Unipolar Depression? The Sociocultural View

- Sociocultural theorists propose that unipolar depression is greatly influenced by the **social context** that surrounds people
 - ▣ This belief is supported by the finding that depression is often triggered by outside stressors
 - ▣ There are **two kinds of sociocultural views**:
 - The family-social perspective
 - The multicultural perspective

What Causes Unipolar Depression? The Sociocultural View

The Family-Social Perspective

- The connection between declining social rewards and depression (as discussed by the behaviorists) is a two-way street
 - Depressed people often display social deficits that make other people uncomfortable and may cause them to avoid the depressed individuals
 - This leads to decreased social contact and a further deterioration of social skills

What Causes Unipolar Depression? The Sociocultural View

The Family-Social Perspective

- Consistent with these findings, depression has been tied repeatedly to the unavailability of social support such as that found in a happy marriage
- People who are separated or divorced display three times the depression rate of married or widowed persons and double the rate of people who have never been married
- There also is a high correlation between level of marital conflict and degree of sadness that is particularly strong among those who are clinically depressed
- It also appears that people who are isolated and without intimacy are particularly likely to become depressed in times of stress

What Causes Unipolar Depression? The Sociocultural View

The Multicultural Perspective

- Two kinds of relationships have captured the interest of multicultural theorists:
 - Gender and depression
 - A strong link exists between gender and depression
 - Women cross-culturally are twice as likely as men to receive a diagnosis of unipolar depression
 - Women also appear to be younger, have more frequent and longer-lasting bouts, and to respond less successfully to treatment

What Causes Unipolar Depression? The Sociocultural View

The Multicultural Perspective

- A variety of theories has been offered:
 - The artifact theory holds that women and men are equally prone to depression, but that clinicians often fail to detect depression in men
 - The hormone explanation holds that hormone changes trigger depression in many women
 - The life stress theory suggests that women in our society experience more stress than men

What Causes Unipolar Depression? The Sociocultural View

The Multicultural Perspective

- Two kinds of relationships have captured the interest of multicultural theorists:
 - Cultural background and depression
 - Depression is a worldwide phenomenon, and certain symptoms seem to be constant across all countries, including sadness, joylessness, anxiety, tension, lack of energy, loss of interest, and thoughts of suicide
 - Beyond such core symptoms, research suggests that the precise picture of depression varies from country to country

What Causes Unipolar Depression? The Sociocultural View

The Multicultural Perspective

- In addition, although overall depression rates are similar, differences exist in specific populations living under oppressive circumstances
 - In a study of one Native American village, lifetime risk was 37% among women, 19% among men, and 28% overall
 - These findings are thought to be the result of economic and social pressures