DEPRESSION – PROFESSIONAL AND PERSONAL PERSPECTIVES

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PROFESSIONAL AND PERSONAL EXPERIENCE

- 1972 – became intrigued by depression
- 1976 – Ph.D. in clinical psychology; began clinical practice
- 1988 – first episode of depression
- 2005 – second episode of depression
- 2013 – daughter died by suicide
WE NEED TO TALK –
A STORY OF LOSS AND HOPE

5/10/2021
IMPACT OF DEPRESSION

- Can seriously damage relationships and careers
- Can aggravate or complicate other medical illnesses – e.g., diabetes, heart disease, arthritis
- Major risk factor for suicide – more than 47,000 Americans each year (2019)
- Major risk factor for substance abuse
PREVALENCE

• Each year more than 10% of American adults experience an episode of major depression

• More than 20% will experience at least one episode at some point in their life

Hasin, Sarvet, Meyers, et al, JAMA Psychiatry, 2018
<table>
<thead>
<tr>
<th>SEX</th>
<th>Prevalence</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>7.2%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Female</td>
<td>13.4%</td>
<td>26.1%</td>
</tr>
</tbody>
</table>

Hasin, Sarvet, Meyers, et al, JAMA Psychiatry, 2018
## Prevalence

### Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Prevalence 1</th>
<th>Prevalence 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>10.8%</td>
<td>23.1%</td>
</tr>
<tr>
<td>African American</td>
<td>9.3%</td>
<td>15.2%</td>
</tr>
<tr>
<td>Native American</td>
<td>15.9%</td>
<td>28.2%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>6.8%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>10.0%</td>
<td>16.2%</td>
</tr>
</tbody>
</table>

Hasin, Sarvet, Meyers, et al, JAMA Psychiatry, 2018
IMPACT OF COVID-19

• Recent (4/14 - 4/26) CDC survey found that 22.8% of American adults reported symptoms of major depression (compared to 6.6% January - June 2019)

• CDC survey also found that 27.3% reported symptoms of generalized anxiety disorder (compared to 8.2% January-June 2019)
CHALLENGES

• Difficulty recognizing symptoms
• Stigma of mental illness
• Pessimism & misconceptions about treatment
• Difficulty finding affordable professional care
DEPRESSION SYMPTOMS

- Depressed mood with overwhelming feelings of sadness; feeling empty

- Loss of interest or pleasure in activities previously enjoyed

- Significant change in weight or appetite

- Significant change in sleep patterns
DEPRESSION SYMPTOMS

- Fatigue or loss of energy
- Being physically slowed down or restlessness
- Difficulty thinking or concentrating or indecisiveness
- Feelings of worthlessness, guilt or hopelessness
- Frequent thoughts of death or suicide
DEPRESSION

- Depression vs Stress
- Depression vs Grief
- Causes
- Treatments
  - Medical – Primary Care Provider or Psychiatrist
  - Psychological
PSYCHOTHERAPY

• Mental Health Professionals
  – Psychiatrists
  – Psychologists
  – Clinical Social Workers
  – Psychiatric Nurse Practitioners
  – Mental Health Counselors

• Well-known therapies
  – Cognitive-Behavioral Therapy (CBT)
  – Interpersonal Therapy (IPT)
SELF CARE

- Take your medications as prescribed
- Make good use of your psychotherapy sessions
- Establish healthy sleeping habits
- Eat a balanced diet and try not to skip meals
- Make some form of physical activity a part of your daily routine
- Stay connected with others – but be selective
SELF CARE

- Break tasks down into smaller ones and set priorities
- Build into your daily schedule some time devoted to doing something you can enjoy
- Do not self-medicate with alcohol or drugs not prescribed for you
- Postpone major life decisions
- Be patient and gentle on yourself
The National Institute of Mental Health suggests:

- Offer support, understanding, patience, and encouragement
- Never ignore comments about suicide, and report them to your loved one’s health care provider or therapist
- Invite him or her out for walks, outings, and other activities
HELPING A LOVED ONE

- Help him or her adhere to the treatment plan, such as setting reminders to take prescribed medications
- Help him or her by ensuring that he or she has transportation to therapy appointments
- Remind him or her that, with time and treatment, the depression will life
HELPING A LOVED ONE

We also suggest that you:

- Educate yourself about depression and the treatment(s) being recommended

- Take the initiative to check on your loved one regularly – do not wait for him or her to call you

- Stay in touch with other family members and friends who are involved in supporting your loved one
SELF CARE FOR FAMILY AND FRIENDS

- Develop your own support system
- Consider joining a support group
- Maintain a healthy lifestyle
- Set aside time for yourself as much as possible

Remember – If you don’t take good care of yourself, you aren’t going to be able to take good care of your loved one.
CRISIS LINES

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
741741
William Styron

#1 NATIONAL BESTSELLER

WILLIAM STYRON

DARKNESS

VISIBLE

A Memoir of Madness

"Compelling... harrowing... a vivid portrait of a debilitating disorder... It offers the solace of shared experience." – The New York Times
Introduction
1. A Personal Perspective
2. A Professional’s Perspective
3. A Father’s Perspective
4. Recognizing and Responding to Depression
5. Caring for a Loved One
6. Ministering to the Vulnerable Among Us
7. Resources
Support, Education, Advocacy

- National Alliance on Mental Illness (NAMI)
- Mental Health America
- Depression and Bipolar Support Alliance
- National Institute of Mental Health (NIMH)
- American Psychological Association
- American Psychiatric Association