

Notes about Depression

What kinds of things normally affect people's moods?

How do we distinguish between normal sadness and clinical depression?

What is the difference between mania and depression? Does everyone have only one? Does everyone have both?

What two things did the ancient Egyptians notice about depression?

What did the Greek doctor Hippocrates say about depression that wasn't exactly true but was remarkably accurate given when he said it?

What important distinction in depressions did the Greek doctor Aretaeus notice that was accurate? What other accurate and important aspect of depression did he first notice?

In the Middle Ages, what reversion occurred in thinking about depression and other psychological illnesses?

What is the difference between unipolar and bipolar disorders?

What are symptoms of clinical depression? Does everyone with clinical depression have all of them?

Common Types of Depressive Disorders

Major Depressive Disorder



Symptoms present for longer than two weeks

Persistent Depressive Disorder



Depression present for most days during a two-year period

Bipolar Depression



The depressive episodes that often accompany the manias of bipolar disorder

Postpartum Depression



Can occur soon after delivering a baby

Premenstrual Dysphoric Disorder



Significant mood symptoms that occur during the menstrual phase

Seasonal Affective Disorder



Depressive episodes that reoccur in the winter months

Atypical Depression



Depressive episodes with reactive moods, increased appetite and sleep

verywell

What have many people seen as a benefit of depression in a debate that continues today (and with which Dr. Peter Kramer of Brown, a leading expert, strongly disagrees)?

How are suicide and depression related? Which ages groups are most at risk? What factors increase the risk of suicide among people who are depressed aside from age group?

How clear are we about whether things like job loss and loss of friends and relationships cause or are caused by depression?

To what extent is depression genetic? What was strong evidence of the role of genetics in depression? Why do we have to be careful about deciding that all diseases found in families are genetic without further research?

Are there any environmental factors (aspects of one's life) that definitely cause clinical depression? Do environmental factors ever contribute to or cause clinical depression?

What now appears to be at least a major cause of much clinical depression? How does this cause vary among people who are clinically depressed? What other psychological condition is often linked to depression due to the same cause (and thus can be treated concurrently)?

What does Allie say is at least one other cause of depression?

What would be the benefit of knowing whether a child had a predisposition for depression?

What sorts of treatments are there for clinical depression (both bipolar and unipolar)? What is thought to be the best form of treatment by the majority of experts for the majority of people with depression?

How has treatment of depression improved dramatically during the last fifty years based on changes in attitudes due to biological discoveries? What does the patient still need to do?