



Overcoming The Hurdles on The Depression Healing Journey

Mar 27, 2024

Hurdles in Depression Treatment

- 1 Underestimation of depression as a genuine medical condition
- 2 False thinking that depression sufferers make up their own condition
- 3 Fear of addiction deters depression treatment
- 4 Frustration in treatment may arise from unawareness of depression's relapse tendency
- 5 False hope that medications work fast leads some people to quit before relief

Treatment Options

Psychological Treatment

- Cognitive behavior therapy (CBT)
- Behavioral action therapy (BAT)
- Interpersonal psychotherapy (IPT)
- Problem-solving therapy
- Non-directive counseling

Medications

- Selective serotonin reuptake inhibitors (SSRIs)
- Tricyclic antidepressants (TCAs)
- Monoamine oxidase inhibitors (MAOIs)
- Other medications, e.g., antipsychotic medications, atypical antidepressants, etc.

Alternative Treatments

- Transcranial magnetic stimulation (TMS)
- Electroconvulsive therapy (ECT)
- Mind-body therapy, e.g., meditation and yoga
- Regular exercise
- Nutritious diet

How to Communicate with Doctors for Effective Treatment?



- Visit a primary care physician for an assessment
- Jot down notes on symptoms before the visit to help the physician's evaluation
- Talk about your symptoms honestly and openly during the consultation
- Recognize your depression triggers and let your physician know this information
- Be patient and persistent in the treatment process
- Take a family member or a friend along, to help you remember all the information provided during the consultation



Thank You!

