Depression

Depression can be a cluster of symptoms including:
- 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.

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

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

44% of patients do not respond to two antidepressants

Factors associated with increased risk of TRD include:
- older age
- chronic depression
- high level of anxiety symptoms
- comorbidity with anxiety disorder

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.

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