

Stress and Depression

An Overview of Prevention and Early Intervention Concepts



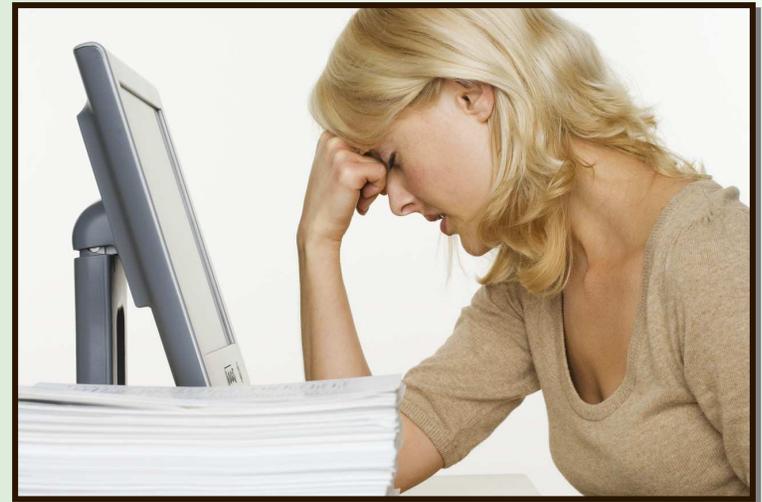
Mental Health Association in NC, Inc.

John Tote

Executive Director

STRESS

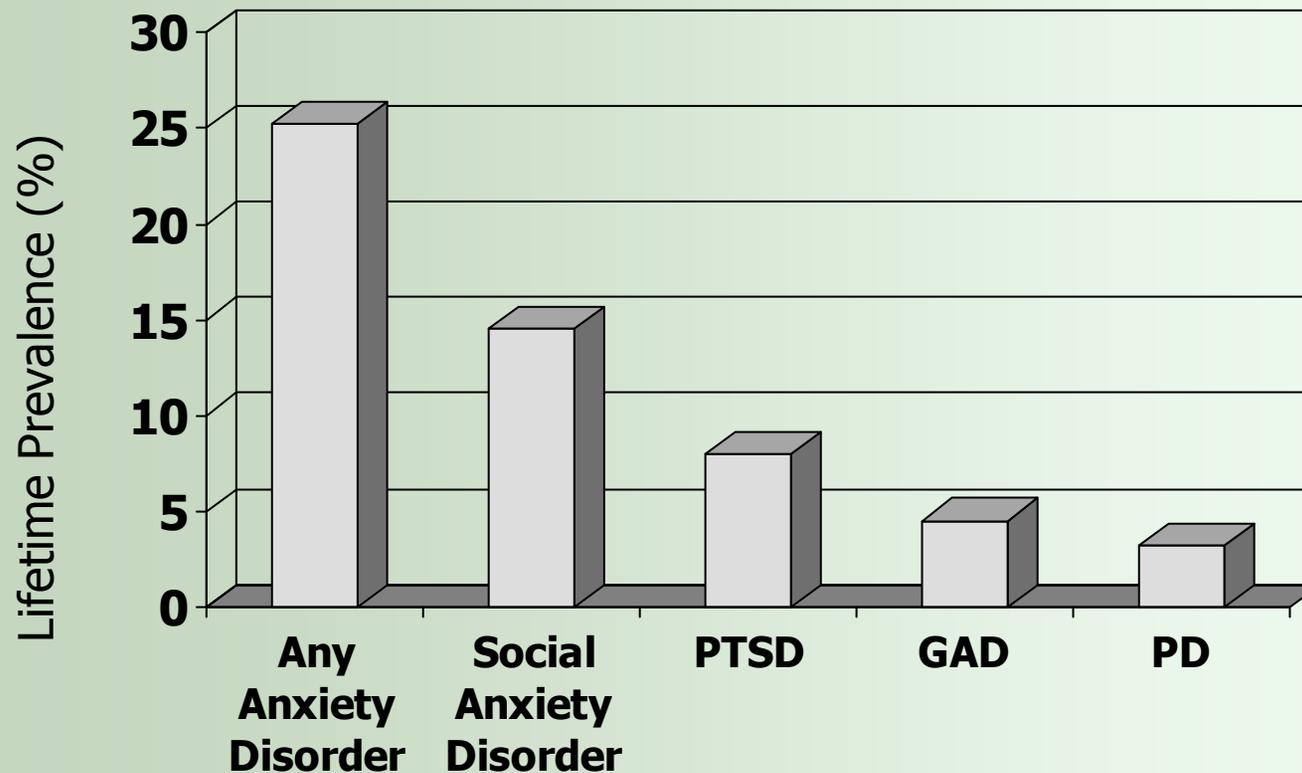
- Normal part of life
- Part of our biological makeup since the caveman
- Automatic physical reaction
- Different for everyone



What is Stress?

- A psychological and physiological response to events that upset our personal balance in some way
- When faced with a threat, whether to our physical safety or emotional equilibrium, the body's defenses kick into high gear known as the "fight or flight" response

Stress Escalated: Prevalence of Anxiety Disorder



PTSD= Post Traumatic Stress Disorder

Kessler RS, et al. *Arch Gen Psychiatry*. 1995;52: 1048-1060.

Kessler RS, et al. *Arch Gen Psychiatry*. 1994;51:8-9.

POSITIVE STRESS – stress can be a good thing

To do our best work, we need SOME tension & stress
– adds anticipation & excitement to life

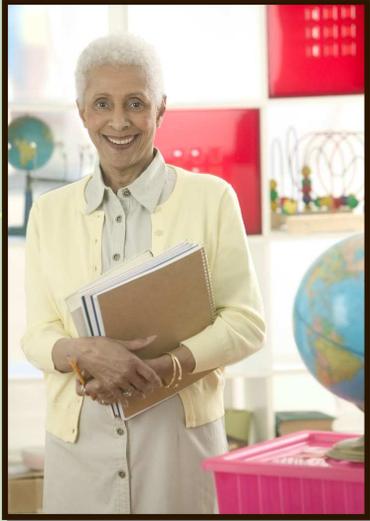
Without stress, nothing would go in a positive
direction

Without the stimulus of new ideas, our brain cells
decrease or atrophy

Without the stress of personal challenges, we don't
experience the exhilaration of life

Without the stress of physical activity, our bones and
muscles wither and atrophy

Good Stress



- Job Change

- Marriage

- Baby

If stress is so good, why all the bad news?

- **It seems as though most of the stress in our lives today is negative**
- **It is negative stress that leads to breakdowns**
- **Negative stress is when the going gets too tough and life's demands exceed your ability to cope, stress becomes a threat to both your physical and emotional well-being**
- **Chronic stress is the single most contributing factor to disease**

Stress Symptoms

Emotional Symptoms:

- Irritability, impatience
- Short temper
- Moodiness
- Restlessness
- Unable to relax
- Feeling overwhelmed
- Feeling tense and “on edge”
- Can’t stop thinking of your job
- Loneliness and isolation
- Feelings of inadequacy or self-doubt
- Depression

Physical Symptoms:

- Constantly tired
- Insomnia
- Weight gain or loss
- Frequent colds
- Nausea, dizziness
- Skin breakouts
- Hard to concentrate
- Headache, backache
- Ulcers, heartburn
- Muscle tension
- Loss of sex drive

Fight-or-Flight

- Involuntary body changes controlled by hormonal and nervous system functions



The Body's Stress Response

- "Fight or Flight" prepares us for emergency action

When danger is sensed:

- Hypothalamus in the brain acts as a "gas pedal" and sets off a chemical reaction
- Sympathetic nervous system responds by releasing stress hormones into the bloodstream, readying us to either flee the scene or battle it out
- Heart rate increases and blood flows to the large muscles so we can run faster and fight stronger

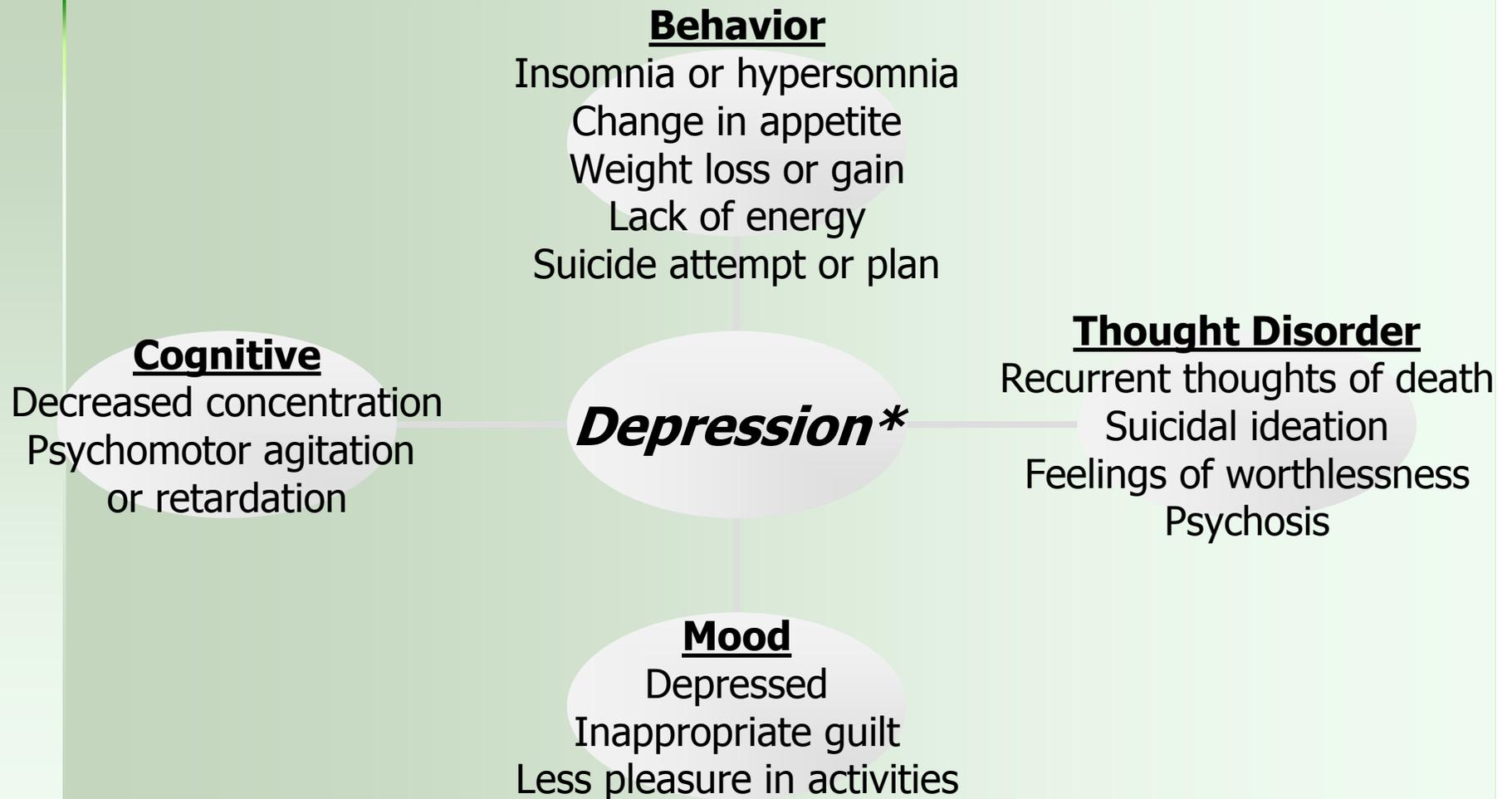
Stress

- Risk Factors
- Early Intervention

Depression

Depression

*A Depressive episode causes marked functional impairment and lasts for at least 2 weeks



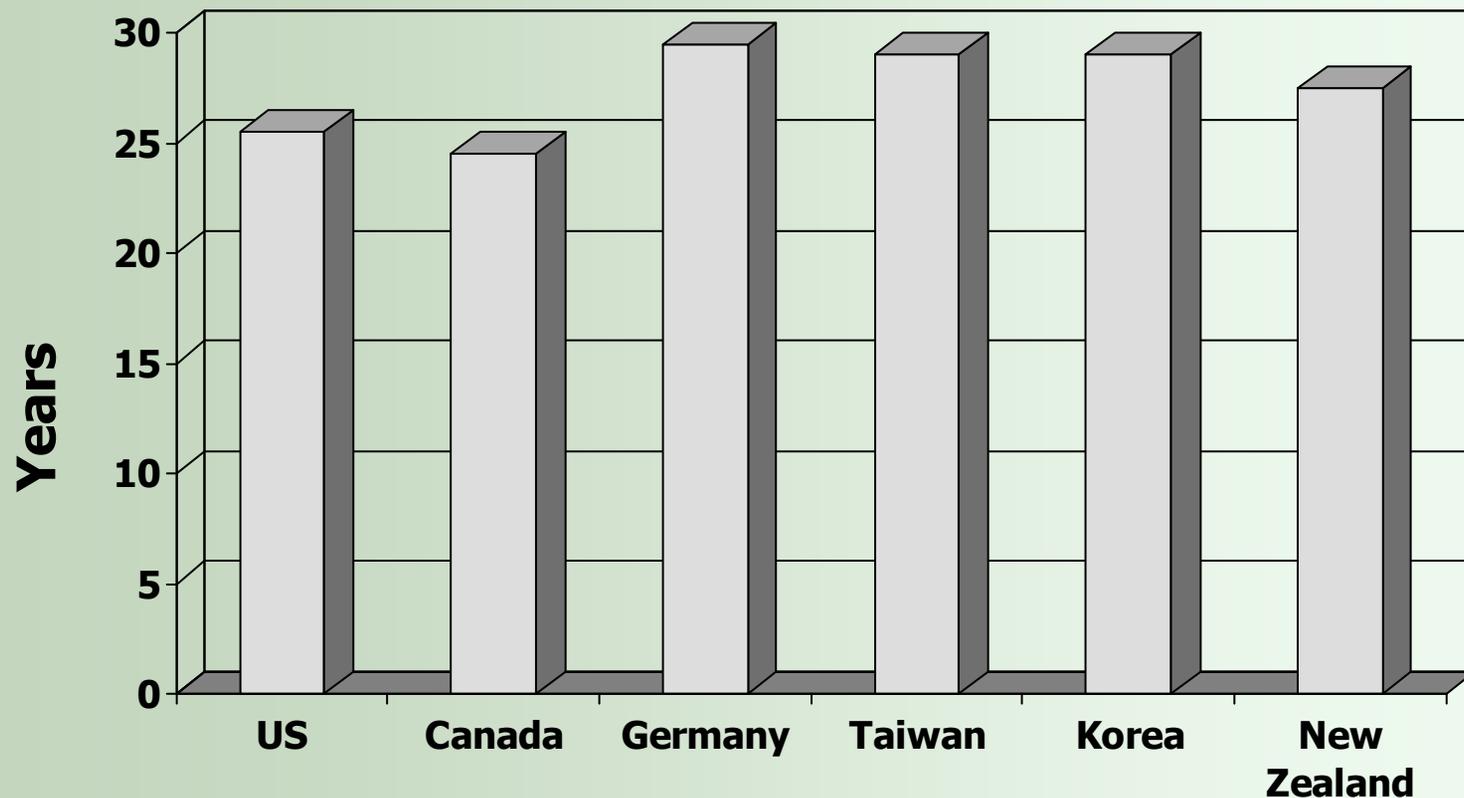
Depression

- Risk Factors
- Prevention/Early Intervention

Depression: Key Points

- Disparities
- Cost

Mean Age at Onset of Major Depression



Weissman et al. *JAMA*. 1996; 276:293

Epidemiology of Depression

■ Prevalence in the US

– Adults: 9.5 % annually¹

■ 18.8 million in 1998²

– Women vs. Men: 12 % vs 7%¹

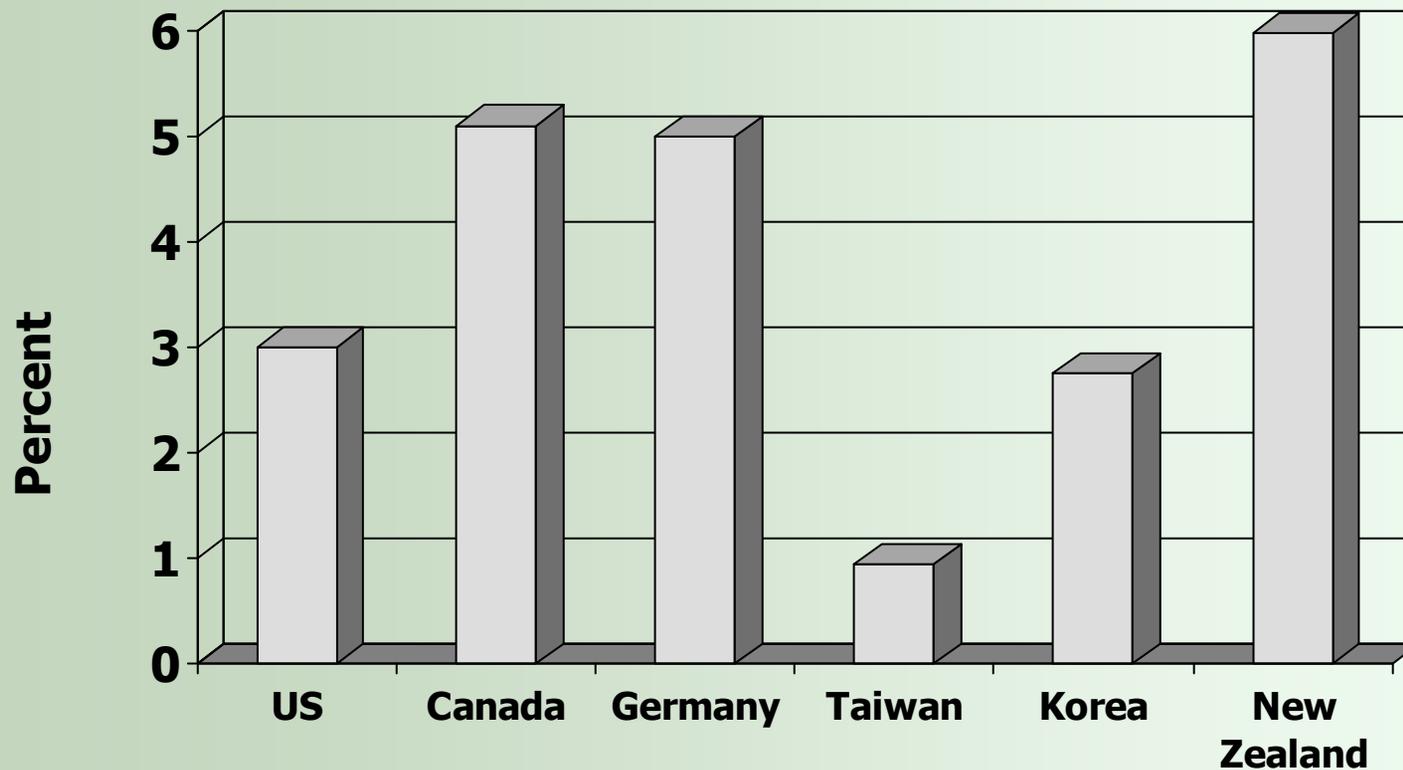
– Adolescents: up to 25%, with >50% recurrence in adulthood³

1. Regier et al. *Arch Gen Psychiatry*. 1993; 50:85

2. NIH Publication NO. 01-4591, January 2001

3. Kessler et al. *Biol Psychiatry*. 2001; 49:1002

Annual Rates of Major Depression



Weissman et al. JAMA 1996;276:293

Depression in the Elderly

- Elderly Population: suicidal ideation (36% to 60%), life not worth living (33%), a wish to die (22%)
- CHF: major depression (36.5%), minor depression (21%)
- Medically Hospitalized Elders: major depression (10%- 20%), minor depression (14%-25%)

Key Concepts in NC for Prevention and Early Intervention

- I-Care
- System of Care
 - Wrap- Around Model
- Person-Centered Planning
- CCNC

Evidenced- Based/ Promising Practices

- USPSTF Depression Screening Recommendations
- Citizen Soldier Initiative

Next Steps/ Recommendations

- School- Based Initiatives
- Broader Implementation of I-Care/System of Care etc...
- Mandatory Training for Clergy