

Treatment option of depression

Psychology



Task Case Study on Treatment Option of Depression Introduction Depression is a condition in which the mind is disturbed and a person usually has no interest in life. This condition usually makes a person to feel hopeless and worthless in life. Individuals suffering from depression are usually withdrawn and do not like to intermingle with others. There are various treatment recommended for treating depression, this include, psychotropic medication, cognitive behavior therapy and psychoanalysis. Psychotropic Medication/ Antidepressants This medication is usually used to treat extreme symptoms of depression. The medication is recommended to patients who have lost appetite, those who do not sleep and patients who are usually unhappy. The medications work by checking the chemical imbalance in the brain and try to stabilize these chemicals thus bringing them at equilibrium. These medications have helped in reduction of depression up to sixty percent. People should be very cautions on the medications they choose because a medication that works well on a person does not automatically work well to another person. Some patients are attacked by depression often, thus they should continue taking the medication to avoid the attacks. Psychotropic medications work differently in old and young people, old people take along time before these medication take effect, but young people are able to metabolize these drug at a faster rate, thus effect is realized immediately (Schmall and Bowman¹²) Patients are advised to take medication until they have finished the dose. Patients who stop taking the medications after they start feeling well may suffer from later attacks. Patients are advised to take medication even after they have improved. Psychotropic medications may have severe side effects if they are not taken according to prescription. Side effects are even worse when a patient is using more than one medication, <https://assignbuster.com/treatment-option-of-depression/>

thus patients should not ignore even the slightest side effect. The side effects can be controlled by change of the drug or by multiple follow-ups from the doctor. Patients' behavior and history may suggest what type of chemical imbalance is in the brain, thus the type of medication needed. It is common for people to try different medication before they realize the medication that is good for them. Psychotherapy Psychotherapy is also known as talk therapy; patients usually talk to trained professionals and seek assistance. This type of treatment is usually recommended for people who are suffering from mild and moderate depressions. Patients who seek psychotherapy are usually those suffering from bad relationships, grieving from loss of friends or have low esteem. While antidepressants are used to help a patient comes out of depression, psychotherapy helps a patient to develop strategies that will help him face and cope with the problem. Even though success in psychotherapy does not depend on age, old people respond well to psychotherapy than young people. Adults who suffer from hearing impairment, especially severe and moderate cannot be helped by psychotherapy. Psychotherapy can be offered by professionals such as psychologist, clinical social workers and pastor counselors. Psychotherapy does not only help patients suffering from depression but it can help people who are having challenges in life. It is divided into three categories, which include behavioral therapy, cognitive therapy and interpersonal therapy (Schmall and Bowman 15). Cognitive Therapy This therapy usually deals with the way a person is thinking. Cognitive therapy suggests that people's moods are usually controlled by the way they perceive events. People suffering from depression usually perceive events negatively thus having low moods. The aim of psychotherapy is to help individuals change their way of

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thinking to different situations and try to take things positively. Behavioral Therapy Behavior therapy emphasizes on the things people encounter in their lives daily. It suggests that people who encounter difficult or unpleasant situations on their daily life are bound to suffer from depression. Behavioral therapy helps patients to come up with strategies that will reduce bad experiences. It offers suggestions on the kind of resources that should be used by a patient to encounter pleasant situations. Interpersonal Therapy This therapy mainly focuses on how people's relationship affects their way of living. How we relate with other people is an important factor that determines our belonging in the environment. Interpersonal therapy advocates for good relationship between people to avoid depressing situations. This therapy provides patients with good communication skills that will help them cope with other people. Alternative Treatments Some people prefer treatment from herbal remedy and other sources. This is because they do not find the traditional methods of treating depression working for them. The commonly used herbal remedy is St John wort. People are advised to consult professionals before using the herbal remedy. Although people use St John wort for treating depression, studies conducted in Europe and America considered it a nutritional supplement but not for medication purposes. St John wort have the same effects as selective serotonin re-uptake inhibitors hence should not be used together with antidepressant medicine unless advised by a physician. St John wort studies have not been concluded thus the side effects have not been determined. People taking St John wort are advised not to mix it with other medication unless recommended by professionals. Patients suffering from hypertension are advised to take St John only when advised by physicians. Conclusion <https://assignbuster.com/treatment-option-of-depression/>

People who are suffering from depression are advised to seek the professional's advice. There are many treatments, which are helpful in diagnosing depression. Antidepressant medication has helped patients who have severe depression conditions. Psychotherapy has assisted patients to develop skill for dealing with depression. People suffering from depression should first accept their problems then design intervention measures. Work cited Schmall, Vicki and Bowman Sally. Depression in Later Life: Treatment Recognition. A pacific northwest extension publication. July 2004. Web. 15 October 2011.