

PATIENT MIND INC.

Reinventing how patients and clinicians absorb new science

Depression is a common but serious mood disorder.

- Depression comes in many forms and not one person is alike. These forms include...
 - **Persistent depressive disorder**
 - depressed mood of varying intensity that lasts for at least two years.
 - **Postpartum depression**
 - full-blown major depression during or after pregnancy.
 - **Psychotic depression**
 - severe depression plus some form of psychosis and delusions.
 - **Seasonal affective disorder**
 - depression during the winter months, when there is less natural.
 - **Bipolar disorder**
 - different from depression, but experiences episodes of extremely low moods.
- **Next Clinical Visit**
 - **Discuss feelings of...**
 - Sadness.
 - Anxiety.
 - Emptiness.
 - Hopelessness.
 - **Discuss...**
 - Energy levels.
 - Sleep habits.
 - Free time and hobbies.
 - Other health concerns like digestive issues or headaches.
 - **Discuss causes and risk factors like...**
 - childhood and family history of depression and anxiety.
 - major life events or changes.
 - Substance abuse.
- **Depression can be effectively treated and managed with a combination of...**
 - medication and/or stimulation devices.
 - psychotherapy.
 - Lifestyle changes like a healthy diet, exercise, and regular sleep.
- **Treatment Plan**
 - Closely monitor effectiveness.
 - Expect gradual improvements in mood... Not immediate.
 - Change plan based on need (Evolving Plan).
- **Communication**
 - Practice shared decision-making: This is when you and your clinician form a plan together based on science and your preferences.

Depression

You are not alone! Get help... feel better!