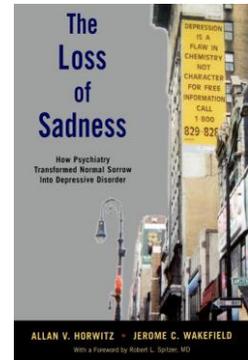


Prof dr Bert van Hemert  
Psychiater

## The clinical picture of depression

- Sadness
- Grief
- Clinical Depression



## Symptoms of depression

- Depressed mood
- Anhedonia
- Tearfulness
- Irritability
- Low energy level
- Guilt
- Suicide thoughts and acts



- Prolonged episodes
- Combinations of symptoms
- Severity of symptoms
- Discontinuity with ordinary functioning
- Interference with daily functioning



It is a strange state -if you can describe your depression you have not had one.

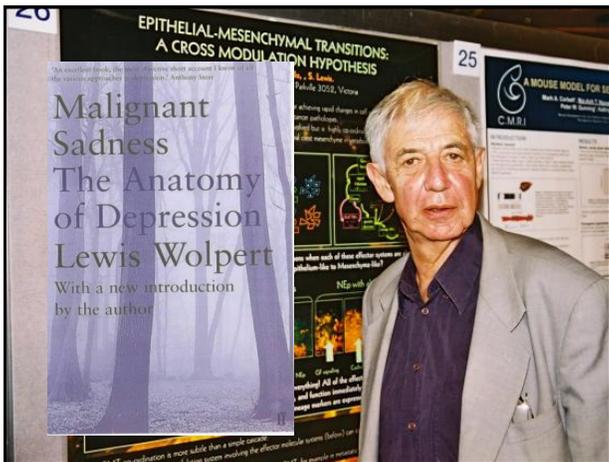
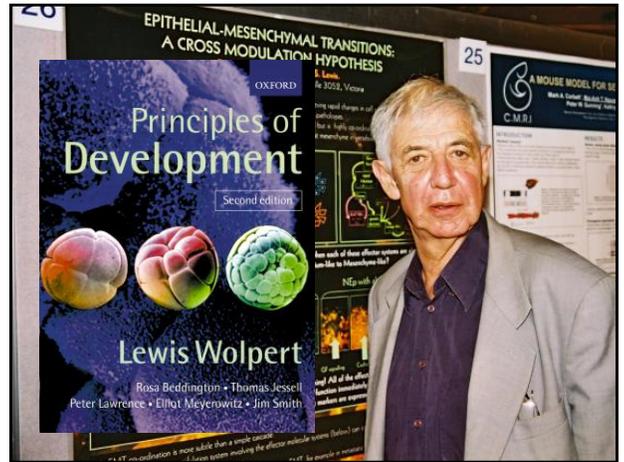
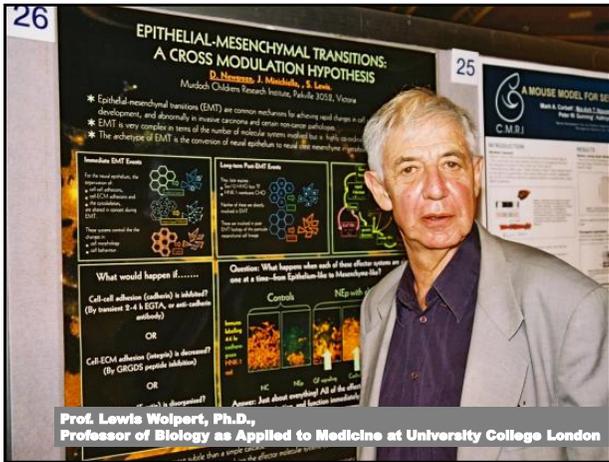
Prof. Lewis Wolpert, Ph.D.,  
Professor of Biology as Applied to Medicine at University College London

## Andrew Solomon

Depression – The secret we share



<https://www.youtube.com/watch?v=-eBUcBfkVCo#t=1285.243202>

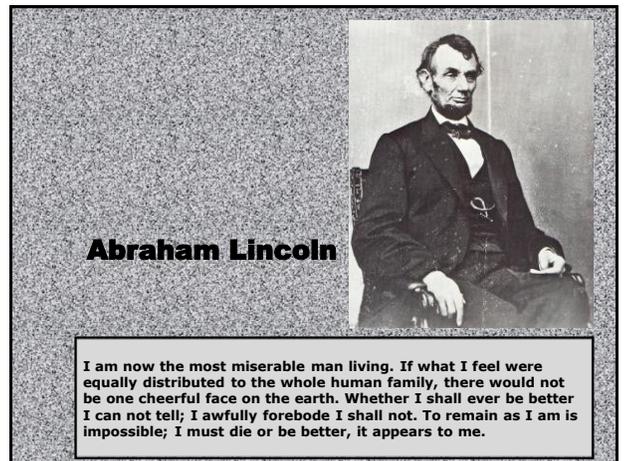


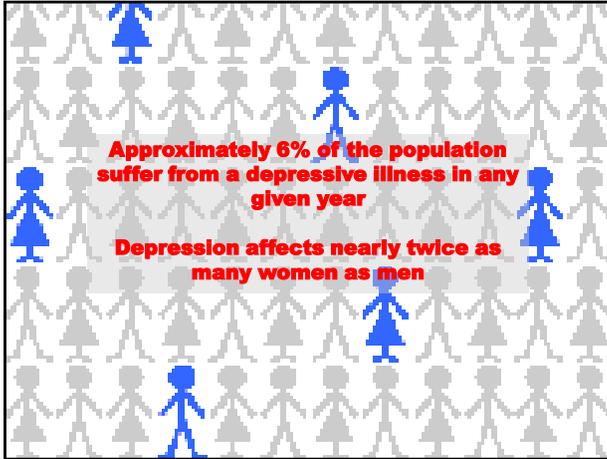
*"Until one has experienced a debilitating depression it is hard to understand the feelings of those who have. Severe depression confounds any attempt at description: it is not just feeling much lower than usual. It is quite a different state, one that bears only a tangential resemblance to normal emotion. It deserves some new and special word of its own that can encapsulate both the pain and the conviction that no remedy will ever be available."*

*"Malignant Sadness: The Anatomy of Depression"  
Lewis Wolpert (1999)*

*"It was the worst experience of my life. More terrible even than watching my wife die of cancer. I am ashamed to admit that my depression felt worse than her death, but it is true. I was in a state that bears no resemblance to anything I had experienced. It was not just feeling very low, depressed in the commonly used sense of the word. I was seriously ill."*

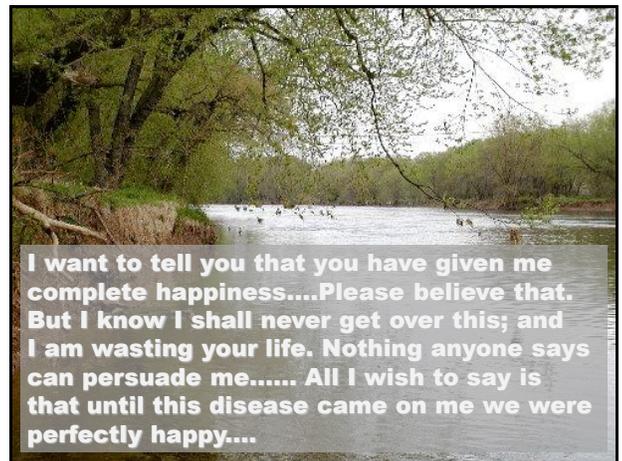
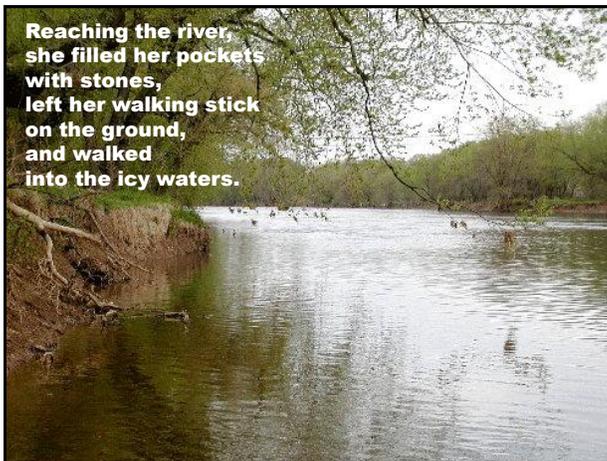
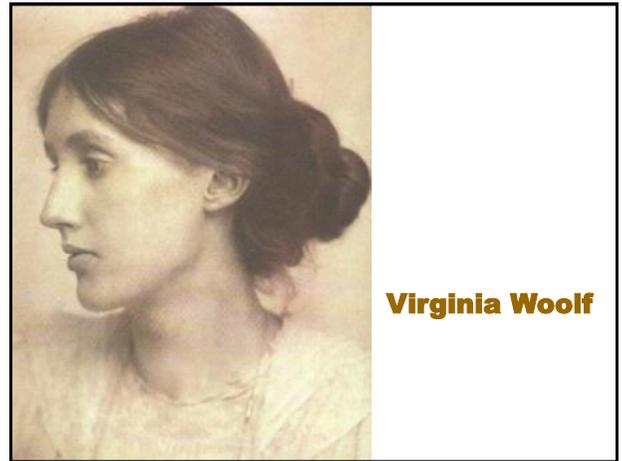
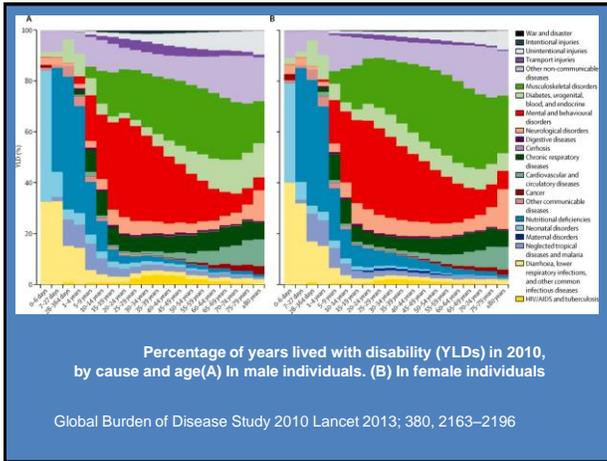
*"Malignant Sadness: The Anatomy of Depression"  
Lewis Wolpert (1999)*





### The Global Burden of Disease

- Depression was leading global cause of disability among all medical and surgical illnesses (1990 figures)
- Depression was fourth leading cause of disease burden (1990 figures)
- Depression will be second leading cause of disease burden by 2020



## Depression and suicide

### Incidence risk ratio: 12-20

Harris, E.C., & Barraclough, B. (1997). Suicide as an outcome for mental disorders: A meta-analysis. *The British Journal of Psychiatry*, 170, 205-228.

### Population attributive risk: 30-60%

Cavanagh, J.T.O., Carson, A.J., Sharpe, M., & Lawrie, S.M. (2003). Psychological autopsy studies of suicide: A systematic review. *Psychological Medicine*, 33, 395-405.

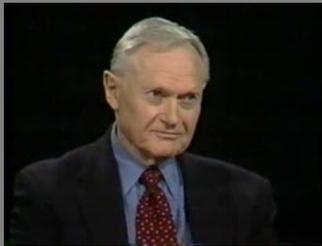


## Treatment of depression

- Biological
  - Medication
  - Electroconvulsive therapy
- Psychotherapy
  - Cognitive behavioral therapy (CBT)
  - Mindfulness
- Daily activities



## Sherwin Nuland about ECT



<https://www.youtube.com/watch?v=oEZrAGdZ1i8>



**“I don't like to stand by the side of a ship and look down into the water. A second's action would end everything.”**

**Winston Churchill**



**“I don't like to stand by the side of a ship and look down into the water. A second's action would end everything.”**

**Winston Churchill**

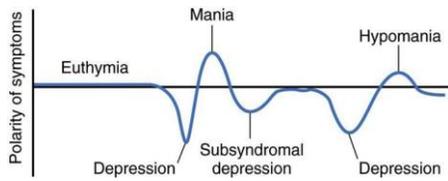


BLACK DOG INSTITUTE

The screenshot shows the Black Dog Institute website. At the top, there is a navigation bar with links for 'About Us', 'News & Media', 'Videos', 'Subscribe', and 'Fact sheets'. Below this is a search bar. The main header features the Black Dog Institute logo and two prominent orange buttons: 'Fundraise now' and 'Donate now'. Below the header, there are tabs for 'For everyone' and 'For health professionals'. The main content area includes a 'Welcome' section with a brief description of the institute as a not-for-profit organization. A featured news item highlights 'Prof Helen Christensen wins NSW Premier Prize for Leadership in Innovation'. At the bottom, there are social media icons for Facebook, Twitter, LinkedIn, and YouTube, along with a link to 'Use our online tools'.

<http://www.blackdoginstitute.org.au/aboutus/overview.cfm>

## Bipolar disorder



## Symptoms of manic episode

- Elated mood, euphoria
- Irritability
- High energy level
- Irresponsible behaviour
- Life threatening behaviour



## Manic-depressive illness



[https://www.youtube.com/watch?v=AxE6XMjuh\\_w](https://www.youtube.com/watch?v=AxE6XMjuh_w)

Prof dr Bert van Hemert  
Psychiater

- Difference between normal and abnormal sadness
- The clinical picture of depression
- Depression and suicide
- Treatment of depression – ECT
- Bipolar disorders and manic episodes

## The clinical picture of depression