Mood disorders

- Psychological disorders characterized by extreme moods
- Often called affective disorders
- Depression
- Bipolar disorder
What is depression

- Normal emotion vs. depressive disorder
- Common symptoms
  - Sleep
  - Interest
  - Guilt
  - Energy
  - Concentration / memory
  - Appetite
  - Psychomotor retardation/agitation
  - Suicidality
Clusters of symptoms

- Vegetative
  - Sleep
  - Appetite
  - Weight
  - Sex drive

- Cognitive
  - Attention
  - Frustration
  - Memory

- Impulse control
  - Suicide

- Behavioral
  - Agitation
  - Pleasure
  - Interests

- Somatic
  - Physical symptoms
Impact of depression

- 16.2% lifetime incidence
- 19 million people in the US each year
- Leading cause of disability worldwide
- #2 leading source of disease burden
- Depression is under recognized and under treated
Leading sources of disease burden (WHO)

1. Ischemic heart disease
2. Unipolar depression
3. Cardiovascular disease
4. Alcohol use
5. Traffic accidents
6. Lung and UR cancers
7. Dementia and degenerative CNS
8. Osteoarthritis
9. Diabetes
10. COPD
Depression direct and indirect impact

- Costs in the US in 2002: $44 billion
- Depression increases risk of heart disease, stroke, and diabetes
- Depression increases risk of death from a heart attack
- Treating depression helps control diabetes, improves pain

NIMH; Glass RM JAMA 2003.
Depression facts

- More common in women
- Peak age of onset is 20-40 years
- Family history increases risk 1.5-3 times
- Over 50% rate of recurrence following first episode
- 1 out of 7 persons with recurrent depression commits suicide
- 70% of persons committing suicide visit their PCP within 6 weeks of suicide
U.S. Suicide Rates by Age, Gender, and Racial Group

2001

Source: National Institute of Mental Health
Data: Centers for Disease Control and Prevention, National Center for Health Statistics
Causes of depression

- Biological basis
- First episode:
  - Combination of genetic, psychological, and environmental
- Later episodes:
  - Little or no precipitating factors
Obstacles to acknowledging depression

- Feelings of hopelessness and worthlessness
- Stigma of mental illness
  - Early 1990s: 38% of public recognized depression as a disease
  - Early 2000s: 55%
Depression screening

- US Preventive Services Task Force
  2 question screen

1. During the past 2 weeks have you felt down, depressed, or hopeless?
2. During the past 2 weeks have you felt little interest or pleasure in doing things?
Treatment

- 80% of patients respond to treatment
- Medications
  - Initial results seen in first couple of weeks
  - Full benefits may take 2-3 months
- Psychotherapy
Pharmacists role

- Recognize / screen for depression
  - National depression screening day is in October
- Refer
- Support acknowledgement of depression
- Counsel on medication side effects
- Counsel on expected response
- Listen and provide support
Useful resources

- NIMH: http://www.nimh.nih.gov/
- Psychotherapy: http://helping.apa.org/articles/article.php?id=52
- Suicide prevention: http://www.afsp.org/