

*Depression Medications. Antidepressants are medications used to treat depression.. There are a variety of medications that can be used to treat calendrierdelascience.com antidepressants all work to take.*

Find articles by Eric J. Behavioral problems in dementia are extremely common and include agitation, psychosis, anxiety, and depression 2. Behavioral problems are a leading cause of health care expenditures 3 , nursing home placement 4 , and caregiver burden 5 in dementia. Thus, depression and other behavioral problems in dementia are a big problem that is getting bigger; effective means of controlling them are of great importance for clinicians and for the community. Nelson and Devanand ask a simple question: They found only marginal evidence of efficacy of antidepressants to bring about response or remission from depression, or to bring about a greater reduction in depressive symptoms than placebo. The studies in the meta-analysis were of good quality but were generally underpowered only one study randomized more than 50 subjects. What do these findings mean for clinicians and for researchers? Before addressing these questions, it is important to mention some limitations to the use of meta-analyses in examining mental health treatments. First, a meta-analysis cannot overcome methodological limitations of the studies included in the analysis. In fact, a meta-analysis may exaggerate methodological limitations, as the weighting favors studies with larger sample sizes, possibly at the expense of smaller but more methodologically sound studies. Finally, the gold standard for validity of a scientific finding is independent confirmation, not meta-analysis; and, the efficacy of antidepressants for depression in dementia has been shown in two independent studies “ although, on the other hand, the largest study to date, a multi-center study specifically meant to confirm this efficacy finding, failed to do so 7. To their credit, Drs. Nelson and Devanand clearly outline the various methodological problems of the underlying research as well as the limitations of a meta-analytic approach in this instance. The authors suggest that the marginal findings in this meta-analysis are due to modest efficacy of antidepressants for older adults in general whether demented or not 8. Yet clinicians can achieve excellent outcomes with antidepressant treatment in our older adults. Based on research findings and my own experience as a geriatric psychiatrist who sees such patients and has participated in numerous clinical trials of antidepressant treatment, I would have three points of advice: First, decide whether initiating antidepressant treatment is appropriate vs. To make this decision, ask the following questions: Is it recalcitrant to environmental changes such as increasing physical activity or social and pleasurable events? Are non-medication options such as pain relief, medical rehabilitation, or a change in living situation likely to relieve the depressive symptoms? Second, follow the patient closely to optimize treatment. If the treatment is poorly-tolerated, or there is clearly no benefit at an adequate dose, the decision is simple: If the treatment is beneficial but incompletely so, try augmentation if dose is optimized already ; the use of dose optimization and medication augmentation and switching approaches will get most depressed older adults to remission. Close follow-up will also improve adherence and provide a clearer ascertainment of benefits and risks, 11 which will mitigate acute risks of antidepressants such as hyponatremia leading to confusion 12 or increased suicidality. In summary, by limiting treatment only to those who are likely to benefit, by discarding treatments that do not work and optimizing those that do, and by using maintenance treatment, astute clinicians usually will get our patients well from depression and keep them well. This meta-analysis has important implications for researchers. Nelson and Devanand suggest that additional research is needed to establish the efficacy of antidepressants in depressed patients with dementia, focusing on patients most likely to be drug-responsive; i. Additionally, the authors point out the challenges in accurately assessing outcomes of depression using standard rating scales. Taking this point further, it is unlikely that we will be able to clarify the benefits of antidepressants or any behavioral treatment in older adults, or to personalize treatment based on clinical trial findings, until we greatly improve assay sensitivity of our outcome measures. Experience sampling 15 and objective measures of physical and social functioning 16 are well known and validated methods to overcome insight and recall biases and might greatly increase the precision of depression outcome measurement. Finally, observational studies have recently raised a host of potential long-term risks of antidepressants in older adults, including

suicide 17 , gastrointestinal bleed 18 , and falls and bone loss leading to increased fracture risk . But the growing concern of falls, bone loss, and fractures with serotonergic antidepressants could and should be determined definitively by an appropriate randomized clinical trial; until then, the causality of these risks will remain unclear. Improved methods to measure outcomes, and a greater focus on risks as well as benefits of treatment should be the focus of future clinical trials in this field. Until then, clinicians should continue to use a trial-and-error approach, often frustrating but with adequate skill and time still producing good clinical outcomes in the treatment of late-life depression. Acknowledgements Conflict of interest statement: No sponsor role in the preparation of the manuscript. Lenze prepared the manuscript. Attea P, Johns H. J Am Geriatr Soc. Point and 5-year period prevalence of neuropsychiatric symptoms in dementia: Int J Geriatr Psychiatry. Predictors of nursing home admission for persons with dementia. Caregiver burden in Alzheimer disease: Am J Geriatr Psychiatry. Support for the vascular depression hypothesis in late-life depression: Sertraline for the treatment of depression in Alzheimer disease. Efficacy of second generation antidepressants in late-life depression: Recovery from major depression in older adults receiving augmentation of antidepressant pharmacotherapy. Targeting and managing behavioral symptoms in individuals with dementia: Zivin K, Kales HC. Adherence to depression treatment in older adults: Paroxetine-induced hyponatremia in older adults: Who receives outpatient monitoring during high-risk depression treatment periods? Maintenance treatment of major depression in old age. N Engl J Med. J Nerv Ment Dis. Scheduled bright light for treatment of insomnia in older adults. The risk of suicide with selective serotonin reuptake inhibitors in the elderly. Risk of upper gastrointestinal tract bleeding associated with selective serotonin reuptake inhibitors and venlafaxine therapy: Effect of selective serotonin reuptake inhibitors on the risk of fracture. Risk of suicidality in clinical trials of antidepressants in adults: An older adult falls research agenda from a public health perspective.

## Chapter 2 : Medical treatments for depression

*Medication treatment for depression. Depression medication may be the most advertised treatment for depression, but that doesn't mean it is the most effective. Depression is not just about a chemical imbalance in the brain.*

Guided imagery and music therapy Guided imagery is a form of meditation in which you envision a goal in as much detail as you can. This technique uses the power of positive thinking to help attain something specific, like happiness. Music therapy has been used to help improve the moods of people with depression. Sometimes it involves listening to music that promotes relaxation and positivity. Other times, it involves singing as a form of therapy. One study showed that both of these therapy types could help decrease stress and improve mood. A possible herbal solution St. American physicians are more divided about its usefulness. But it may benefit people with mild-to-moderate forms. To be safe, always consult your doctor before taking it. SAM-e pills are sold as a dietary supplement. However, people with bipolar disorder or manic depression should not take SAM-e because it may cause mood swings and mania. It works by increasing the amount of serotonin in the brain. Serotonin is associated with mood, sleep, and other functions. Some studies suggest that 5-HTP may be effective in treating depression, but taking 5-HTP at high doses or for long periods could be dangerous. In the past, contaminants have caused some 5-HTP users to develop a sometimes-fatal blood condition. More studies need to be done to determine if 5-HTP can be effective in treating depression. Areas of the South Pacific, including Hawaii, have used kava for stress release, mood elevation, and other calming effects. In fact, its relaxing effects have been likened to benzodiazepines. Studies have shown that kava is safe and effective in treating tension and anxiety, which may help ease depression symptoms. However, more research is needed to prove conclusive evidence.

## Chapter 3 : Yoga for anxiety and depression - Harvard Health

*Some people use these treatments instead of drugs, and some use them as an add-on treatment to their antidepressant medication. St. John's wort is an herb that some people have tried for depression.*

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A A Best antidepressant for anxiety according to our readers Readers reveal the therapists and drugs that helped Published: July An estimated 14 percent of Americans will experience a serious bout of depression during their lifetime, and 20 percent will experience an anxiety disorder. Among our key findings: Some drugs have an edge People who took medications from the SSRI class of antidepressants—which includes citalopram Celexa , fluoxetine Prozac , sertraline Zoloft , and their generic equivalents—reported lower rates of side effects than those taking SNRIs, a newer, often more expensive class of antidepressants that includes venlafaxine Effexor and generic and duloxetine Cymbalta. Yet patients found SSRI treatment at least as helpful. Anxiety rises Of readers who sought help for a mental-health difficulty, 58 percent had experienced anxiety, up from 41 percent in our previous mental-health survey, in Most drugs currently used to treat depression also work for anxiety, a boon for the many people who experience the two problems simultaneously. Side effects shift As in our previous survey, rates of reported side effects among people taking antidepressants were higher than those reported in studies funded by drug companies. This report focuses primarily on the 1, respondents who experienced depression only 30 percent of the total , anxiety only 18 percent , or anxiety and depression at the same time 52 percent. Their average age was 58, and 55 percent were male. Talk therapy a good investment, our survey finds Talk therapy offers two advantages over medication: Of the respondents who visited a mental-health professional for talk therapy, either alone or in conjunction with taking medication, 46 percent said the therapists had made things "a lot better" and 45 percent said they had made things "somewhat better. Helpfulness scores were somewhat higher for people who had seen a psychiatrist, a medical doctor who can prescribe medication. Of patients who went to psychiatrists, 59 percent received some talk therapy, usually in combination with medication; the rest got only meds. We also asked people if they had seen psychiatric nurses, practitioners who specialize in mental health and, in some states, can prescribe medications on their own. But only 2 percent of our respondents got their care from nurses, too few to be included in our analysis. In two states, appropriately trained psychologists have a limited authority to prescribe medications, but in general psychologists typically specialize in talk therapy. Depending on the severity of your symptoms, therapy may be a good first step; you can always talk to your therapist about adding medication later if needed. The best-studied talk therapy is cognitive-behavioral therapy, or CBT, in which you learn to recognize and change thoughts or behaviors that contribute to your distress. Many therapists practice a hybrid approach that may combine aspects of CBT with other strategies. Some research suggests that the quality of your relationship with your therapist, regardless of the degree on the wall or the style of treatment, is an important key to success. So put your energy into finding a compatible one. How much experience do you have treating people with issues like mine? What is your degree, and what state license do you hold? What sorts of methods do you use? How soon can you see me? If the situation is critical and the therapist has no openings, ask for a referral. What are your fees, and do you take my insurance? Drugs for depression and anxiety Illustration: Reflecting national trends, most recipients of medication in our survey got an SSRI selective serotonin reuptake inhibitor such as fluoxetine or sertraline; many others got an SNRI serotonin and norepinephrine reuptake inhibitor such as venlafaxine or duloxetine. The drugs alter the levels of certain brain chemicals, or neurotransmitters, that carry signals between nerve cells. Forty-seven percent of respondents got their prescription from a psychiatrist; the rest obtained it from their primary-care physician, whom they saw separately or as an adjunct to talk therapy with a mental-health professional. But clinical evidence shows that they work equally well for each major form of anxiety. Among respondents who took medication for anxiety or depression, the median number of drugs tried was three. Respondents who tried three medications had slightly better outcomes than those who tried fewer or more, suggesting that trial and error is an important part of pharmaceutical treatment. Expect some side effects As

with all drugs, antidepressants have side effects. Interestingly, men reported more sexual side effects than women, while women complained more often about weight gain. It may be a true physiological difference, or women may simply be more bothered by weight gain and men by sexual difficulties. The sexual side-effect rates from the current survey are lower than those we found in , when up to 53 percent of respondents reported them. For many respondents, side effects proved more than mere annoyances: Still, the drugs helped a lot for about half of the people who took them and at least somewhat for another 30 percent. And people who took the drugs in conjunction with talk therapy fared especially well. Use tranquilizers selectively For the 58 percent of respondents who experienced anxiety, we also asked about benzodiazepines, an older class of anti-anxiety drugs that includes alprazolam Xanax and generic and lorazepam Ativan and generic. About one-quarter had tried a benzodiazepine; of those, 57 percent said it helped "a lot. What to do Consumer Reports Best Buy Drugs , a public education project that generates drug recommendations based on safety, efficacy, and price, says that generic bupropion, citalopram, fluoxetine, and sertraline are among the best initial options to consider for depression. Ask your doctor whether you can start at the lowest dose possible. Readers rate antidepressants We asked readers who took drugs for anxiety, depression, or both within the past three years to rate them. Responses are based on 1, experiences. Some reported on more than one drug. Side effects were rated by respondents based on the most recent medication they tried. Sixty-nine percent of those who tried medication experienced at least one side effect. Note that bupropion Wellbutrin and generic has approval only for treating depression, not anxiety.

### Chapter 4 : List of Depression Medications ( Compared) - calendrierdelascience.com

*Other depression disorders. This includes depression that's caused by the use of recreational drugs, some prescribed medications or another medical condition. Treatment. Medications and psychotherapy are effective for most people with depression. Your primary care doctor or psychiatrist can prescribe medications to relieve symptoms.*

But are antidepressants always the best treatment option? What are the potential side effects and safety concerns? And are there any truly effective non-drug alternatives? These are some of the important questions to think about when considering antidepressant treatment. Antidepressants are a range of medications used in the treatment of depression and other mental health conditions, and are some of the most commonly prescribed medications around. For anyone suffering the pain and anguish of depression, they promise a quick and simple method of relief. Is depression really caused by a chemical imbalance in the brain? The truth is that there is very little—if any—research to support this theory. So, what does cause depression? Depression Symptoms and Warning Signs: Recognizing Depression and Getting Help Mental health researchers agree that the causes of depression are much more complex than the chemical imbalance theory suggests. A growing body of research points to other physiological factors, including inflammation, elevated stress hormones, immune system suppression, abnormal activity in certain parts of the brain, nutritional deficiencies, and shrinking brain cells. And these are just the biological causes of depression. Social and psychological factors—such as loneliness, lack of exercise, poor diet, and low self-esteem—also play an enormous role. How effective are antidepressants in treating depression? Going back to our aspirin analogy: Is the same true with antidepressants and depression? Again, the evidence may surprise you. When depression is severe, medication may be helpful—even lifesaving. However, research shows that very few people become symptom-free on antidepressants, and some become worse. Many people who respond initially to medication soon slip back into depression, despite sticking with their drug treatment. Furthermore, other studies show that the benefits of antidepressants have been exaggerated, with a growing number of researchers concluding that—when it comes to mild to moderate depression—antidepressants are no more effective than placebos. Where does this leave me? Overcoming Depression One Step at a Time Medication may be right for you if depression is interfering with your ability to function in an important part of your life—work, school, or in your relationships, for example. However, many people use antidepressants when therapy, exercise, or self-help strategies would work just as well or better—minus the unpleasant side effects. See Coping with Depression and Depression Treatment Side effects of antidepressant medication Side effects are common in all antidepressants. For many people, the side effects are serious enough to make them stop taking the medication. The SSRIs act on the brain chemical serotonin, which not only helps to regulate mood, but also plays a role in digestion, pain, sleep, mental clarity, and other bodily functions. As a result, SSRIs can cause a wide range of side effects, including:

## Chapter 5 : Depression Treatment

*Getting medication from one's primary care doctor makes insurance coverage more likely, but s/he probably has less expertise in treating depression compared to a psychiatrist. Type of medication.*

Type of Antidepressants Talking to Your Doctor Medication can be an effective intervention for treating the symptoms of depression. Not all antidepressants, however, work the same way. The antidepressant your doctor will prescribe you often depends on your particular symptoms of depression, potential side effects, and other factors. Most antidepressants work by affecting chemicals in the brain known as neurotransmitters. The neurotransmitters serotonin, norepinephrine, and dopamine are associated with depression. How medications affect these neurotransmitters determines the class of antidepressants to which they belong. It has fewer side effects than other antidepressants and is sometimes used to treat anxiety. Tricyclic antidepressants

Tricyclics are known for causing more side effects than other types of antidepressants, so they are unlikely to be prescribed unless other medications are ineffective. Examples include amitriptyline Elavil , desipramine Norpramin , doxepin Sinequan , imipramine Tofranil , nortriptyline Pamelor , and protriptyline Vivactil. MAOIs have many interaction effects with foods and other medications, so people who take them may have to change their diet and other medications. Talking to Your Doctor It is important to communicate regularly with your doctor when you are taking an antidepressant, especially if you are prescribed any other medications. Keep track of your symptoms so that they can find the best medication for your depression, and also keep track of any side effects you experience. If you become pregnant or are breastfeeding, be sure to ask what medication is safest. Some antidepressants carry warnings that they may increase suicidal thoughts, particularly among young people. Be sure to communicate with your doctor if you experience any suicidal thoughts while on the medication or monitor your child if they are taking an antidepressant. With patience, observation, and communication, you and your doctor can find the medication that best fits your symptoms and needs. The information contained herein should NOT be used as a substitute for the advice of an appropriately qualified and licensed physician or other healthcare provider. This article mentions drugs that were FDA-approved and available at the time of publication and may not include all possible drug interactions or all FDA warnings or alerts. The author of this page explicitly does not endorse this drug or any specific treatment method. If you have health questions or concerns about interactions, please check with your physician or go to the FDA site for a comprehensive list of warnings.

### Chapter 6 : Treatment | Anxiety and Depression Association of America, ADAA

*Medication can be an effective intervention for treating the symptoms of depression. Not all antidepressants, however, work the same way. The antidepressant your doctor will prescribe you often depends on your particular symptoms of depression, potential side effects, and other factors.*

Cures For Depression – Treating Depression Without Medication 10 July, by Treat Depression Cures for depression are becoming more popular among people of different social and age groups. More than half a century, scientists have been working to research and develop, competing in trying to invent the best cures for depression. Nevertheless, almost all currently existing depression medication may be at risk of serious side effects. And the conflicting results of studies of drugs called into question the effectiveness and feasibility of application. First of all it is important to remember that depression is a serious medical condition, not a temporary episode of melancholy. And medication fails to relieve a person from domestic problems that led to the depression. The exceptions are the cases where depression is a consequence of other diseases that caused changes in brain chemistry. These can be congenital abnormalities, such as lack of serotonin or other substances responsible for the emotional state. Depression can lead to endocrine system disorders, cancer, hepatitis c, that require medical treatment. In addition, the appointment of drugs is appropriate in severe and prolonged depression. In mild depression, it is most often recommended for treating depression without medication, with herbal medicine. Medications can relieve or reduce such manifestations of depression like apathy, depressive mood, sleep and appetite disorders. The producers of medications warn that by taking drugs the risk of suicide may increase. It is for this reason that the drug Paxil acquired the scandalous fame. Doctors also warn about the dangers of self-treatment. Each group of drugs has a certain action, and affects the chemical processes of the brain. Some groups have a stimulating effect, others on the contrary, a sedative one. Depending on the form and degree of the depressive disorder there are prescribed antidepressants, tranquilizers, nootropics and, in severe cases, antipsychotics. But even the best cures for depression can have the opposite effect by inappropriate dosage and treatment scheme. A qualified specialist will advise you what the best cures for depression are there in the world market, which ones are most appropriate in a given case, and will appoint the selected drug treatment routine. The health care provider must report the occurrence of side effects, since some of them require immediate lifting of medicines. Treating Depression Without Medication The view of psychologists and psychiatrists also differ on the efficacy and safety of medications for depression. As a result, around the world there are groups of scientists who insist on treating depression without medication. One of the well-known representatives of this group is Peter Breggin. After a tremendous research on the effects of medication, Breggin founded the Center for the study of emphatic therapy. Proponents of such methods argue that the best cure for depression is a laborious work with each patient individually and individual treatment. The basis of the treatment is the interaction between the doctor and the patient, which reveals the hidden causes of depression and the tactics to overcome the disease. Because the depressed person may not be fully aware of what is happening, the doctor must have emphatic abilities, that is, to feel what is going on with the patient and what kind of assistance he requires. The method of treating depression without medication is more complicated, but also more effective. The lack of medical treatment in no way implies a lack of treatment as such. Moreover, those suffering from depression just need professional treatment, because mental illnesses can lead to a number of physical illnesses. And, of course, you cannot neglect preventive measures. The soul, like the body, requires attention and care, and if something hurts then you need to take action rather than simply try to numb the pain.

## Chapter 7 : How to Treat Depression without Medication | Healthy Living

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**Diagnosis** Your doctor may determine a diagnosis of depression based on: Your doctor may do a physical exam and ask questions about your health. In some cases, depression may be linked to an underlying physical health problem. Your mental health professional asks about your symptoms, thoughts, feelings and behavior patterns. You may be asked to fill out a questionnaire to help answer these questions. Types of depression Symptoms caused by major depression can vary from person to person. To clarify the type of depression you have, your doctor may add one or more specifiers. A specifier means that you have depression with specific features, such as: Bipolar I and II disorders. These mood disorders include mood swings that range from highs mania to lows depression. Cyclothymic sy-kloe-THIE-mik disorder involves highs and lows that are milder than those of bipolar disorder. Disruptive mood dysregulation disorder. This mood disorder in children includes chronic and severe irritability and anger with frequent extreme temper outbursts. This disorder typically develops into depressive disorder or anxiety disorder during the teen years or adulthood. Sometimes called dysthymia dis-THIE-me-uh , this is a less severe but more chronic form of depression. This involves depression symptoms associated with hormone changes that begin a week before and improve within a few days after the onset of your period, and are minimal or gone after completion of your period. Treatment Medications and psychotherapy are effective for most people with depression. Your primary care doctor or psychiatrist can prescribe medications to relieve symptoms. However, many people with depression also benefit from seeing a psychiatrist, psychologist or other mental health professional. If you have severe depression, you may need a hospital stay, or you may need to participate in an outpatient treatment program until your symptoms improve. Medications Many types of antidepressants are available, including those below. Be sure to discuss possible major side effects with your doctor or pharmacist. Selective serotonin reuptake inhibitors SSRIs. Doctors often start by prescribing an SSRI. These drugs are considered safer and generally cause fewer bothersome side effects than other types of antidepressants. Serotonin-norepinephrine reuptake inhibitors SNRIs. These drugs " such as imipramine Tofranil , nortriptyline Pamelor , amitriptyline, doxepin, trimipramine Surmontil , desipramine Norpramin and protriptyline Vivactil " can be very effective, but tend to cause more-severe side effects than newer antidepressants. Monoamine oxidase inhibitors MAOIs. Other medications may be added to an antidepressant to enhance antidepressant effects. Your doctor may recommend combining two antidepressants or adding medications such as mood stabilizers or antipsychotics. Anti-anxiety and stimulant medications also may be added for short-term use. Finding the right medication If a family member has responded well to an antidepressant, it may be one that could help you. Or you may need to try several medications or a combination of medications before you find one that works. This requires patience, as some medications need several weeks or longer to take full effect and for side effects to ease as your body adjusts. Inherited traits play a role in how antidepressants affect you. In some cases, where available, results of genetic tests done by a blood test or cheek swab may offer clues about how your body may respond to a particular antidepressant. However, other variables besides genetics can affect your response to medication. Stopping treatment abruptly or missing several doses can cause withdrawal-like symptoms, and quitting suddenly may cause a sudden worsening of depression. Work with your doctor to gradually and safely decrease your dose. Antidepressants and increased suicide risk Most antidepressants are generally safe, but the Food and Drug Administration FDA requires all antidepressants to carry a black box warning, the strictest warning for prescriptions. In some cases, children, teenagers and young adults under age 25 may have an increase in suicidal thoughts or behavior when taking antidepressants, especially in the first few weeks after starting or when the dose is changed. Anyone taking an antidepressant should be watched closely for worsening depression or unusual behavior, especially when starting a new medication or with a change in dosage. If you or someone you know has suicidal thoughts when taking an antidepressant,

immediately contact a doctor or get emergency help. Keep in mind that antidepressants are more likely to reduce suicide risk in the long run by improving mood.

### Psychotherapy

Psychotherapy is a general term for treating depression by talking about your condition and related issues with a mental health professional. Psychotherapy is also known as talk therapy or psychological therapy. Different types of psychotherapy can be effective for depression, such as cognitive behavioral therapy or interpersonal therapy. Your mental health professional may also recommend other types of therapies. Psychotherapy can help you:

- Adjust to a crisis or other current difficulty
- Identify negative beliefs and behaviors and replace them with healthy, positive ones
- Explore relationships and experiences, and develop positive interactions with others
- Find better ways to cope and solve problems
- Identify issues that contribute to your depression and change behaviors that make it worse
- Regain a sense of satisfaction and control in your life and help ease depression symptoms, such as hopelessness and anger
- Learn to set realistic goals for your life
- Develop the ability to tolerate and accept distress using healthier behaviors

### Alternate formats for therapy

Formats for depression therapy as an alternative to face-to-face office sessions are available and may be an effective option for some people. Therapy can be provided, for example, as a computer program, by online sessions, or using videos or workbooks. Programs can be guided by a therapist or be partially or totally independent. Before you choose one of these options, discuss these formats with your therapist to determine if they may be helpful for you. Also, ask your therapist if he or she can recommend a trusted source or program. Some may not be covered by your insurance and not all developers and online therapists have the proper credentials or training.

### Smartphones and tablets that offer mobile health apps, such as support and general education about depression, are not a substitute for seeing your doctor or therapist.

### Hospital and residential treatment

In some people, depression is so severe that a hospital stay is needed. Psychiatric treatment at a hospital can help keep you calm and safe until your mood improves. Partial hospitalization or day treatment programs also may help some people. These programs provide the outpatient support and counseling needed to get symptoms under control. Other treatment options

### For some people, other procedures, sometimes called brain stimulation therapies, may be suggested:

- In ECT, electrical currents are passed through the brain to impact the function and effect of neurotransmitters in your brain to relieve depression.
- Transcranial magnetic stimulation (TMS). During TMS, a treatment coil placed against your scalp sends brief magnetic pulses to stimulate nerve cells in your brain that are involved in mood regulation and depression.

### Request an Appointment at Mayo Clinic

### Clinical trials

Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. But in addition to professional treatment, these self-care steps can help:

- Stick to your treatment plan. If you stop, depression symptoms may come back, and you could also experience withdrawal-like symptoms. Recognize that it will take time to feel better.
- Education about your condition can empower you and motivate you to stick to your treatment plan. Encourage your family to learn about depression to help them understand and support you.
- Pay attention to warning signs. Work with your doctor or therapist to learn what might trigger your depression symptoms. Make a plan so that you know what to do if your symptoms get worse. Contact your doctor or therapist if you notice any changes in symptoms or how you feel.
- Ask relatives or friends to help watch for warning signs.
- Avoid alcohol and recreational drugs. It may seem like alcohol or drugs lessen depression symptoms, but in the long run they generally worsen symptoms and make depression harder to treat. Talk with your doctor or therapist if you need help with alcohol or substance use.
- Take care of yourself. Eat healthy, be physically active and get plenty of sleep. Consider walking, jogging, swimming, gardening or another activity that you enjoy. Sleeping well is important for both your physical and mental well-being.

### Alternative medicine

Alternative medicine is the use of a nonconventional approach instead of conventional medicine. Complementary medicine is a nonconventional approach used along with conventional medicine – sometimes called integrative medicine. Make sure you understand the risks as well as possible benefits if you pursue alternative or complementary therapy.

### Supplements

Examples of supplements that are sometimes used for depression include:

- But if you choose to use it, be careful – St. Also, avoid taking St. Pronounced "sam-E," this dietary supplement is a synthetic form of a chemical that occurs naturally in the body. It may be helpful, but more research is needed. SAME may trigger mania in people with bipolar disorder. These healthy fats are found in cold-water fish,

flaxseed, flax oil, walnuts and some other foods. Omega-3 supplements are being studied as a possible treatment for depression. While considered generally safe, in high doses, omega-3 supplements may interact with other medications. More research is needed to determine if eating foods with omega-3 fatty acids can help relieve depression. Also, because some herbal and dietary supplements can interfere with prescription medications or cause dangerous interactions, talk to your doctor or pharmacist before taking any supplements. Mind-body connections Integrative medicine practitioners believe the mind and body must be in harmony for you to stay healthy. Examples of mind-body techniques that may be helpful for depression include:

### Chapter 8 : Depression Treatment: Therapy, Medication, and Lifestyle Changes That Can Treat Depression

*A treatment plan for a diagnosis of depression and an anxiety disorder should be designed to help a person manage and reduce the symptoms of both disorders, often at the same time. Some people may have a disorder that causes most of the distress, and it is reasonable to address it first.*

However, even the most severe depression is treatable. Learning about your depression treatment options will help you decide which approach is right for you. From therapy to medication to healthy lifestyle changes, there are many effective treatments that can help you overcome depression, feel happy and hopeful again, and reclaim your life. What are my depression treatment options? What works for one person might not work for another. The best way to treat depression is to become as informed as possible about the treatment options, and then tailor them to meet your needs. Depression treatment tips Learn as much as you can about your depression. If so, that condition will need to be treated first. The severity of your depression is also a factor. It takes time to find the right treatment. It might take some trial and error to find the treatment and support that works best for you. For example, if you decide to pursue therapy it may take a few attempts to find a therapist that you really click with. Be open to change and a little experimentation. Although medication can relieve the symptoms of depression, it is not usually suitable for long-term use. If you do decide to try medication, remember that medication works best when you make healthy lifestyle changes as well. The more you cultivate your social connections, the more protected you are from depression. Often, the simple act of talking to someone face-to-face can be an enormous help. Treatment takes time and commitment. All of these depression treatments take time, and sometimes it might feel overwhelming or frustratingly slow. Recovery usually has its ups and downs. An essential part of depression treatment Lifestyle changes are simple but powerful tools in the treatment of depression. Sometimes they might be all you need. Even if you need other treatment as well, making the right lifestyle changes can help lift depression faster and prevent it from coming back. Lifestyle changes to treat depression Exercise. Regular exercise can be as effective at treating depression as medication. Not only does exercise boost serotonin, endorphins, and other feel-good brain chemicals, it triggers the growth of new brain cells and connections, just like antidepressants do. Even a half-hour daily walk can make a big difference. For maximum results, aim for 30 to 60 minutes of aerobic activity on most days. Strong social networks reduce isolation, a key risk factor for depression. Keep in regular contact with friends and family, or consider joining a class or group. Eating well is important for both your physical and mental health. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. While you may be drawn to sugary foods for the quick boost they provide, complex carbohydrates are a better choice. Sleep has a strong effect on mood. Sleep deprivation exacerbates irritability, moodiness, sadness, and fatigue. Very few people do well on less than seven hours a night. Aim for somewhere between seven to nine hours each night. Make changes in your life to help manage and reduce stress. Too much stress exacerbates depression and puts you at risk for future depression. Take the aspects of your life that stress you out, such as work overload or unsupportive relationships, and find ways to minimize their impact. If your depression is the result of medical causes, therapy and antidepressants will do little to help. Your doctor will check for medical conditions that mimic depression, and also make sure you are not taking medications that can cause depression as a side effect. Many medical conditions and medications can cause symptoms of depression, including sadness, fatigue, and the loss of pleasure. Hypothyroidism, or underactive thyroid, is a particularly common mood buster, especially in women. Older adults, or anyone who takes many different medications each day, are at risk for drug interactions that cause symptoms of depression. The more medications you are taking, the greater the risk for drug interactions. Psychotherapy for depression treatment If there is no underlying medical cause for your symptoms of depression, talk therapy can be an extremely effective treatment. What you learn in therapy gives you skills and insight to feel better and help prevent depression from coming back. There are many types of therapy available. Three of the more common methods used in depression treatment include cognitive behavioral therapy, interpersonal therapy, and psychodynamic therapy. Often, a blended approach is used. Some types of therapy teach you practical

techniques on how to reframe negative thinking and employ behavioral skills in combating depression. Therapy can also help you work through the root of your depression, helping you understand why you feel a certain way, what your triggers are for depression, and what you can do to stay healthy. Therapy helps you step back and see what might be contributing to your depression and how you can make changes. Understanding the patterns of your relationships, building better relationships, and improving current relationships will help reduce isolation and build social support, important in preventing depression. Setting healthy boundaries in relationships and at work can help relieve stress, and therapy can help you identify and validate the boundaries that are right for you. Individual or group therapy for depression treatment? However, group therapy can be very useful in depression treatment as well. Both group and individual therapy sessions usually last about an hour. What are the benefits of each? In individual therapy, you are building a strong relationship with one person, and may feel more comfortable sharing some sensitive information with one person than with a group. You also get individualized attention. In group therapy, listening to peers going through the same struggles can validate your experiences and help build self-esteem. Often group members are at different points in their depression, so you might get tips from both someone in the trenches and someone who has worked through a challenging problem. As well as offering inspiration and ideas, attending group therapy can also help increase your social activities and network. When the going gets tough in therapy If you discuss your feelings and reactions honestly with your therapist, it will help you move forward rather than retreat back to your old, less effective ways. A strong trusting relationship is the foundation of good therapy. Finding a therapist One of the most important things to consider when choosing a therapist is your connection with this person. The right therapist will be a caring and supportive partner in your depression treatment and recovery. There are many ways to find a therapist: Word of mouth is one of the best ways to find a good therapist. Your friends and family may have some ideas, or your primary care doctor may be able to provide an initial referral. National mental health organizations can also help with referral lists of licensed credentialed providers. If cost is an issue, check out local senior centers, religious organizations, and community mental health clinics. Such places often offer therapy on a sliding scale for payment. Depression is not just about a chemical imbalance in the brain. Antidepressant medications also come with side effects and safety concerns, and withdrawal can be very difficult. Lifestyle changes and therapy not only help speed recovery from depression, but also provide skills to help prevent a recurrence. Should you get antidepressants from your family doctor? Your family doctor might be the first professionals to recognize your depression. Ask for a referral. You might end up working with a therapist and not needing medication at all. If you do need medication, a psychiatrist has advanced training and experience in depression, treatments, and medications. Alternative and complementary treatments for depression Alternative and complementary treatments for depression may include vitamin and herbal supplements, acupuncture, and relaxation techniques, such as mindfulness meditation, yoga, or tai chi. Vitamins and supplements for depression treatment The jury is still out on how well herbal remedies, vitamins, or supplements work in treating depression. While many supplements are widely available over the counter, in many cases their efficacy has not been scientifically proven. If your depression symptoms are in part due to nutritional deficiency, you may benefit from vitamin supplements, but this should be on the advice of your healthcare professional. If you decide to try natural and herbal supplements, remember that they can have side effects and drug or food interactions. Make sure your doctor or therapist knows what you are taking. Other alternative depression treatments Relaxation techniques. As well as helping to relieve symptoms of depression, relaxation techniques may also reduce stress and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or meditation. Acupuncture, the technique of using fine needles on specific points on the body for therapeutic purposes, is increasingly being investigated as a treatment for depression, with some research studies showing promising results. If you decide to try acupuncture, make sure that you find a licensed qualified professional. Recommended reading Understanding Depression: Includes a list of diagnostic criteria. Depression and Bipolar Support Alliance Understanding Depression and Effective Treatment PDF " This fact sheet discusses depression with a focus on how psychotherapy can help a depressed person recover. American Psychological Association How to Find Help Through Psychotherapy " Introduction to psychotherapy,

including its effectiveness and how to find a good therapist.

### Chapter 9 : Antidepressant Medication: What You Need to Know About Depression Medication

*Many treatment options are available for depression, but how well treatment works depends on the type of depression and its severity. Psychotherapy While some psychotherapies have been researched more than others, many types can be helpful and effective.*

Share on Facebook If you suffer from depression, you know how devastatingly hard it can be to cope. Cut refined sugars out of your diet as much as possible. Depression is often linked to low serotonin levels in the brain, and sugars give a temporary boost to serotonin. But the boost is only temporary and you will crash later. Eat the proper foods and take a multi vitamin. If you eat a well-balanced diet, your body is more likely to feel good and function properly. Exercise gives you a natural high and adrenaline rush, which can boost your mood for hours at a time. Try to exercise on a regular basis. Research has shown that daily sunlight helps boost your mood. Look into a light box if the sunlight is sparse in your area. If the day is frequently overcast or you simply never get a chance to go outside, a light box may be a solution for you. Just a few minutes of light from the light box can help depression immensely. Get enough sleep every night. Lack of sleep contributes to poor body function, irritation, and depression. Getting an appropriate amount of sleep hours can improve your mood drastically. Take a small nap during the day if you need to. Journal your thoughts and moods. If you regularly record your moods and the triggers that caused you to feel that way, you may begin to see patterns in what is causing your depression. In addition, journaling or blogging your feelings can help you work through them. Depression can make you want to hide from the world, but that will only make the depression worse. Call a friend or make plans to do something social with a friend. Even a small chat with a friend can help improve your mood. Meditation or prayer has been shown to improve moods, so give it a chance. Take just a little time each day for quiet reflection or prayer. Seek professional help when needed. Talk to a doctor, pastor, therapist, or psychiatrist for additional help and information when needed. It may take a few days for your depression to improve, so hang in there! Remember that you are not alone and that there are many people out there who know what you are going through. Use these tips along with the treatment you are already receiving.