Depression: Not Just The “Blues”

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Learning Objectives

• To understand the impact of depression on a business

• To gain a general understanding of different types of depression

• To gain general knowledge of types of treatment.
Depression’s Impact on Business

Depression is a major cause of disability, absenteeism, presenteeism, and productivity loss among working-age adults.

- Approximately 80% of persons with depression reported some level of functional impairment because of their depression, and 27% reported serious difficulties in work and home life.
- Only 29% of all persons with depression reported contacting a mental health professional in the past year, and among the subset with severe depression, only 39% reported contact.
- In a 3-month period, patients with depression miss an average of 4.8 workdays and suffer 11.5 days of reduced productivity.

Identifying depression in the workplace is complicated by a number of issues such as employees’ concerns about confidentiality or the impact it may have on their job that cause some people to avoid screening.

Source: [http://www.cdc.gov/workplacehealthpromotion/evaluation/topics/depression.html](http://www.cdc.gov/workplacehealthpromotion/evaluation/topics/depression.html)
What is Depression?

• It is a common illness experienced by nearly one in ten Americans each year.

• 50% of employees affected by major depression are undiagnosed, and usually go untreated.

• The good news is that treatment works: 70-80% of people with depression improve significantly with appropriate treatment.

• Almost all individuals receive some symptom relief and benefit from medical care.
Types of Depression

• All depression types are not the same!

• **Major depression**, also known as clinical depression, and **chronic depression** are the most common types.

• There are also other types of depression with unique signs, symptoms, and treatment.
Major Depression

• Know as an episode of sadness or apathy along with other symptoms that lasts at least two consecutive weeks and is severe enough to interrupt daily activities.

• Depression is not a sign of weakness or a negative personality.

• It is a major public health problem and a treatable medical condition.
Emotional Symptoms

- The primary symptoms of depression are a sad mood and/or loss of interest in life.
- Activities that were once pleasurable lose their appeal.
- Patients may also be haunted by a sense of guilt or worthlessness, lack of hope, and recurring thoughts of death or suicide.
- Appetite may increase or decrease with depression. Severe weight loss or gain is a sign of depression.
Physical Symptoms

- Fatigue and decreased energy
- Insomnia, especially early-morning waking
- Excessive sleep
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Depression can make other health problems feel worse, particularly chronic pain.

Treatment has been shown to improve co-existing illnesses.
Impact on Daily Life

• Without treatment, the physical and emotional turmoil brought on by depression can derail careers, hobbies, and relationships.

• Depressed people often find it difficult to concentrate and make decisions.

• They turn away from previously enjoyable activities, including sex. In severe cases, depression can become life-threatening.
Suicide Warning Signs

• People who are depressed are more likely to attempt suicide.

• Warning signs include talking about death or suicide, threatening to hurt people, or engaging in aggressive or risky behavior.

• Anyone who appears suicidal should be taken very seriously.
Who is at Risk?

• Anyone can become depressed, but many experts believe genetics play a role.

• Having a parent or sibling with depression increases your risk of developing the disorder.

• Women are twice as likely then men to become depressed.
Causes of Depression

• Altered brain structure and chemical function.

• Stress from a traumatic event,

• Certain medications, alcohol or substance abuse, hormonal changes, or even the season.
Seasonal Depression

• If your mood matches the season -- sunny in the summer, gloomy in the winter -- you may have a form of depression called seasonal affective disorder (SAD).

• The onset of SAD usually occurs in the late fall and early winter, as the daylight hours grow shorter.

• Experts say SAD affects from 3% to 20% of all people, depending upon where they live.
Postpartum Depression

• The "baby blues" strikes as many as three out of four new mothers.

• The symptoms are very similar to those of major depression.

• An important difference is that the baby's well-being is also at stake. A depressed mother may have trouble enjoying and bonding with her infant.
Children and Depression

• In the United States, depression affects 2% of grade school kids and about one in 10 teenagers.

• It interferes with the ability to play, make friends, and complete schoolwork.

• Symptoms are similar to depression in adults, but some children may appear angry or engage in risky behavior, called "acting out."

• Depression can be difficult to diagnose in children (especially pubertal children).
Puberty and Depression

• Before puberty, boys and girls are equally likely to develop depressive disorders.

• After age 14, females are twice as likely as males to have major depression.

• The risk of developing bipolar disorder remains approximately equal for males and females throughout adolescence and adulthood.
Diagnosing Depression

• There is no blood test for depression.

• To make an accurate diagnosis, doctors rely on a patient's description of the symptoms.

• Medical history and medication use may contribute to symptoms of depression.

• Discussing moods, behaviors, and daily activities can help reveal the severity and type of depression.

• This is a critical step in determining the most effective treatment.
Treatment Options

• Talk Therapy
• Medication
• Exercise
• Light Therapy (Phototherapy)
• Herbal Supplements
• Pet Therapy
• Social Support
• Vagus Nerve Stimulation (VNS) (implant)
• Electroconvulsive Therapy (ECT)
• Trans-cranial Magnetic Stimulation
Worksite Resources

• Partnership for Workplace Mental Health cost calculator
  http://www.depressioncalculator.com/Welcome.asp

• Centers For Disease Control and Prevention Workplace Health Promotion
  http://www.cdc.gov/workplacehealthpromotion/evaluation/topics/depression.html
Thank you!!!