



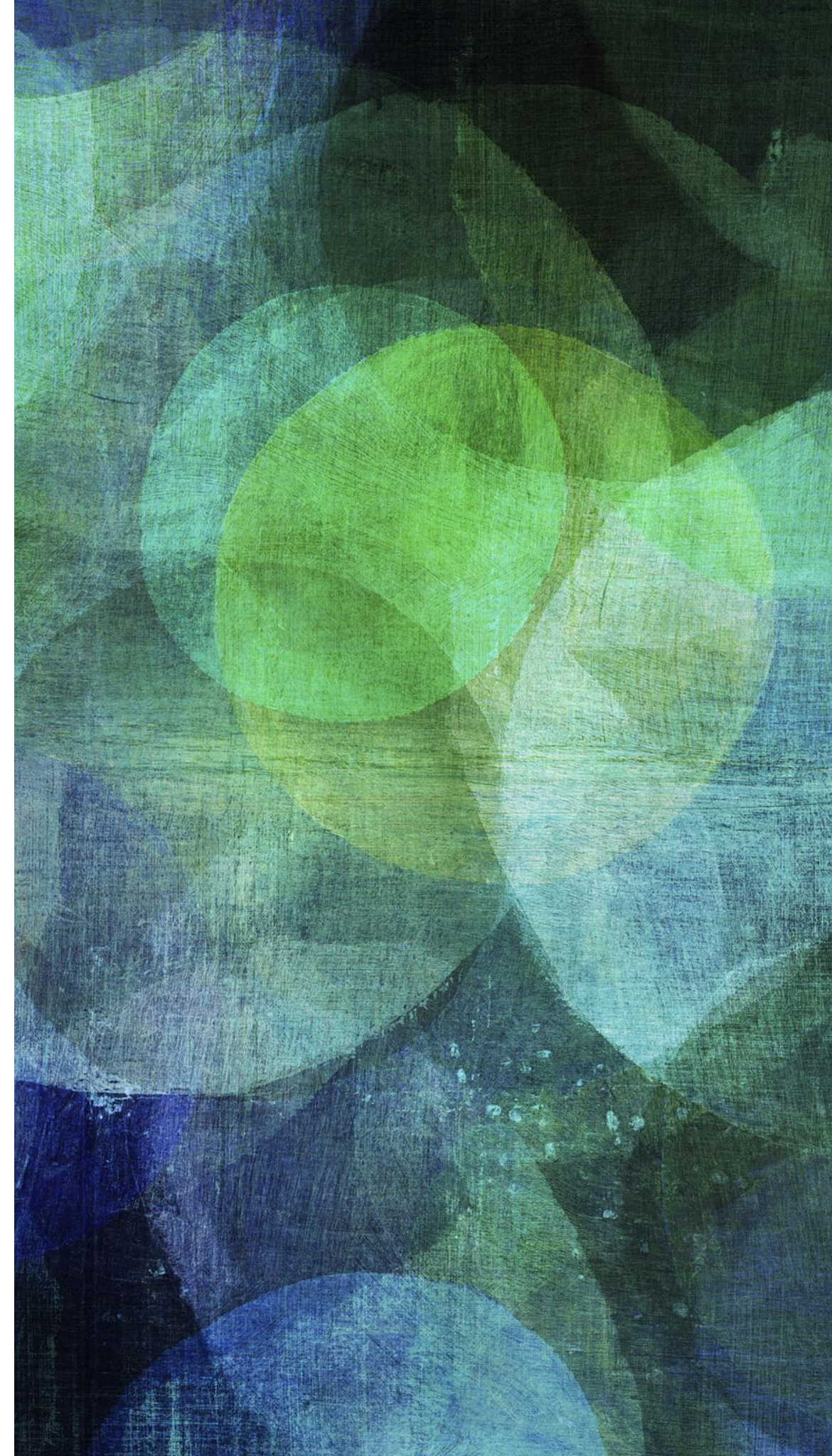
THE MANY FACES OF DEPRESSION

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3/5/16



Many Faces of Depression - Life Span

Depression is the most common mental health issue in the United States. Each year it affects 17 million people of all ages, races, and economic backgrounds.

We will **HIGHLIGHT** the differences of depression in:

- Children, Teens, (Boys and Girls) - Colleen
- Adults, Elderly (Women/Men) - Alex



Many Faces of Depression - Life Span

- Interactive Discussion



What is Depression ?

- Depression is the result of **dysregulation in the brain circuits** that control emotional functioning. It is not related to someone's ethnic background, level of education, how much money he or she makes, or his or her relationship status. *It is not a spiritual dysfunction.*



What is Depression ?

*We do know that Depression runs in families,

-Immediate family members (e.g., parent, sibling, or child) with Depression are more likely to develop Depression themselves.



- Triggered by a major stressor (e.g., relationship breakup, job loss) or significant trauma (e.g., death of a loved one, abuse, or neglect; especially as a child).

Biblical examples ? : King David (Ps. 139)

Elijah (1 Kings 19:4-14)



Psalm 139: 1-12

**“LORD, you have probed me, you know me: you know when I sit and stand;
you understand my thoughts from afar. You sift through my travels and my
rest;
with all my ways you are familiar. Even before a word is on my tongue,
LORD, you know it all. Behind and before you encircle me and rest your hand
upon me. Such knowledge is too wonderful for me, far too lofty for me to reach.
Where can I go from your spirit? From your presence, where can I flee?
If I ascend to the heavens, you are there; if I lie down in Sheol, there you are.
If I take the wings of dawn and dwell beyond the sea, Even there your hand
guides me, your right hand holds me fast. If I say, “Surely darkness shall hide
me, and night shall be my light, Darkness is not dark for you, and night shines
as the day. Darkness and light are but one.”**

What is Depression ?

- Research has found that the impact of stressors may depend on your genetics, as some people's genetics make them more vulnerable to stress than others. There are also certain medical conditions and medications that can sometimes lead to Depression.



Depression in Children : Birth - 9 years old

According to the *Academy of Child & Adolescent Psychiatry (ACAP)*:

About 5 % of children & adolescents general population

At Risk: Children who:

- Under stress
- Experience loss,
- Attentional, learning, conduct or anxiety disorders are at a higher risk for depression.
- Genetics: Depression also tends to run in families.



Depression in Children : Birth - 9 years old

The behavior of depressed children and teenagers may differ from the behavior of depressed adults.

- Mild
- Moderate
- Severe
- Dysthymia or Persistent Depressive Disorder:
**Depressed mood that occurs for most of the day,
for more days than not, for at least 2 years (at least
1 year for children and adolescents).**



Symptoms of Depression in Children

If one or more of these signs of depression persist, professional help should be sought:

- A sad or irritable mood for most of the day. Your child may say they feel sad or angry or may look more tearful or cranky.
- Not enjoying things that used to make your child happy.
- A marked change in weight or eating, either up or down.
- Sleeping too little at night or too much during the day.

Symptoms of Depression in Children

If one or more of these signs of depression persist, professional help should be sought:

- No longer wanting to be with family or friends.
- A lack of energy or feeling unable to do simple tasks.
- Feelings of worthlessness or guilt. Low self-esteem.
- Trouble with focusing or making choices. School grades may drop.
- Not caring about what happens in the future.
- Aches and pains when nothing is really wrong.
- Frequent thoughts of death or suicide.

Depression in Teens : 10 - 18 years old

EARLY ADOLESCENCE

- Girls 10-14
- Boys 11-15



Statistics:

- In 2014, an estimated 2.8 million adolescents aged 12 to 17 in the United States had at least one major depressive episode in the past year. This number represented 11.4% of the U.S. population aged 12 to 17.
-National Institute of Mental Health (NIMH)

Depression in Teens : 10 - 18 years old

- The average age of depression onset is 14 years old.
- By the end of their teen years, 20 percent of teens will have had depression.
- More than 70 percent will improve through treatment — therapy and medication.



Depression in Teens : 10 - 18 years old

- But 80 percent of teens don't receive help regarding their depression.
- Untreated depression can lead to substance abuse, academic failure, bullying (30 percent for those bullied, 19 percent for those doing the bullying), eating disorders, and even suicide.

Symptoms of Depression in Teens

Teens: Depression is not Moodiness, it is a Mood disorder

If these symptoms last for at least two weeks, what you are seeing MAY be depression:

- An irritable, sad, empty or cranky mood and belief that life is meaningless.
- Loss of interest in sports or activities they used to enjoy, withdrawal from friends and family, pervasive trouble in relationships.
- Changes in appetite, significant weight gain or loss.

Symptoms of Depression in Teens

- Excessive late-night activities, too much or too little sleep, trouble getting up in the morning, often late for school.
- Physical agitation or slowness, pacing back and forth and/or excessive, or repetitive behaviors.
- Loss of energy, social withdrawal, withdrawal from usual activities, or boredom.

Symptoms of Depression in Teens

- Making critical comments about themselves, behavior problems at school or at home, overly sensitive to rejection.
- Poor performance in school, a drop in grades, or frequent absences.
- Frequent complaints of physical pain (headaches, stomach), frequent visits to school nurse.
- Writing about death, giving away favorite belongings, comments like “You’ve be better off without me.”

Children & Teens: Early Intervention is Key

- **Early diagnosis and treatment are essential**
- Keep in mind that a lot of these symptoms are also indicative of normal teenage behavior. That's why teenage depression can only be diagnosed by a trained mental health professional: Child psychologist or Child psychiatrist
- **Depression is a real illness that requires professional help**

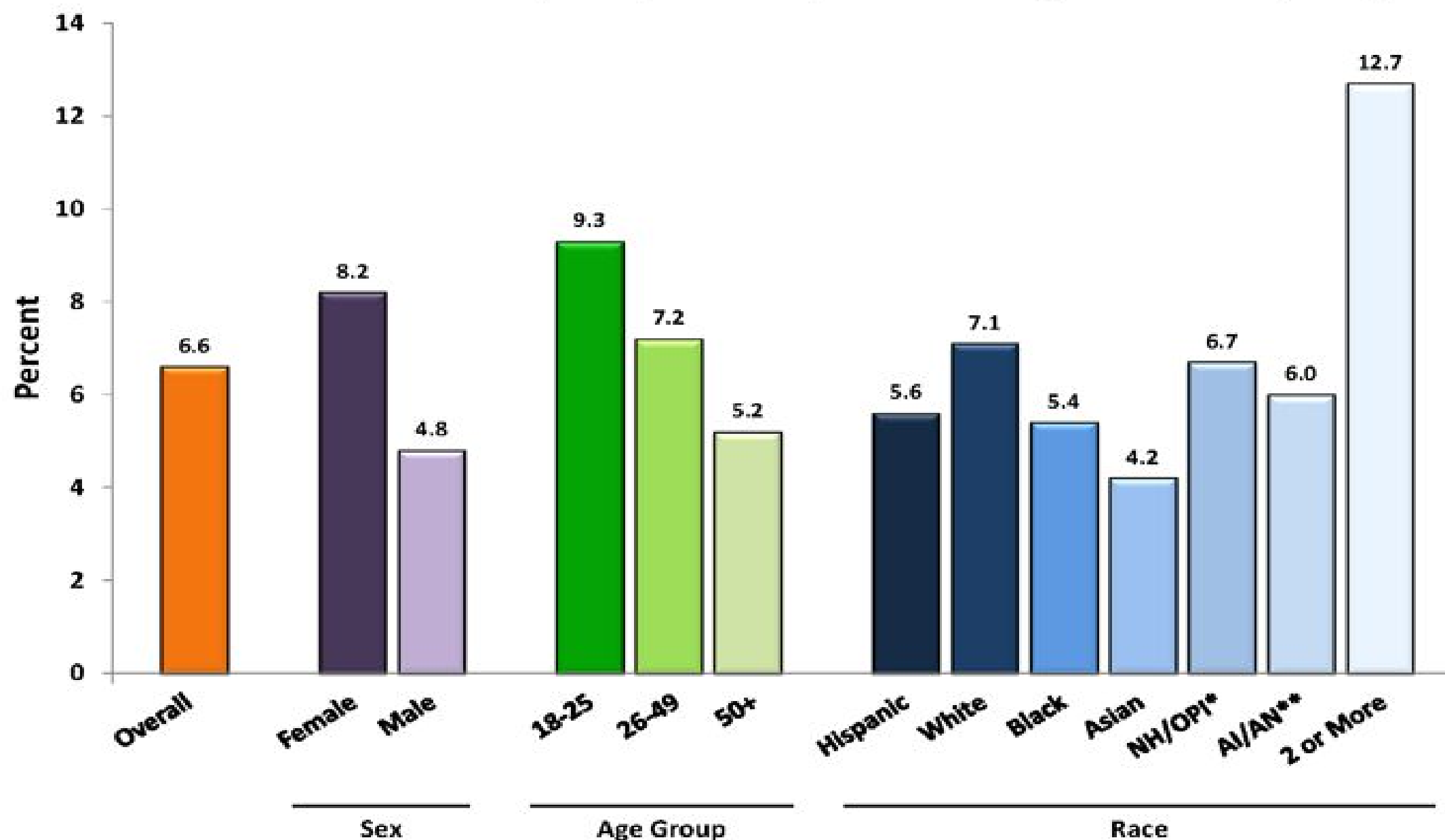
Children & Teens: Early Intervention is Key

- Comprehensive treatment often includes both individual and family therapy. (child psychologist, psychiatrist, MFT, LCSW/ASW)
 - a. cognitive behavioral therapy (CBT)
 - b. interpersonal psychotherapy (IPT)both forms of individual therapy shown to be effective in treating depression. Treatment may also include the use of antidepressant medication.

We've covered depression in Children/Teens: move to adults/elderly

Distribution of Depression in Adults/Elderly

12-month Prevalence of Major Depressive Episode Among U.S. Adults (2014)



Data courtesy of SAMHSA

*NH/OPI = Native Hawaiian/Other Pacific Islander

**AI/AN = American Indian/Alaska Native

Symptoms of Major Depression in Adults

- Consistently depressed mood and negative thinking
- Consistent loss of interest or motivation/pleasure in hobbies, sex
- Changes in sleep
- Changes in appetite or weight loss/gain
- Excess or inappropriate guilt/worthlessness/self critical
- Fatigue/loss of energy
- Agitation/restlessness or feeling slowed down
- Decreased focus or concentration or indecisiveness
- Suicidal ideation

Some impairment in functioning

Examples of Depressive Outlook

Feeling stuck with no way out/no hope/foreshortened future

Naomi (Ruth's mother-in-law) Ruth 1:20 "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. I went away full, but the LORD has brought me back empty. Why call me Naomi? The LORD has afflicted me; the Almighty has brought misfortune upon me."

**I am depressed due to loss of
functioning/health/status/job/relationships**

Job 3:1 After this, Job opened his mouth and cursed the day of his birth.

Examples of Depressive Outlook

Feeling of worthlessness/efforts are fruitless

Hannah 1 Sam 1:7-8 This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat. Her husband Elkanah would say to her, “Hannah, why are you weeping? Why don’t you eat? Why are you downhearted? Don’t I mean more to you than ten sons?”

Suicide is an option to provide relief

Elijah 1 Ki 19:4 “But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, “it is enough; now, O Lord, take my life, for I am not better than my fathers.”

Symptoms of Depression More Common in Seniors

- Diminished self-care
- Irritability
- Psychomotor retardation: “slower”: needing more time to move, talk, or think
- Physical complaints (pains, fatigue, ...)
- Alcoholism can mask depression



Adulthood and Depression

- First onset usually in young adulthood
- Awareness of genetic history vs family secrets
- Capacity to independently make “bad”/”good” decisions and alignment with God’s purposes



Adulthood and Depression

- Reaching developmental milestones of adulthood:
 - friendships and marital status
 - work
 - \$
 - connections with family/children
- Related to other health issues or developmental stage: ex post partum depression, menopause
- Can depression vulnerability be less due to increased ability to handle it as an adult?



Seniors and Depression

- Depression NOT a part of “normal aging”
- Ability to report symptoms: mental status, cognitive impairments, memory, visual acuity to fill out forms
- Effect of reaching/not reaching adult developmental milestones
- Developmental changes
 - Retiring (men more likely to be depressed if there is: loss of status, financial effects, security, friendships, feelings of low self-worth)



Seniors and Depression

- Losses: loved ones, social support, personal control
- Outlook on end of life/second half/ proximity to death/time perspective/feeling obsolete
- Re-alignment with God's purposes
 - <https://erlc.com/article/the-bible-speaks-on-aging>



- Old age is a blessing from God
- Characteristics of Old Age
- Resources for the Aged
- Care of the Aged

Seniors and Depression and Health Problems

- Rule out other health issues causing/co-occurring with depression
- Rule out medication side effects/drugs/alcohol
- Physiological Reserve: stress from the health problem straining the person's adaptive capability and so interrupting functioning.
- Functional limitations generally associated with greater depression
- Changes in beliefs about my health



Treating Depression

Depression is often chronic with multiple episodes

- Kindling: neuronal process intensifying vulnerability; each episode leaves a deeper groove/dysfunctional cognitive patterns are activated with increasingly minimal stimulation

BUT modification of this vulnerability can occur



Treating Depression

- Ruling out Medical Causes
- Psychotherapy: examining and changing negative outlook, expectations, and behavioral patterns.
- Strengthening Health Basics: Exercise, Diet, Sleep
- Solidify Social Support
- Take into account developmental processes
- Align with God's purposes
- Use Medications as Appropriate



Resources

- American Academy of Child & Adolescent Psychiatry www.aacap.org
- The Space Between: a Parent's Guide to Teenage Development by Dr. Walk Mueller
- Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health
<http://www.samhsa.gov/data/sites/default/files/NSDUH-FRR1-2014/NSDUH-FRR1-2014.htm>
- The Trajectory of Depressive Symptoms Across the Adult Life Span
<http://archpsyc.jamanetwork.com/article.aspx?articleid=1696350>
- Depression Care Across the Lifespan, By Lynne Walsh, (2009), Wiley and Sons.
- American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders (5th ed.). Arlington, VA, American Psychiatric Publishing.
- The Bible Speaks on Aging
<https://erlc.com/article/the-bible-speaks-on-aging>

Interactive Discussion

Q and A?

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