



Mental Health and Functional Fitness: Session 3
Depression & Mental Health Assessments

1

Depression



Major depression is a syndrome that relies on the subjective categorisation by the individual of their own behaviour.

Self-report of:

- negative mood
- absence of enjoyment
- lack of energy
- feelings of worthlessness or guilt
- recurrent thoughts of death
- and incapacity to concentrate

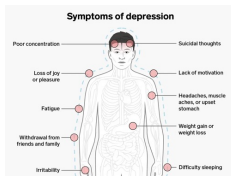


2

Depression

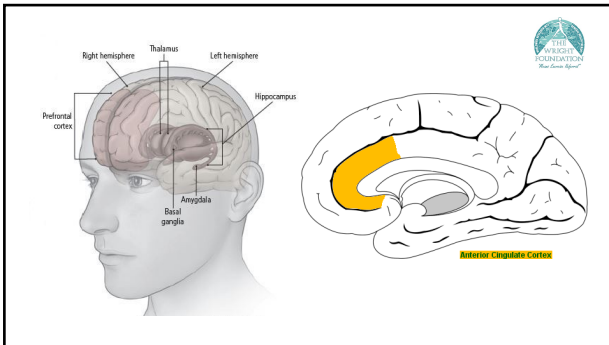


The prevalence of major depression in people seen in primary care is between 5% and 10%



See attached link to watch <https://youtu.be/XiGm1lQGY>
<https://youtu.be/FSGIhp1E1Js>

3



4

WHO ICD-10 Depression

Five or more symptoms present during the last 2 weeks including either question 1 or 2:









1. Low mood
2. Diminished interest or pleasure in activities (anhedonia)
3. Fatigue or loss of energy
4. Sleep changes
5. Diminished ability to think or concentrate or indecisiveness
6. Low self-confidence
7. Weight or appetite changes
8. Recurrent thoughts of death or suicidal ideation
9. Psychomotor agitation or retardation
10. Feelings of worthlessness or guilt

5


WHO ICD-10 Depression

- Mild (4) - Moderate (6 > 2 wks) - Severe (7+ >2wks)
- Recurrent - Chronic - Treatment resistant
- Bipolar-depression

Symptoms of Clinical Depression

 Changes in normal sleeping patterns	 Random outbursts of tears or anger	 Frequent thoughts of death or suicide	 Intense feelings of despair & isolation
 Loss of interest in usual activities	 Extreme tiredness or lack of energy	 Appetite increase or decrease	 Trouble focusing & concentrating

6


Task Write these 4 options down... 

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day

• Place a tick next to the most appropriate answer for each of the following questions (next slide)


http://www.coaimh.org/pdf/tool_pdq9.pdf

7

PHQ-9 

1. Little interest or pleasure in doing things?
2. Feeling down, depressed or hopeless?
3. Trouble falling or staying asleep, or sleeping too much?
4. Feeling tired or having little energy?
5. Poor appetite or over eating?
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down?
7. Trouble concentrating on things, such as reading the newspaper or watching television?
8. Moving or speaking so slowly that other people could have noticed?
Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?
9. Thoughts that you would be better off dead, or of hurting yourself in some way?

8


Adding Up Time 

- Not at all = 0
- Several days = 1
- More than half the days = 2
- Nearly every day = 3

Please Keep the answer to yourself!

9

Scoring





Depression Severity:

- 0-4 None
- 5-9 Mild depression
- 10-14 Moderate depression
- 15-19 Moderately severe depression
- 20-27 Severe depression

• This is not necessarily **valid** because of the environment today...

10


How Else To Test

- HADS
- GAD7
- WEMWEB


11

Depression Medications 1



Drug type	Drug name (trade name)	Desired Effect	Side Effects	Exercise Implications
Tricyclics (also prescribed for anxiety & insomnia)	Amitriptyline	Lowers reabsorption of serotonin & norepinephrine	Drowsiness, blurred vision, dry mouth, weight gain, constipation	Imbalance, weight gain, thirst, dizziness, slow reactions
	Triptafen			
	Chloripramine (Anaftran)			
	Doxepin (Deltapex & Pradapine)			
Monoamine-oxidase inhibitors (MAOIs)	Lofepramine (Gamanil & Tolfran)	Breakdown of neurotransmitters prevented.	Headache, heart rate (HR) up	Increased HR & blood pressure (BP), fatigue
	Imipramine (Phobliaden)			
	Isocarboxazid			
Reversible inhibitors of MAO (RIMAs)	Moclobemide	Reverses inhibition of Monoamine-oxidase (Type A)	Insomnia, dizziness, digestive problems, headache	
	Phenelzine			


12



Depression Medications 2

Drug type	Drug name (trade name)	Desired Effect	Side Effects	Exercise implications
Selective serotonin re-uptake inhibitors (SSRI's)	Fluoxetine (Prozac) Fluvoxamine (Faverin) Paroxetine (Seroxat) Citalopram (Celexa) Sertraline (Lustral)	Reabsorption of serotonin blocked	Anxiety & restlessness, drowsiness, insomnia, nausea, diarrhoea	Reduces co-ordination
Selective serotonin & nor-adrenaline (NA) re-uptake inhibitors (SNRI's)	Venlafaxine (Efexor)	Mood & interest in life elevated, aids sleep	Anxiety tremor, drowsiness, dizziness, nausea, confused, HR up	Tachycardia & increased BP, weakness, reduces co-ordination
NA & selective serotonergic action (NaSSAs)	Mirtazapine (Zispin)	Increases NA & serotonin action	Greater appetite & weight gain, sedation, oedema	Weight gain


13



Depression Medications 3

Drug type	Drug name (trade name)	Desired Effect	Side Effects	Exercise implications
NA reuptake inhibitor (NART)	Reboxetine (Edronax)	Reuptake of NA inhibited	Insomnia, dizziness, sweating	Postural hypotension
Atypical anti-depressants	Trazodone (Molipaxin) Flupentixol (Depoxil, Fluaxol)	Mood & interest in life elevated, aids sleep	Drowsiness, dizziness, digestive problems, headaches	

14



Depression (Other Therapies)

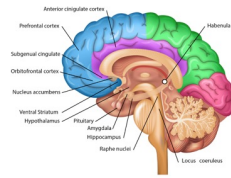
- Cognitive Behavioural Therapy (may involve exercise)
- Mindfulness-based Behavioural Therapy (may involve exercise)
- Role of exercise?

<https://youtu.be/2V88x7Mten8>

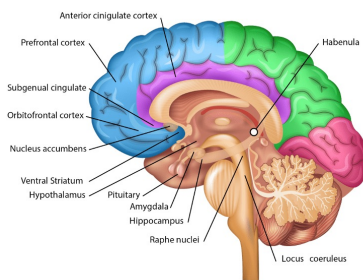
15

Understanding the Fundamental Physiology of Fear [Anxiety]

- The emotion for which the neuronal networks have been best expressed is fear.
- Amygdala is a major contributor to anxiety developed
- Different areas of the amygdala are activated in response to natural stimuli versus a conditioned stimulus



16



17


Generalised Anxiety Disorders




- At any given time point nearly 12% of the human population meets the criteria for an anxiety disorder
 - Generalised Anxiety Disorder (GAD) is categorised by:
 - discomfort and trepidation
 - Feeling "on edge,"
 - constantly fatigued, having sleeping difficulties,
 - excessive muscle tension,
 - irritability, and trouble concentrating

18


DSM-5 Criteria for Generalised Anxiety Disorder



Excessive anxiety and worry
Apprehensive expectation occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance)



Individual finds it difficult to control the worry



The anxiety and worry are associated with 3 or more of the following symptoms:

1. Restlessness or feeling keyed up or on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance

19


Anxiolytic Medications [Anxiety Related]

Drug type	Drug name (trade name)	Desired Effect	Side Effects	Exercise Implications
Benzodiazepines	Diazepam (Valium) Clonazepam (Klonopin) (Librium)	Depresses brain activation, sedative, tranquiliser, muscle relaxant	Drowsiness, dizziness, confusion, amnesia, headaches	Muscle weakness, postural hypotension, unbalanced & delayed reactions, poor concentration
Beta-blockers	Propranolol (various) Oxprenolol (various) Atenolol (various)	Lowers noradrenaline, heart rate & BP, & muscle tremor	Fatigue, fainting, aching muscles, cold extremities	See side effects
Other	Buspirone (Buspar)	Targets serotonin (5HT) receptors	Dizziness, headache, anxiety	Unbalanced, anxious

20

How Else To Test

- HADS
- GAD7
- WEMWEB



21



End of Session 3
