# Depression

**Defining Characteristics**

- Depressed mood most of the day, nearly every day
- Weight/appetite changes
- A slowing down of thought and a reduction in physical movement
- Fatigue
- Feelings of worthlessness
- Executive dysfunction
- Suicidal ideations

**Impact of COVID-19**

- Manifests in detrimental effects on mental health outcomes.
- Increase in professionals facing mental health and suicide.
- Symptoms of depression, anxiety, and trauma increased.

## Treatment Resistant Depression

**Definition**

TRD is a form of depression that does not get better after a patient has tried at least two antidepressant therapies.

**Prevalence**

44% of patients do not respond to two antidepressants.

**Risk Factors**

- Older age
- Chronic depression
- High level of anxiety symptoms
- Comorbidity with anxiety disorder

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# Future Treatment

## Treatment Options

- **Psychosocial**
  - Exercise augmentation
  - Mindfulness CBT
  - Behavioral activation
- **Pharmacological**
  - Standard antidepressants
  - Ketamine, esketamine
- **Neurostimulation**
  - TMS
  - ECT

## Multi-Modal Approach for Developing Novel Therapeutics for TRD & Suicide

**Level 1: Molecular/Cellular**

- Pre-clinical data and mechanistic investigations that inform clinical studies

**Level 2: Circuits and Systems**

- Proof of concept trials augmented by multimodal biological measures enhance understanding of disease, treatment, and response

**Level 3: Human Clinical Trials**

- Knowledge of biological subgroups, clinical efficacy, and biomarkers to ultimately improve patients' lives

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Data adapted from "From the Lab to the Clinic: Insights into Depression and Future Treatments", a webinar originally held on 5/27/2021. Presented by Mani Yavi, MD.

For more info on CovidCONNECT visit covidconnect.health.maryland.gov

NAMI Maryland can help. Visit www.namimd.org or call 410-884-8691 for more information.