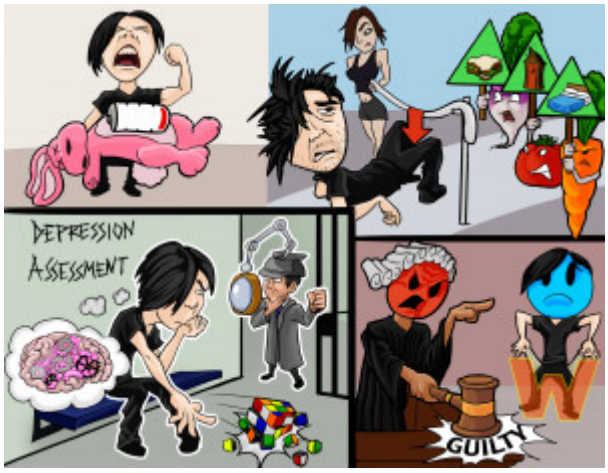
Depression Assessment

It is estimated that one-third of adults experience depressive symptoms on a daily basis. Depression has a variety of symptoms, and typically goes undiagnosed and untreated in many patients. Depression is mainly characterized by a loss of interest in usual activities, and feeling sad or despaired. It is important to point out that the exact cause of depression is unknown, and that there are several theories that have been proposed to explain how and why depression occurs.



PLAY PICMONIC

Physical Changes

Anergia
No-energy-bunny
Anergia is defined by the ongoing lack of energy that patients feel with depression. Research has shown that 97% of patients with depression exhibit this condition.

Self Neglect
Neglected Appearance
Neglected behavior could be contributed to the individual having anergia. Individuals with depression show a lack of care towards oneself. Grooming and personal hygiene are not maintained.

Decreased Libido
Down-arrow Libido-limbo
A decrease in a patient’s sex drive or libido occurs in some individuals. Several factors could influence a patient’s libido, such as medication side effects, deficiency of neurotransmitters, or hormonal disturbances.

Vegetative Signs
Vegetables with Vegetative Signs
Patients may experience a change in their eating habits, elimination patterns, or sleeping schedule. Remember that every patient is different. With depression one patient could have hypersomnia, anorexia, and constipation, while another patient may display insomnia, overeating, and diarrhea.

Mood

Sad Affect
Sad-face
Patients typically have a sad affect while depressed. It has been hypothesized that due to the deficiency of the neurotransmitters norepinephrine, serotonin, and dopamine that the brain does not function adequately leading to the patient feeling unhappy.

Worthlessness
Empty-pockets
Patients can experience the feelings of worthlessness and/or hopelessness. Encouraging a patient to be self-efficient can help decrease these feelings.

Guilt
Guilty-gavel
Patients can feel guilty about being depressed, guilt related to a loss, or guilt for something in the past. Guilt can be a powerful emotion that can lead a patient to self-doubt or even self-harm. Encourage the patient to talk about their feelings.

Sign up for FREE at picmonic.com

Anger and Irritability

Angry and Irritated

Patients that are depressed are unable to cope with stress and end up expressing their frustration as anger. Anger involves a sense of powerlessness over the situation.

Cognitive

Ineffective Problem Solving

Inability to Solve Problem-cube

Because of the lack of motivation and the decrease ability to manage stress, depressed patients find it hard to problem solve. Issues go unresolved, which can add to guilt or feelings of worthlessness.

Slowed Thinking

Gummed-mental-gears

Patients with depression can have a slower demeanor. Their memory can be called at times “patchy” and there may be selective disorientation, along with a lack of being able to concentrate. The patient may dwell on perceived faults and failures and be unable to focus on strengths and successes.

Sign up for FREE at picmonic.com