



Managing Depression

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Overview

- Symptoms of depression
- How depression is maintained
- How depression can be managed
- Additional resources

What comes to your mind when
someone says they feel depressed?

What is depression?

- Depressed mood (i.e., sadness, emptiness, hopelessness, “blah,” have no feelings)
- Loss of interest or pleasure in usual activities
- Changes in appetite or weight
- Changes in sleep
- Psychomotor agitation or retardation (observable by others)

What is depression?

- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death, recurrent suicidal ideation w/o a plan, or suicide attempt or plan

Severity

Duration/frequency

Distress/impairment

Prevalence

- In Canada 1% of men and 2% of women are clinically depressed at any point in time
- In Canada 5% of men and 10% of women will experience clinical depression at some point in their life
- 322 million people in the world live with depression
- Leading cause of disability worldwide
- Prevalence in 18- to 29-year-old individuals is 3x higher than prevalence in individuals aged 60 years or older
- Females experience 1.5 to 3x higher rates than males beginning in early adolescence

Development and Course

- May appear at any age
- Likelihood of onset increases significantly with puberty
- Incidence appears to peak in the 20s
- Recovery within 3 months in 2 out of 5 individuals, within 1 year for 4 out of 5 individuals

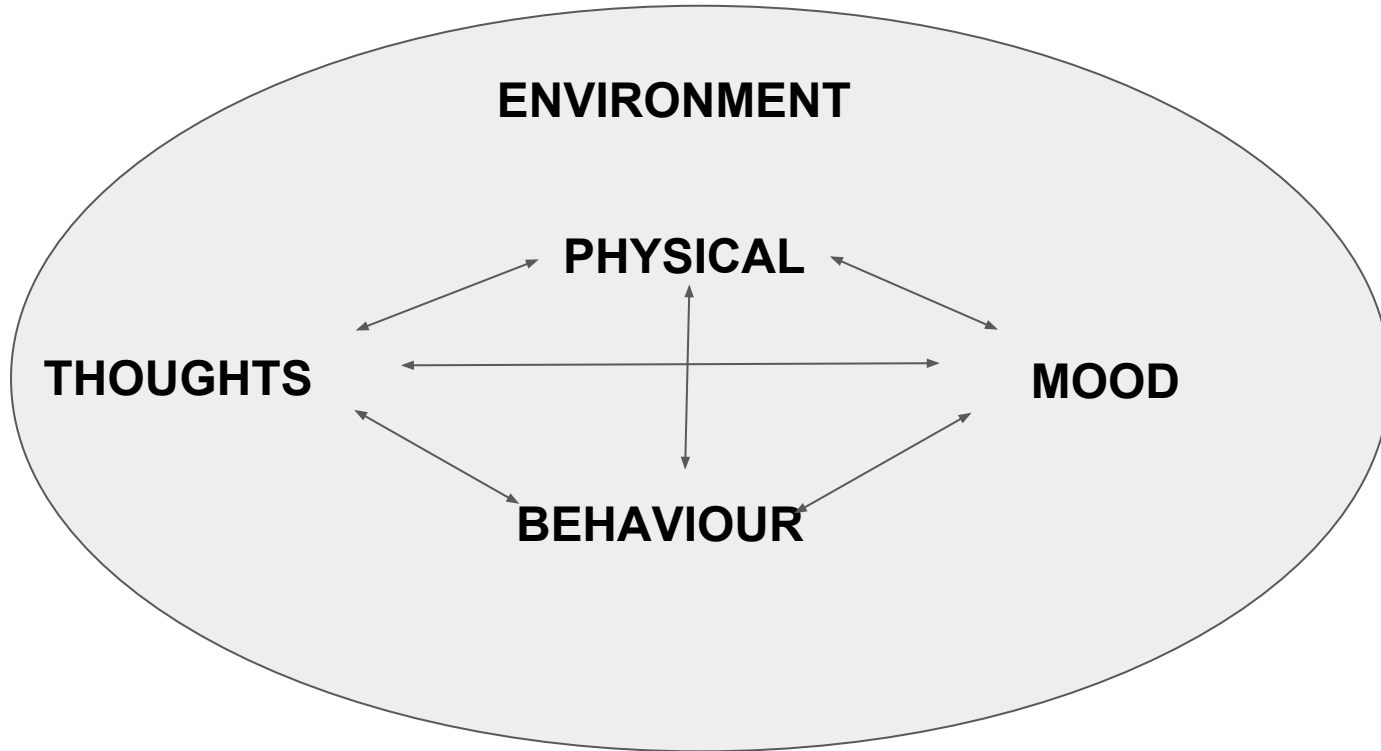
Risk Factors

- Stressful life events
- Family or personal history
- Substance use
- Chronic or disabling medical conditions
- Adverse or traumatic events



What can we do to manage depression?

Maintenance cycle of depression



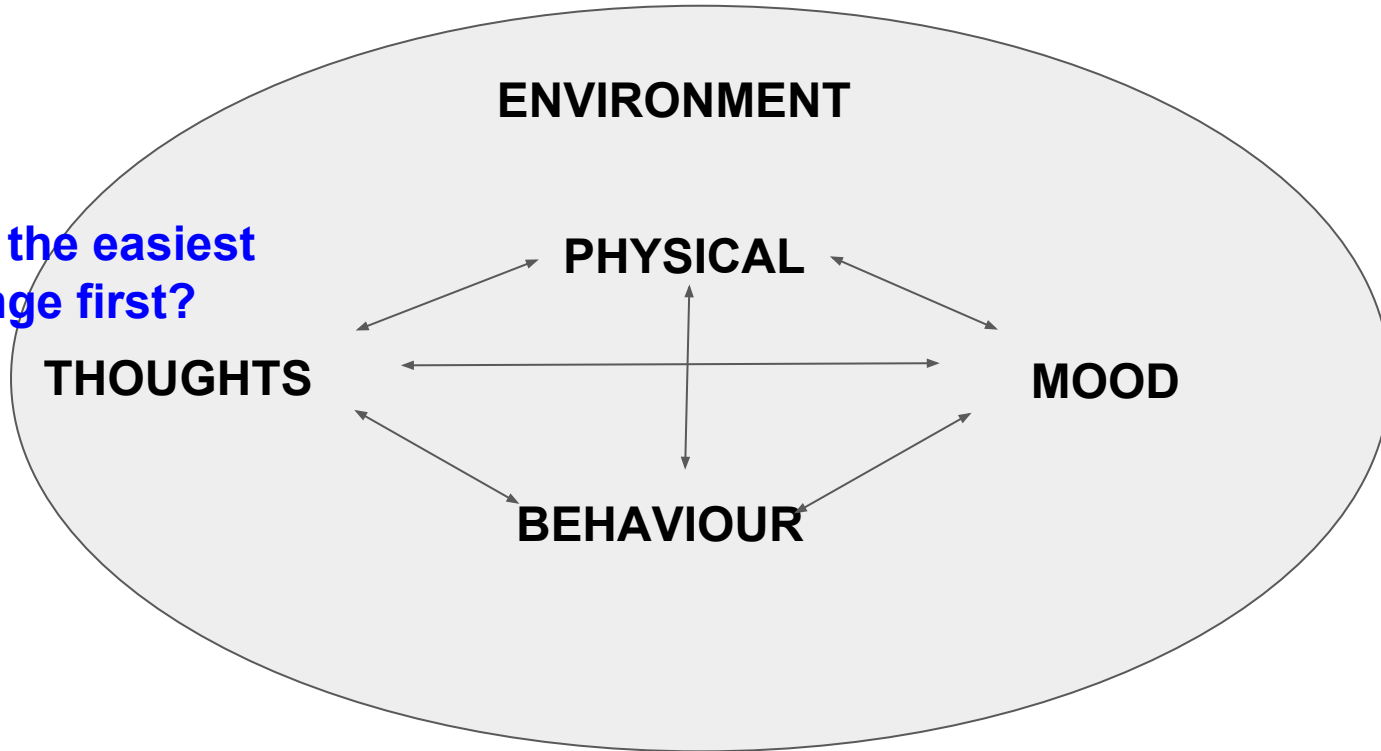
Cognitive Behavioural Therapy



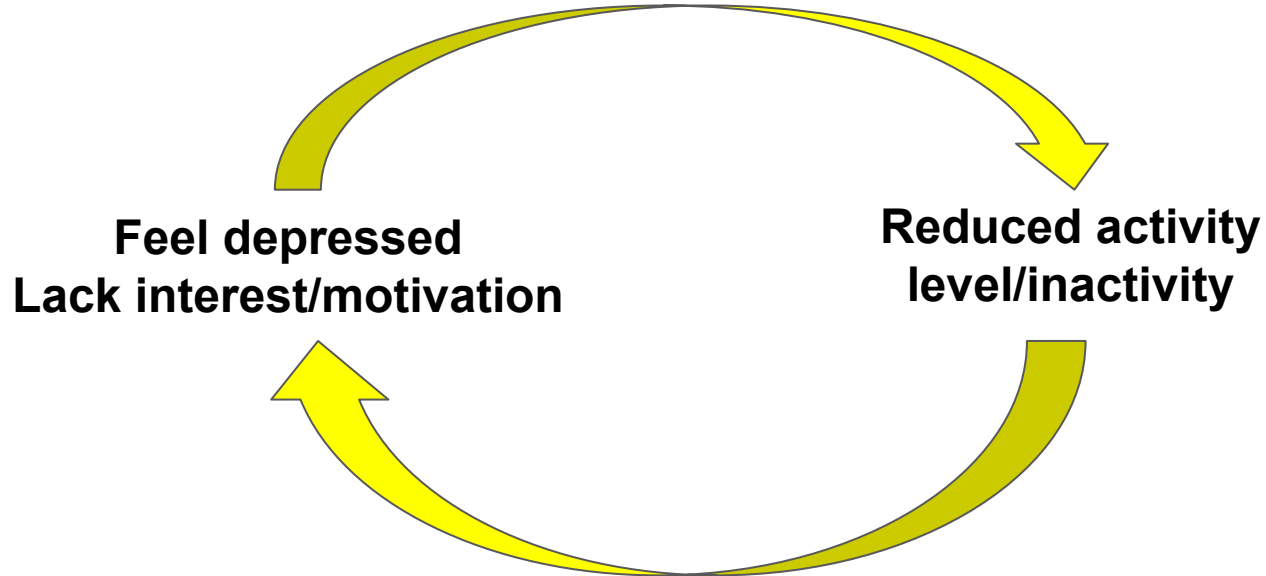
- Short-term
- Collaborative
- Active
- Present-focused
- Helpful for approximately 65% of individuals with depression

Cognitive Behavioural Therapy

What's the easiest
to change first?



Maintenance cycle of depression



Maintenance cycle of depression



Sadness/depression

- What is the purpose of this emotion? When do people feel sad?
- What behaviours are associated with this emotion?

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Behavioural Activation

- Types of activities:
 - enjoyable/pleasurable activities
 - activities that provide a sense of accomplishment
 - activities that entail addressing something you have been avoiding
 - activities consistent with values
 - may include “simple” and self-care activities (e.g., bathing, brushing teeth, changing out of PJs, eating)
- It’s not the same for everyone!

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Behavioural Activation (cont.)

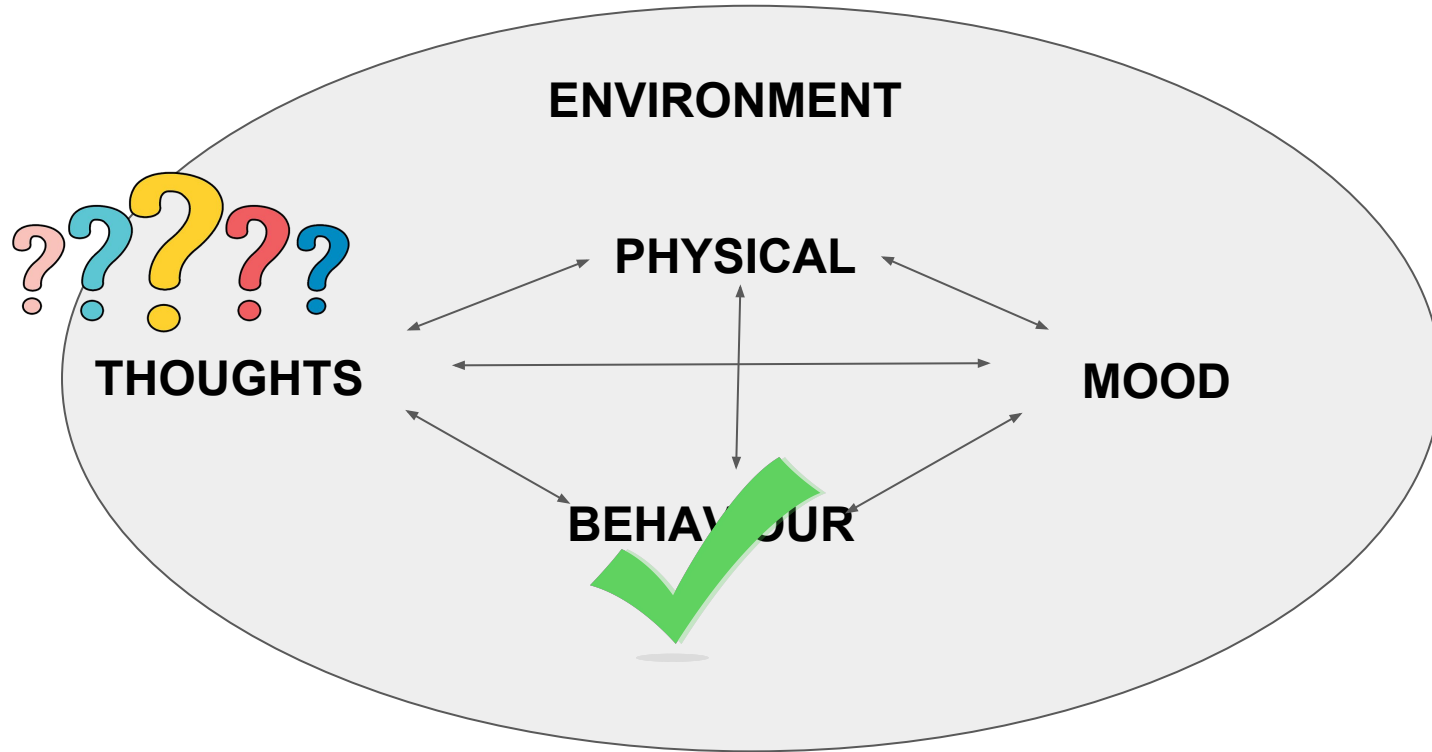
- Results will not be immediate, which makes it difficult to follow through on goals
 - 5-minute rule
 - Break it down
- Will feel like you are going through the motions
- Emphasis is on creating **opportunities/the possibility** for feeling good/better

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Behavioural Activation (cont.)

- Setting realistic and meaningful goals
- Will need to re-learn how to enjoy things again which might feel strange as it was previously automatic/enjoyed without effort  **mindfulness**
- Indirectly addresses negative thinking

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In your experience, regardless of feeling depressed or not, when you feel sad what kinds of thoughts do you tend to have?

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Managing unhelpful thinking

- Not automatic to think in a way inconsistent with your mood
- Not about positive thinking, but about **balanced** thinking
- Interpretations are **NOT** facts

Cognitive Behavioural Therapy



Facts vs. Interpretations:

She's always giving me negative looks

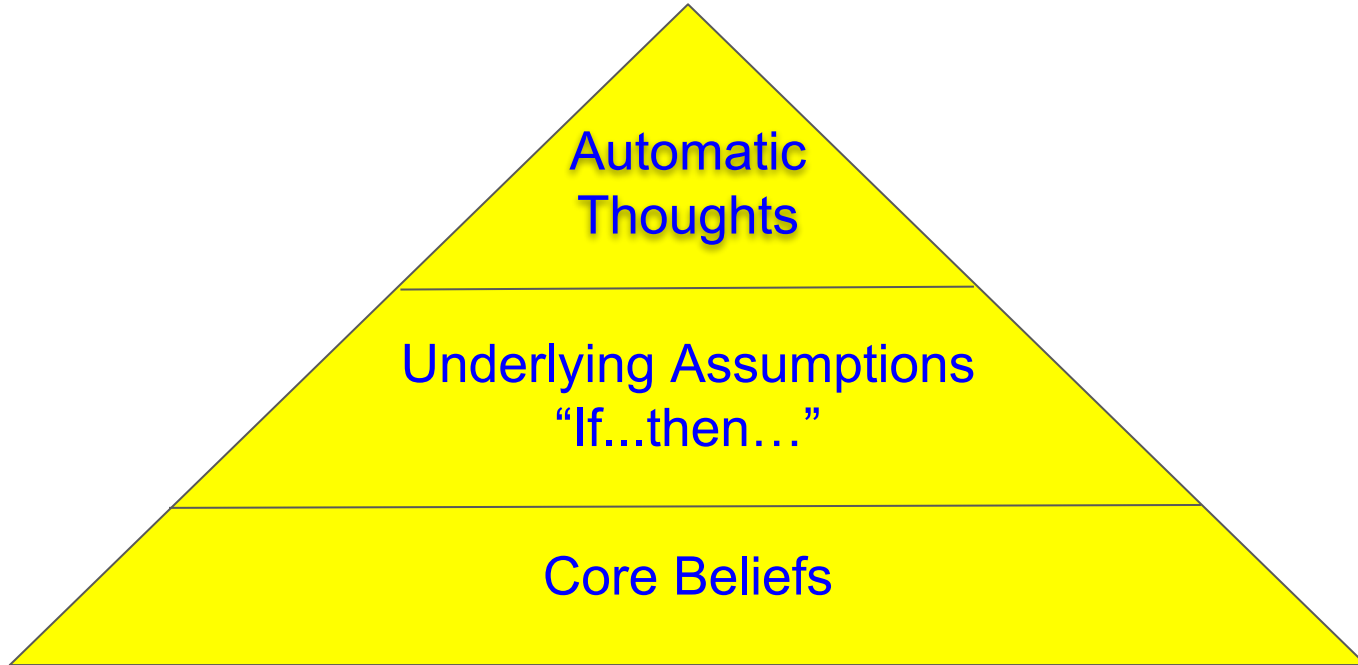
The expression on Judy's face changed

I'm feeling angry

She cares more about the kids than she does about me

Judy yelled at me as I was leaving the house

Cognitive Behavioural Therapy



Cognitive Behavioural Therapy



Cognitive Behavioural Therapy



Cognitive Behavioural Therapy



Unhelpful thinking styles:

- All-or-nothing thinking/black or white
- Overgeneralization
- Personalization
- Catastrophizing
- Labelling
- Magnification/minimization

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Managing unhelpful thinking

- Be curious--ask questions:
 - What was I thinking before I started feeling this way?
 - What would it mean if this were true?
 - What images were going through my mind? (e.g., image of living in a cardboard box after job loss)
 - What would it say about me/world/other person if this were true?
- Identify how you feel

Cognitive Behavioural Therapy

Managing unhelpful thinking (cont.)

- What's the evidence for my thought?
- What has happened to me or someone else in the past that supports my thought?
- **MOST IMPORTANTLY** ask questions about the opposite: what's the evidence that does not support my thought? Are there any exceptions to this thought?
 - answers will be much more effortful to generate

Cognitive Behavioural Therapy



Managing unhelpful thinking (cont.)

- Considering all the evidence, what would be a different/balanced way to think about this?
- If a friend told me these are the thoughts they had, what would I say to help them?
- If it turns out your negative thoughts are valid, what are some things you could do to begin to address the problem? (create an action plan) Is there an alternative explanation?

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Managing unhelpful thinking (cont.)

- Requires practice just like any other skill
 - What are some strategies you use when you are learning something new?

What you can do to support someone with depression



- Ask them how you could support them
- Be patient -- learning to behave and think in a different way takes time
- Be assertive -- create a sense of collaboration/teamwork
 - Don't forget about your own self-care!

Resources

- Seek professional support including your family physician, employee (and family) assistance program, psychologist
- Self-help books:
 - Mind Over Mood by Dennis Greenberger, PhD and Christine Padesky, PhD
 - Feeling Good: The New Mood Therapy by David Burns, MD
 - Antidepressant Skills Workbook by Dan Bilsker, PhD and Randy Paterson, PhD -- FREE online workbook available in English, French, Punjabi, Chinese, Vietnamese, Farsi. Also available in audio format!
<http://www.comh.ca/antidepressant-skills/adult/>

Resources

- Bounce Back - telephone coaching available in English, French, Cantonese and Punjabi; also has self-guided online modules. FREE--self-guided format requires no referral, but telephone coaching format requires physician referral.
<http://www.mindhealthbc.ca/bounceback>
- Kelty's Key - FREE online therapy developed by Vancouver Coastal Health
www.keltyskey.com
- Mood Disorders Association of BC -- www.mdabc.net
- Canadian Mental Health Association -- www.cmha.bc.ca



Thank you for your attention!