# The Natural ApHeal Major Depressive Disorder

Clinical Depression



## **Types of depression:**

Major depression, persistent depressive disorder, bipolar disorder, seasonal affective disorder, psychotic depression (also referred to as depression with psychosis), peripartum depression, postpartum depression, perinatal depression, situational depression, atypical depression, and disruptive mood dysregulation disorder.

# To be diagnosed with depression the following must apply! (DSM-5 CRITERIA)

- An individual's symptoms must be present for (2) two weeks at the same time.
- The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The episode is not attributable to the psychological effects of a substance or another medical condition.
- One (1) symptom is either depressed mood or loss of interest or pleasure.

### (5) Five or more of the following symptoms not attributed to another disorder, disease, or predetermined cause:

- Depressed most of the day, nearly every day as indicated by the subjective report, or observation made by others
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by subjective account or observations)
- Significant weight loss when not dieting or weight gain (e.g., change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick)
- Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing

#### **Treatment:**

Medication - Antidepressants, Selective Serotonin Reuptake Inhibitor (SSRI), Serotonin-norepinephrine Reuptake Inhibitor (SNRI) also know as Selective Serotonin-norepinephrine Reuptake Inhibitor (SSNRI), Anxiolytic, and Antipsychotic

**Therapy** - Evidence-Based Psychotherapy, Cognitive Behavioral Therapy, Interpersonal Psychotherapy, Behavioral Activation, and Electroconvulsive Therapy