

Depression in Medical Settings

APM Resident Education Curriculum

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Learning Objectives

By the end of the lecture, the viewer will be able to:

1. Describe the types and characteristics of depression in a variety of medical settings
2. Appreciate the diverse medical conditions, medication therapies and psychiatric conditions that contribute to depressive symptoms
3. List the evidence-based therapies for depression in the medically ill

Overview

Classification of depression
Prevalence in medical Settings
Evaluation
Time course and associations
Treatment

Depression Risk Factors with Medical Illness

- History of depression
- Family history of depression
- Low social support
- Coping styles

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History for Depression: it is important to ask for a history for depressive symptoms and not just for treatment. 50% of Depressive episodes are never treated and resolve on their own.

Family History: Depression runs in families and it is important to ask for both a family history for depression but also for a family history for alcohol dependence and suicides which are indicators for depression.

Low social support can be a risk factor for depression but also is a complication that increases the risk for suicide.

People with inflexible defenses and axis II pathology are at increased risk for depression.

Classification of Depression

- Major depression
- Dysthymia
- Adjustment disorder
- Mood disorder due to general medical condition, with depressive features
- Substance-induced mood disorder
- Minor depression
 - Research term in Primary Care with criteria for further evaluation in DSM-IV TR appendices
- Mixed anxiety depression
 - Primary care diagnosis with criteria for further evaluation in DSM-IV TR appendices
- Bereavement (V. code diagnosis)

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Major Depression, Dysthymia, Adjustment disorders, Depression due to general medical condition and Substance induced mood disorder is a recognized depression subtypes. Mood disorder

Bereavement carried a V. code in ICD 10/DSM-IV TR. Conceptually bereavement can be considered a type of adjustment reaction.

Minor Depression started as a research term but during the research by Kenneth Wells MD and Wayne Katon MD was found to have significant impact on health related quality of life, functional debility, as well, some progression to major depression. It does respond to SSRI and CBT treatment. The proposed criteria are located in the Appendix B of DSM-IV TR

Mixed Anxiety Depression is a term originally described in the European community as an entity found predominately in the primary care setting. It is an official diagnosis in ICD-10. Dr Katon, et al. through a multisite study, put forth criteria that could be used for future investigation and Diagnostic Statistical Manuals. The proposed criteria are in Appendix B in DSM-IVR

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