

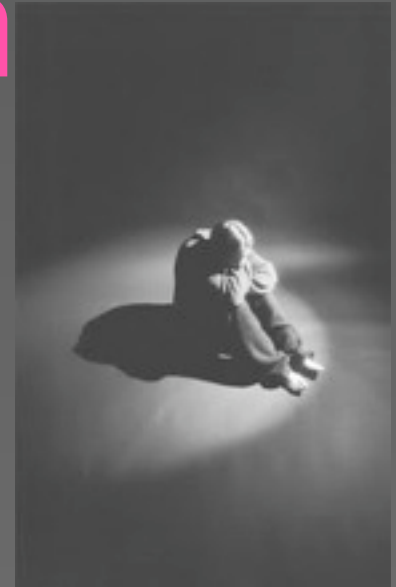
# Depression is a treatable illness



by  
**Dr. Tariq Al Maadawy**  
Consultant Psychiatrist

# Introduction

Depression covers a range of related conditions in which the primary disturbance is thought to be one of mood or effect.



We have 48 types of Depression

# Misconceptions about Depression

- It is not a physical condition.
- It is rare.
- It is because of weak personality or lack of faith.



- It is hard to treat.
- Treatment is addictive.

# Diagnosis of depression

## Core Symptoms :

- Depressed mood.
- Loss of interest and enjoyment.
- Reduced energy.

## Other Common Symptoms :

- Reduced concentration and attention.
- Ideas of guilt.
- Negative view of the future.
- Disturbed sleep.

Duration of at least two weeks



# Etiology of Depression

## Multi-factorial:

- **Genetic.**
- **Brain function and neurotransmitter disturbance.**
- **Psychological.**
- **Social.**



# Treatment of Depression

- ❖ Antidepressant drugs.
- ❖ Psychological treatment.
- ❖ Herbal St. John's wart.
- ❖ ECT.



Depression is a  
treatable illness  
so don't ignore it.

Thank You

