



**JOHNS HOPKINS**  
M E D I C I N E

# **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

# PREVALENCE

## SEX

Male	7.2%	14.7%
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Female	13.4%	26.1%
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Hasin, Sarvet, Meyers, et al, JAMA Psychiatry, 2018

# PREVALENCE

## RACE/ETHNICITY

White	10.8%	23.1%
African American	9.3%	15.2%
Native American	15.9%	28.2%
Asian/Pacific Islander	6.8%	12.2%
Hispanic	10.0%	16.2%

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

# HELPING A LOVED ONE

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 lift

# 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.

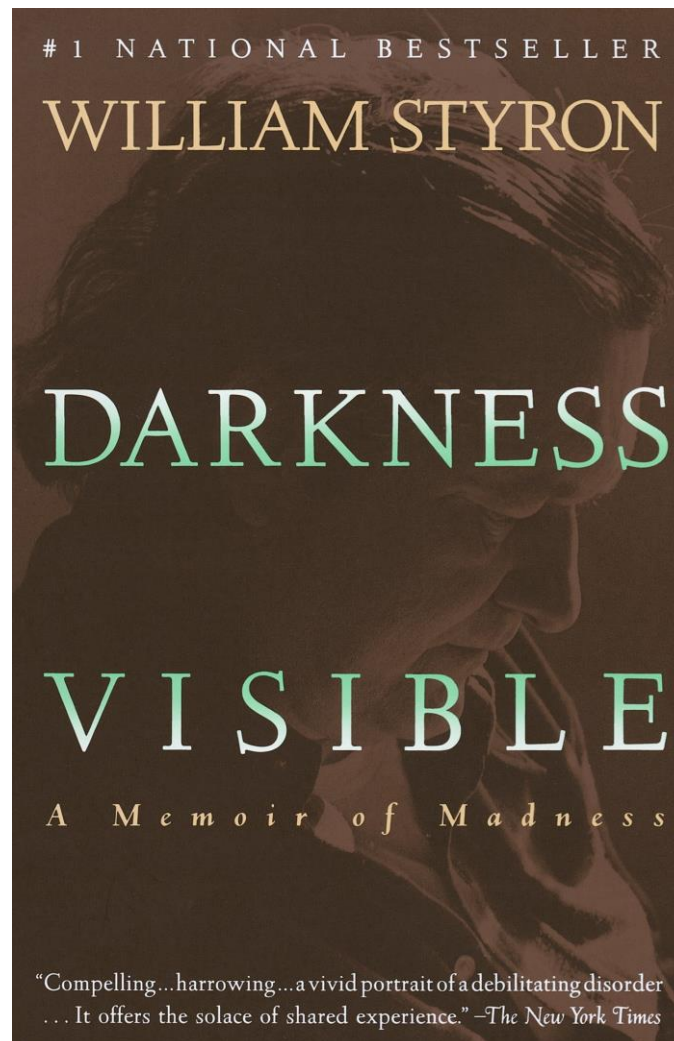
# CRISIS LINES

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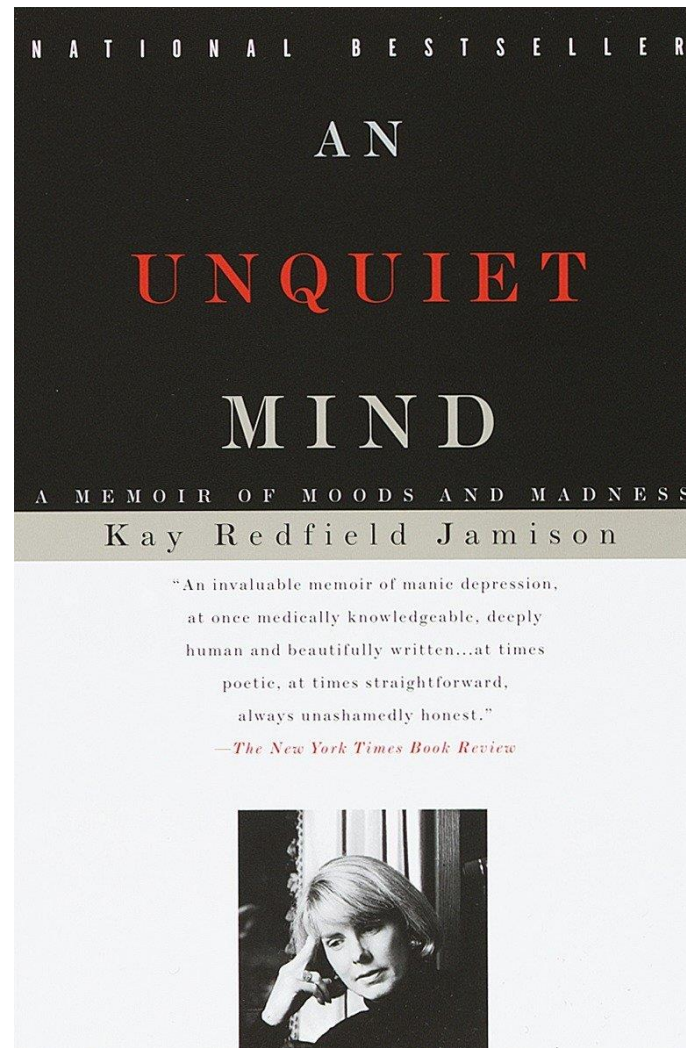
National Suicide Prevention Lifeline  
1-800-273-8255

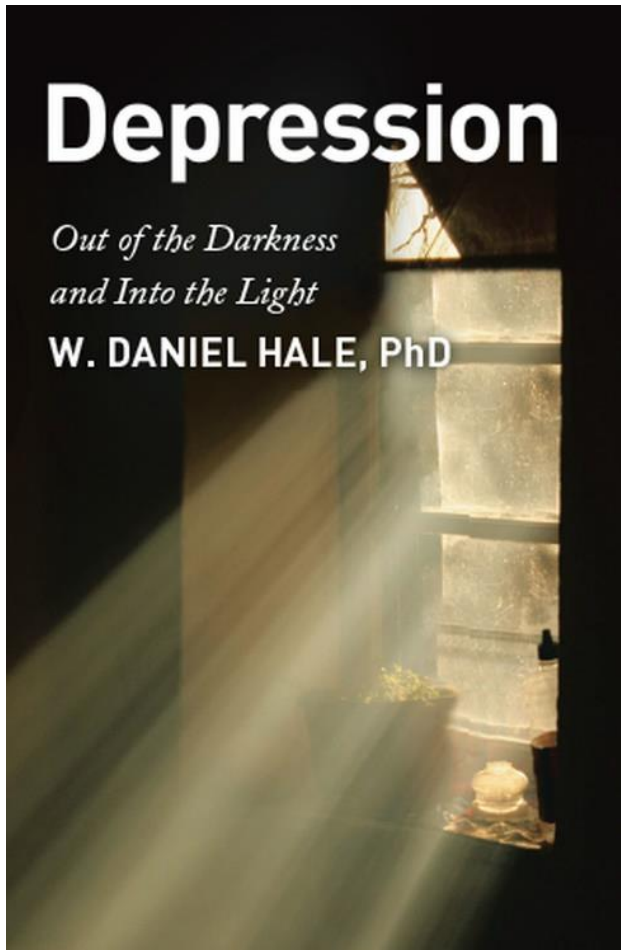
Crisis Text Line  
741741

# William Styron



# Kay Redfield Jamison, Ph.D.





## 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