

TOPIC: DEPRESSION

Major Depressive Disorder

Major Depressive Disorder (MDD)

**Not complete DSM-5 criteria*

Severely depressed _____ & loss of interest and pleasure in usual activities.

◆ Symptoms:

- Depressed mood most of the day*
- _____ disruption
- Feelings of worthlessness
- Diminished interest and pleasure in normal activities*
- Fatigue/loss of _____
- Diminished ability to concentrate



◆ **Diagnosis:** 5 or more symptoms for \geq _____ weeks; one symptom must be either*

◆ **Lifetime Prevalence:** Occurs in approx. _____ of population.

◆ **Additional Notes:** Diagnosis more common in _____ than men.

EXAMPLE

Listed below are some symptoms associated with Major Depressive Disorder. One symptom in the list doesn't belong. Identify which symptom is **NOT** typically associated with MDD.

Sleep Disruptions	Fatigue
Loss of interest or joy	Mania
Inability to concentrate	Depressed mood

PRACTICE

A patient must exhibit symptoms of MDD for over _____ to meet the DSM criteria.

- a) 5 days. b) 2 weeks. c) 2 months. d) 2 years.

PRACTICE

Which of the following statements about the prevalence of depression is true?

- a) The lifetime prevalence of depression is ~45% of the population.
b) Depression is more commonly diagnosed in women than men.
c) Men in early adulthood have the highest diagnosis rate of major depression.

TOPIC: DEPRESSION

Subtypes of Depression

◆ Depression can manifest in other patterns:

Persistent Depressive Disorder:

Persistent depressed mood that lasts at least ____ years and includes ____ symptoms of MDD.

Double Depression: Persistent depressed mood that lasts at least 2 years and includes ____ or more ____ depressive episodes.

forms of
depression

Seasonal Affective Disorder (SAD):

Seasonal drop in mood → usually in the fall and ____.

- Related to lack of ____.

Perinatal Depression: Depression during pregnancy and after giving ____.

- Believed to be caused by ____, physical, emotional, social, & financial changes.

forms of
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Match each type of depression below with its brief description. Put stars next to the type or types of depression that are chronic.

Persistent Depressive Disorder: ____

Double Depression: ____

Seasonal Affective Disorder: ____

Perinatal Depression: ____

- a) Depression after giving birth.
- b) Persistent depressed mood with mild MDD symptoms.
- c) Depression caused by change of seasons.
- d) Persistent depressed mood with some major depressive episodes.

TOPIC: DEPRESSION

PRACTICE

True or False: if false, choose the answer that best corrects the statement.

Double depression is a type of episodic depression.

- a) True.
- b) False, double depression is a form of perinatal depression.
- c) False, seasonal affective disorder is the only type of episodic depression.
- d) False, double depression is a form of chronic depression.

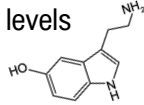
TOPIC: DEPRESSION

Biology of Depression

◆ The biology of depression involves _____ major factors:

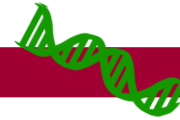
Neurotransmitters:

- ◆ Early drug research showed increasing _____ & norepinephrine levels improved depressive symptoms.
- ◆ Reduced neurotransmitter levels _____ account for all symptoms.



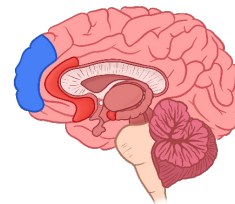
Genetics/ Heritability:

- ◆ Depression appears to be heritable, but _____ specific gene has been identified.
- ◆ _____ severity appears to have _____ heritability.



Atypical Brain Activation:

- ◆ Hamilton et al., (2012) found that when presented with negative information, people with MDD show:
- ◆ **_____ activation** in areas responsible for processing _____.
 - Ex: Anterior cingulate cortex and amygdala.
- ◆ **_____ activation** in areas responsible for cognitive _____.
 - Ex: Dorsolateral prefrontal cortex.



References

Hamilton, J. P., Etkin, A., Furman, D. J., Lemus, M. G., Johnson, R. F., & Gotlib, I. H. (2012). Functional neuroimaging of major depressive disorder: a meta-analysis and new integration of baseline activation and neural response data. *American Journal of Psychiatry*, 169(7), 693-703. doi: 10.1176/appi.ajp.2012.11071105

EXAMPLE

Which of the following is NOT associated with the biology of depression?

- a) Depression has been associated with atypical serotonin levels.
- b) Depression has been associated with atypical norepinephrine levels.
- c) Depression is associated with atypical activation in regions associated with emotional processing.
- d) Depression is associated with atypical activation in the occipital lobe.

TOPIC: DEPRESSION

PRACTICE

Which of the following statements regarding the heritability of depression is true?

- I) Depression appears to be heritable in human populations.
- II) Gene TAS2R38 has been identified as impacting serotonin production and is responsible for the heritability of depression.
- III) More severe cases of depression seem to be more heritable.

- a) I & II. b) II & III. c) I & III. d) I, II, & III.

TOPIC: DEPRESSION

The Cognitive Model of Depression

- ◆ In the 1960's Aaron _____ developed the **Cognitive Model of Depression**.
- ◆ The model has since been updated, and states:
 - Depression occurs due to a combination of genetics and stressors (_____ -stress)
 - People develop **negative schemas:** cognitive biases that contribute to depression.

Attention	Interpretation	Memory
Pay more _____ to negative experiences.	Interpret information more _____.	Remember negative experiences better.

- ◆ **Helplessness Theory** expanded on the Cognitive Model of Depression.
 - In depressed individuals, negative experiences are more likely to be attributed as:

Internal: _____ fault.

Global: Applies to _____.

Stable: _____ likely to change.

EXAMPLE

According to Helplessness Theory, what type of attributions are most likely to contribute to depressive symptoms?

- a) Internal, unstable, and specific.
- b) Internal, stable, and global.
- c) External, stable, and specific.
- d) External, unstable, and global.

PRACTICE

Which of the following best describes negative schemas?

- a) A conscious belief about one's self-worth and self-esteem.
- b) An emotional state where a person has persistent depressed mood for more than 2 weeks.
- c) An unconscious cognitive framework that biases how information gets processed.
- d) A learned cognitive model about how the world works.