

Mental Health Course 6

# All About Depression



Shizuoka City Mental Health Center

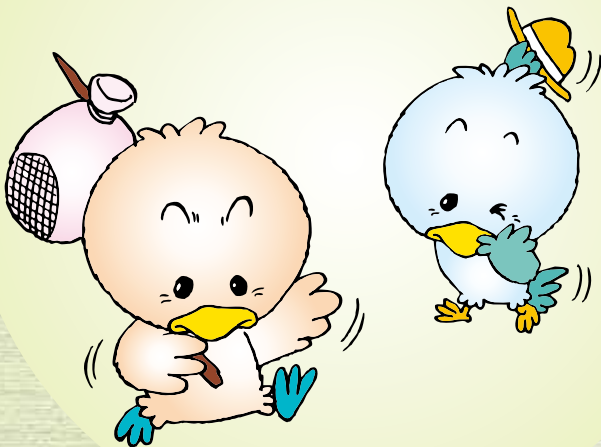
# What is Depression?

Depression is an illness that can happen to anyone.

As mental energy weakens, a wide variety of psychological and physical symptoms arise.

Some people think they have a physical ailment, not getting the proper treatment for a dangerous condition that could lead to suicide.

Like any other illness, depression is best treated if discovered and tackled early.



# Symptoms of Depression

## Continuing Symptoms

### ◆ Psychological Symptoms

- speaking to family and friends becomes uncomfortable, even though you enjoyed it before
- just a few words from a friend or a family member can put you in a bad mood
- you start making more and more mistakes at work; cooking takes a lot more time (loss of concentration and drop in decision making ability)
- you worry about everything and can only see the bad side of things (uncertainty and irritation)
- food doesn't taste good anymore, and your body weight drops (loss of appetite)
- you have no desire to watch TV or read a newspaper (loss of interest in things)
- when you wake up in the morning, you feel down at the thought of another day and question the point of living (depressed feelings)

### ◆ Physical Symptoms

- insomnia, lack of deep sleep or early awakening
- headaches, stiff shoulder or neck, vertigo, ringing in the ears
- sweating
- chest pains or nausea
- numbness in the hands and feet
- high blood pressure
- lack of energy, exhaustion
- dry mouth
- constipation or diarrhea





# The Causes of Depression

## ◆ Susceptible Personality Types

those who are overly organized, those who feel excessive levels of responsibility, those who can't refuse requests, perfectionists

## ◆ If you feel a great deal of stress, it can lead to depression

Examples:

- overwork
- financial difficulties
- family problems
- personal illness
- the death of someone close

\* Women are also susceptible during pregnancy, after childbirth, or during menopause.

There is ongoing research into the causes of depression, including neurological ones that suggest depression is due to improper production of serotonin or noradrenalin in the brain.

### Susceptible Personalities

(Too serious, too organized, too responsible)

Stress in your environment

Overwork, menopause, old age, or other physical factors

Hormone abnormalities in the brain

Depression



## How Many People does it Affect?

It is believed that **one person in 20 or 30** will be afflicted with depression.

Unfortunately, many people do not seek psychiatric help for their depression, which means there could be far more with this illness.

Depression can affect nearly any age group, from high school students to the elderly.



# How is it Treated?

The first thing a person with depression needs is rest. Depression is your body and mind telling you to stop, rather than “work harder.” Be kind to yourself, and let yourself rest.

*Try and Get Help from a Specialist Right Away*

Depression requires treatment from psychiatric or psychosomatic medical experts. They can help you with antidepressants or other stabilizing medication, psychological care, counseling, and more.



# Zung Self-Rating Depression Scale (SDS)

Instructions: For each item below, please place a check mark (✓) in the column which best describes how often you felt or behaved this way during the past several days.

	Place check mark (✓) in correct column.	A little of the time	Some of the time	Good part of the time	Most of the time
1	I feel down-hearted and blue.				
2	Morning is when I feel the best.				
3	I have crying spells or feel like it.				
4	I have trouble sleeping at night.				
5	I eat as much as I used to.				
6	I still enjoy sex.				
7	I notice that I am losing weight.				
8	I have trouble with constipation.				
9	My heart beats faster than usual.				
10	I get tired for no reason.				
11	My mind is as clear as it used to be.				
12	I find it easy to do the things I used to.				
13	I am restless and can't keep still.				
14	I feel hopeful about the future.				
15	I am more irritable than usual.				
16	I find it easy to make decisions.				
17	I feel that I am useful and needed.				
18	My life is pretty full.				
19	I feel that others would be better off if I were dead.				
20	I still enjoy the things I used to do.				

Zung WW. A self-rating depression scale. Arch. Gen. Psychiatry 12:63-70,1965

In scoring the SDS, a value of 1, 2, 3 and 4 is assigned to a response depending upon whether the item is worded positively or negatively.

For items 1, 3, 4, 7, 8, 9, 10, 13, 15, 19 the scoring is:

- A little of the time = 1 • Some of the time = 2 • Good part of the time = 3
- Most of the time = 4

Items 2, 5, 6, 11, 12, 14, 16, 17, 18, 20 are reverse scored as follows:

- Most of the time = 1 • Good part of the time = 2 • Some of the time = 3
- A little of the time = 4

40 points or less: You do not have depression. Continue your lifestyle as you have, making changes when you see fit.

41 - 49 points: Without change, you could begin to suffer from depression.

Get plenty of rest, and seek some professional help when you are having troubles.

50 points or more: You may be suffering from depression. Please consult a specialist as soon as possible.



## Consultations

※Please make appointments for face-to-face consultations.  
No appointments necessary for telephone consultations.

<p><b>Depression Consultations (telephone)</b></p>	<p>Teruteru Heart TEL 054-285-0316</p> 	<p>Mon-Wed-Fri 1pm - 4 pm (excluding public and New Year's holidays)</p>
<p><b>Mental Health and Welfare Consultations</b></p>	<p>Shizuoka City Public Health Center (Aoi and Suruga Wards) TEL 054-249-3174 Public Health Center Shimizu Branch (Shimizu Ward) TEL 054-354-2168</p>	<p>On-demand consultations (excluding weekends and New Year's holidays) Psychiatrist consultations (3 times a month)</p>
<p><b>Consultations for Families of Suicide Victims</b></p>	<p>Rindō Consultation Room TEL 054-285-0434</p>	<p>Every Wednesday Morning</p> 
<p><b>Alcohol Abuse Consultations</b></p>	<p>Shizuoka City Public Health Center TEL 054-249-3174</p>	<p>Every 4th Friday afternoon (excluding public and New Year's holidays)</p>

### Please Contact Us

#### Shizuoka City Mental Health Center

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<http://www.city.shizuoka.jp/>

All consultations will be held in Japanese.  
If necessary, please bring an interpreter with you.