Week 5

HAM-D (Hamilton Depression Rating Scale)

- **Components**:
  - 17 to 24 items (depending on version) measuring severity of depression
  - Assesses symptoms like mood, insomnia, agitation, anxiety, weight loss, and somatic symptoms
- **Scoring**:
  - 0–7: Normal
  - 8–13: Mild depression
  - 14–18: Moderate depression
  - 19–22: Severe depression
  - ≥23: Very severe depression

Geriatric Depression Scale (GDS)

- **Components**:
  - 30-item or 15-item version with yes/no responses
  - Assesses mood, interest in activities, energy, and overall depressive symptoms
- **Scoring**:
  - 0–9: Normal
  - 10–19: Mild depression
  - 20–30: Severe depression

PHQ-9 (Patient Health Questionnaire-9)

- **Components**:
  - 9 items based on DSM-5 criteria for depression
  - Assesses frequency of symptoms over the last 2 weeks (0 = not at all, 3 = nearly every day)
- **Scoring**:
  - 1–4: Minimal depression
  - 5–9: Mild depression
  - 10–14: Moderate depression
  - 15–19: Moderately severe depression
  - 20–27: Severe depression

Mood Disorder Questionnaire (MDQ)

- **Components**:
  - 13 yes/no questions to screen for Bipolar Disorder
  - Assesses manic symptoms like mood elevation, hyperactivity, grandiosity, and decreased need for sleep
- **Scoring**:
  - Positive screen: ≥7 symptoms present, occurring in the same episode, with moderate-to-severe impairment

---

Normal Lab Values:

- **TSH**: 0.4–4.5 mIU/L
- **Hemoglobin**:
  - Males: 13.8–17.2 g/dL
  - Females: 12.1–15.1 g/dL
- **Lithium**: 0.6–1.2 mEq/L (Therapeutic range)
- **Depakote (Valproic Acid)**: 50–100 mcg/mL (Therapeutic range)

Major Depressive Disorder (MDD) Specifiers:

- **With anxious distress**
- **With mixed features**
- **With melancholic features**
- **With atypical features**
- **With psychotic features**
- **With peripartum onset**
- **With seasonal pattern**

Premenstrual Dysphoric Disorder (PMDD)

- **Diagnostic Criteria**:
  - ≥5 symptoms in the week before menses, improving within days of onset
  - Symptoms include mood swings, irritability, depression, anxiety, anhedonia, and physical symptoms (bloating, breast tenderness)

Persistent Depressive Disorder (Dysthymia)

- **Diagnostic Criteria**:

- Depressed mood for **≥2 years** (≥1 year in children/adolescents)
- Presence of at least 2 symptoms: appetite changes, sleep changes, fatigue, low self-esteem, poor concentration, hopelessness

---

Augmenting Antidepressants:

- **Options**:
  - Atypical antipsychotics (e.g., aripiprazole, quetiapine)
  - Lithium
  - Buspirone
  - Thyroid hormone (T3)
  - Bupropion or mirtazapine

Tricyclic Antidepressants (TCAs) & Side Effects:

- **Examples**: Amitriptyline, Nortriptyline, Imipramine
- **Side Effects**:
  - Anticholinergic effects (dry mouth, constipation, urinary retention)
  - Sedation
  - Orthostatic hypotension
  - Cardiotoxicity (QT prolongation, arrhythmias)

Electroconvulsive Therapy (ECT) Indications:

- **Severe, treatment-resistant depression**
- **Depression with psychotic features**
- **Acute suicidality**
- **Catatonia**

Bipolar Disorders & Differences:

- **Bipolar I**: At least 1 manic episode (DIGFAST) ± depressive episodes
- **Bipolar II**: Hypomania + major depressive episodes
- **Cyclothymia**: Chronic mood instability for ≥2 years with hypomanic and depressive symptoms not meeting full criteria

---

Rapid Cycling in Bipolar:

- **Definition**: ≥4 mood episodes in 12 months
- **Risk Factors**:
  - Female gender
  - Hypothyroidism
  - Antidepressant use in bipolar patients

DIGFAST Symptoms of Mania:

- **D**istractibility
- **I**mpulsivity (poor judgment)
- **G**randiosity
- **F**light of ideas
- **A**ctivity increase (hyperactivity)
- **S**leep deficit (reduced need for sleep)
- **T**alkativeness (pressured speech)

Duration of Untreated Manic Episode:

- Typically **3–6 months** without treatment

First-Line Monotherapy for Bipolar Disorder:

- **Lithium**
- **Anticonvulsants** (Valproate, Lamotrigine)
- **Atypical Antipsychotics** (Quetiapine, Olanzapine)

Lithium Patient Education:

- Stay hydrated to prevent toxicity
- Avoid NSAIDs (increase lithium levels)
- Maintain consistent salt intake

Lithium Monitoring:

- **Labs**:
  - Serum lithium (0.6–1.2 mEq/L)
  - Renal function (Creatinine, BUN)
  - Thyroid function (TSH, T4)
  - Electrolytes

Lamotrigine (Lamictal) Side Effects:

- **Rash (Stevens-Johnson Syndrome - SJS)**
- **Dizziness, ataxia**
- **Diplopia (double vision)**

Suicide Risk Factors:

- **Family history of suicide**
- **Personal history of suicide attempts**
- **History of depression**
- **Substance abuse**

Differentials Before Prescribing an SSRI:

- **Hypothyroidism (TSH check)**
- **Anemia (CBC, Hemoglobin check)**
- **Substance use disorder**
- **Bipolar disorder (to avoid inducing mania)**

Depression Screening Across the Lifespan

Screening Tools:

- **Children & Adolescents:**
  - PHQ-9 Modified for Adolescents (PHQ-A)
  - Children's Depression Inventory (CDI)
- **Adults:**
  - PHQ-9
  - Hamilton Depression Rating Scale (HAM-D)
  - Beck Depression Inventory (BDI)
- **Older Adults:**
  - Geriatric Depression Scale (GDS)

Unipolar vs. Bipolar Depression:

- **Unipolar Depression (MDD):**
  - No history of mania/hypomania
  - Persistent depressed mood, anhedonia, cognitive disturbances
- **Bipolar Depression:**
  - Depressive episodes with history of **mania/hypomania**
  - More **atypical symptoms** (hypersomnia, weight gain, mood reactivity)
  - **Bipolar II** is often misdiagnosed as MDD due to subtle hypomanic episodes

---

Geriatric Depression Scale (GDS)

Indications:

- Used in older adults (≥65 years)
- Preferred over PHQ-9 due to reduced somatic emphasis

Scoring:

- 0–9: Normal
- 10–19: Mild depression
- 20–30: Severe depression

Indications for Treatment:

- Persistent moderate to severe scores
- Functional impairment
- Suicidal ideation

DSM-5-TR Diagnostic Criteria

Major Depressive Disorder (MDD)

- **≥5 symptoms for ≥2 weeks** (SIGECAPS)
  - **S**leep changes
  - **I**nterest loss
  - **G**uilt
  - **E**nergy loss
  - **C**oncentration issues
  - **A**ppetite changes
  - **P**sychomotor changes
  - **S**uicidal ideation