

# Depression And The Body

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# What is depression?

Depression is a mental and physiological disorder that affects mood, interest, affects pleasure, presents with feelings of guilt or low self-worth, disturbed sleep and appetite, low energy, and poor concentration. If untreated these problems can become chronic or recurrent . At its worst, depression can lead to suicide –a fatality associated with the loss of about 850 000 lives every year.

# Behavioral and Emotional Symptoms

- 1) Feeling down (morning sadness indicates severity)
- 2) Markedly diminished pleasure, loss of sexual libido
- 3) Significant weight changes
- 4) Insomnia or hypersomnia
- 5) Psychomotor agitation or retardation
- 6) Fatigue and loss of energy
- 7) Feelings of worthlessness, guilt and shame
- 8) Loss of will & diminished ability to think and concentrate/indecisiveness
- 9) Recurrent thoughts of death, suicidal (attempts)

# ***General Factors***

**Loss of interest in formerly pleasurable activities**

**Dissatisfaction with life**

**Withdrawal from social activities**

**Avoiding light**

**Loss of meaning**

**Emotional flatness and loss of dreams**

**Irritability and aggressiveness**

**Physical health problems (see next)**

**Crying or inability to cry**

**Worry and/or self-criticism**

**Loss of appetite and weight**

**Potential drug abuse and addiction**



# *Some Statistics*

- 19 million Americans suffer from depressive disorders
- Depression is one of the most treatable illnesses: 80-90% find relief
- 23 % of individuals with clinical depression seek treatment
- Antidepressants work for 30 to 35% of the depressed population
- Major depressive disorder is the leading cause of disability in the U.S. for ages 15-44

# Depression and Anxiety

Anxiety used to be thought of as a separate illness, but psychologists are reassessing that position, so the next DSM for depression is likely to have some of the anxiety components

Self report scales indicate: .61 D/A correlation

Other: Schizophrenia, Eating Disorders, Substance Abuse Disorders

# ***Physical Aspects of depression***

**Stress: a cause and a product of depression; stress hormone cortisol that floods the system during a depressive episode plays a key role in cell damage. People with depression are 4 X as likely to develop a heart attack than those without a history of the illness.**

**Risk of heart disease is doubled in people with depression.**

# ***Other manifestation of depression***

**Body Aches (warning sign)**

**Headaches and abdominal pain (children)**

**Fatigue (CFS) and Muscular pain**

**Diabetes**

**Bone loss (breaking bones in women)**

**Stroke**

**Irritable Bowel Syndrome & Nonnuclear Dysepsia  
(NUD)**

**Fibromyalgia (FM)**

**Rheumatoid Arthritis**

**Possibly cancer & Diabetes Mellitus**

# ***Depression***

**High blood pressure**

**Arterial damage**

**Irregular heart rhythms**

**Coronary Artery Disease**

**Weakened immune and neuroendocrine system**

**More prevalent in patients with Somatization**

**Disorder (SD)**

**Deficiency of vitamins: B1, 2, 3, 6, 12**

**Increased Mortality**

## ***Depression***

***has been proven to be a such  
a risk factor in cardiac disease  
that the American Heart Association (AHA)  
has recommended that  
all cardiac patients be screened  
for depression  
using simple screening questions***

**Most people with depression go to their primary care physicians complaining of physical symptoms instead of saying they are depressed (!)**

**Cultures often differ in expressions, beliefs of causes, understanding, symptomatology and course of illness**

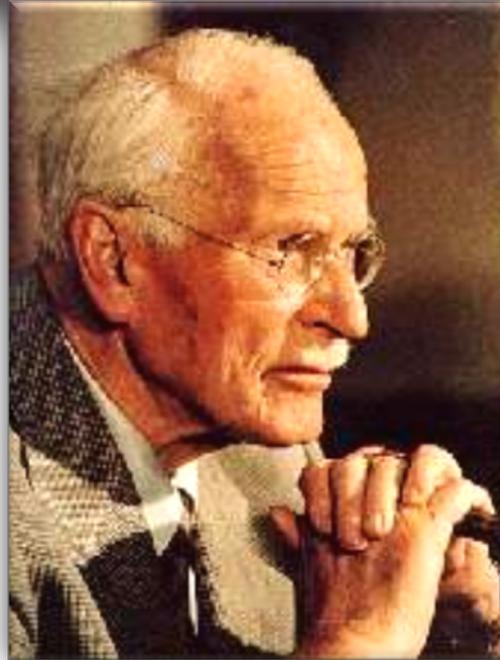
**“Explanatory models” create the culturally expected experience of the disease in the mind of sufferer” (L. Kirmayer)**

***American Indian: loneliness and social marginalization***  
***Korean: epigastric pain and burning, feeling of  
injustice***  
***African: peppery feeling in the head***  
***Chinese: Shoulder and stomach aches***  
***Iranian: Tightness in the chest***  
***Japan: (utsusho)***  
***- lack of social and moral meaning of life etc.***

## ***Predictors***

- ***Family history (genetic and environmental)***
- ***Trauma and stress***
- ***Personality Disorders***
- ***Physical conditions***
- ***Other psychological disorders***

***Duke University research (NIH sponsored): 156 depressed adults 50 + were randomly assigned to four months of exercise or medication or a combination of the two. After four months, patients in all 3 groups showed significant reductions in depressive symptoms:  
60.4% (exercise group)  
65.5% (medication group)  
68.8% (combined group) no longer met the criteria for major depressive disorder.  
8 % of patients in the exercise group had their depression return, 38 percent of the drug-only group and 31 percent of the exercise-plus-drug group relapsed***

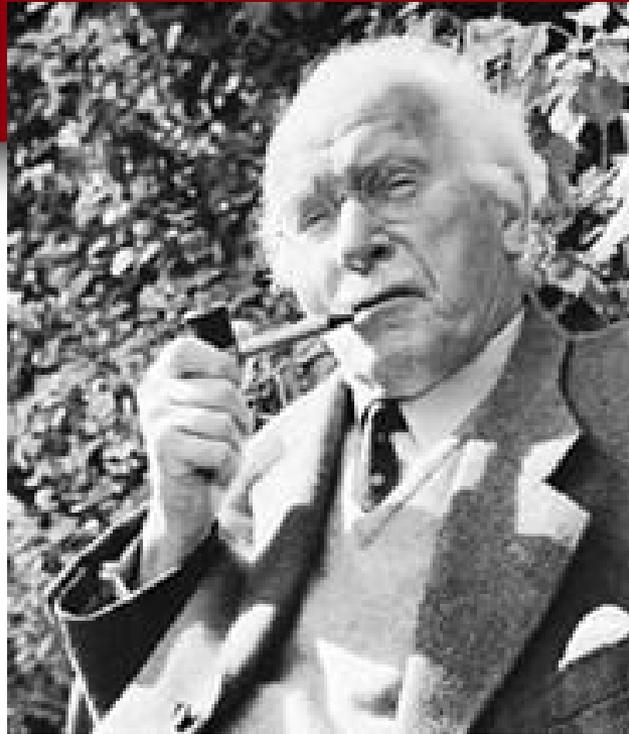


C. G. Jung

# *Depression in Analytical Psychology*

*Abaissement du niveau mental*: lowering of the level of consciousness, an emotional condition experienced as "loss of soul."

“One feels like lead, because no part of one's body seems willing to move, and this is due to the fact that one no longer has any disposable energy. . . . The listlessness and paralysis of will can go so far that the whole personality falls apart, so to speak, and consciousness loses its unity . . . The *abaissement* always has a restrictive influence on the personality as a whole. It reduces one's self-confidence and the spirit of enterprise, and, as a result of increasing egocentricity, narrows the mental horizon”



# *Depression*

**Non-pathological approach - often foreshadows a renewal of the personality or a burst of creative activity**

**Natural, normal phenomena (Adaptation) - There are moments in human life when a new page is turned. New interests and tendencies appear which have hitherto received no attention, or there is a sudden change of personality**

**Teleological Process – Psyche's attempt to achieve equilibrium**



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