Depression
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Stigma
- Those with depression are afraid to be diagnosed or seek help, because they do not want to be treated differently. They do not want to be seen as:
  - Weak
  - Incapable
  - Lazy
  - Unpredictable
  - Unsociable
- They do not want to be discriminated against
- The stigma and perception that people have towards depression will determine if they choose to seek treatment or not

Types of Depression
- Major Depressive Disorder (MDD)
  - Most common
  - “Recurrent illness, and with time episodes will occur more frequently becoming more severe and longer lasting” (Boyd, 2018, p. 381).
- Persistent Depressive Disorder: Dysthymia
  - Similar to MDD, but it lasts for at least two years
  - Fewer and less serious symptoms of MDD, but it lasts longer
- Postpartum Depression (PPD)
  - Mood disorder that only affects women after childbirth
  - Three phases:
    - Baby blues
    - Postpartum Depression
    - Postpartum Psychosis
- Seasonal Affective Disorder
  - This type of depression comes and goes according to the seasons
  - It is “a combination of biologic and mood disturbances that occurs in the fall and winter with remission in the spring or summer” (Kurlansik & Ibay, 2012, p. 1037).

Risk Factors
- Prior history of depression
- Family history of depression
- Lack of support
- Coping abilities
- Stressors
- Comorbidities (medical or mental illness related)
- Substance use or abuse

Signs and Symptoms
- Depression is defined as “anhedonia and depressed mood, reflective of a deficit of gratifying/positive experiences and an excess of aversive/negative experiences” (Bianchi, Verkuilen, Schonfeld, & Laurent, 2016, p. 91).
- Sadness
- Anxiety
- Persistent feeling of emptiness
- Loss of interest in hobbies
- Decreased energy
- Restlessness
- Aches or pains
- Cramps or headaches
- Change in appetite and weight
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping

Outcomes
- First outcome is depression will be under control
- Without proper prevention (exercise, eating healthy) and intervention (treatments), the second outcome can happen, which is self harm such as cutting and suicide.

References Available Upon Request