

Depression is complex, multi-dimensional

Emotional symptoms

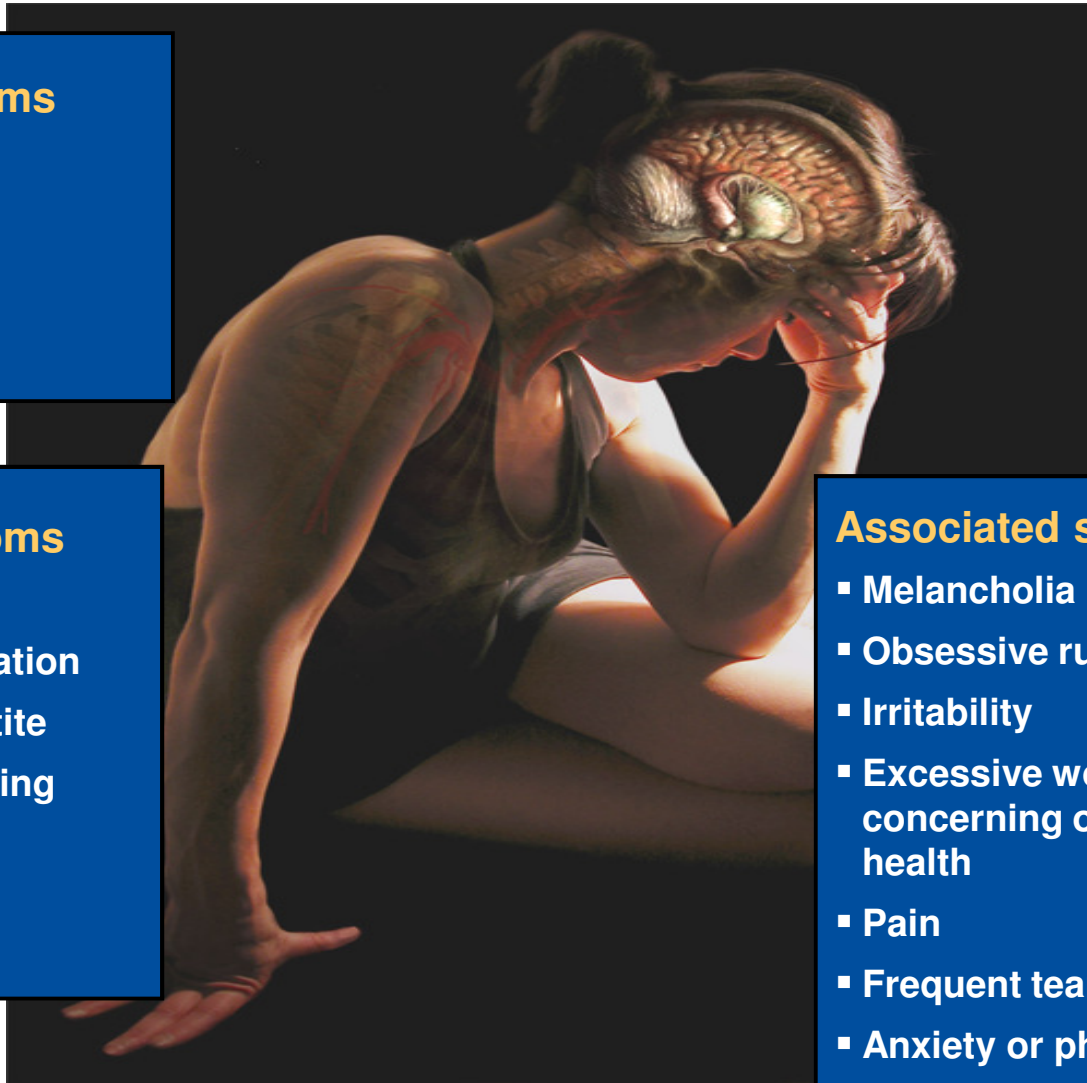
- Feeling guilty
- Suicidal thoughts
- Lack of interest
- Sadness

Physical symptoms

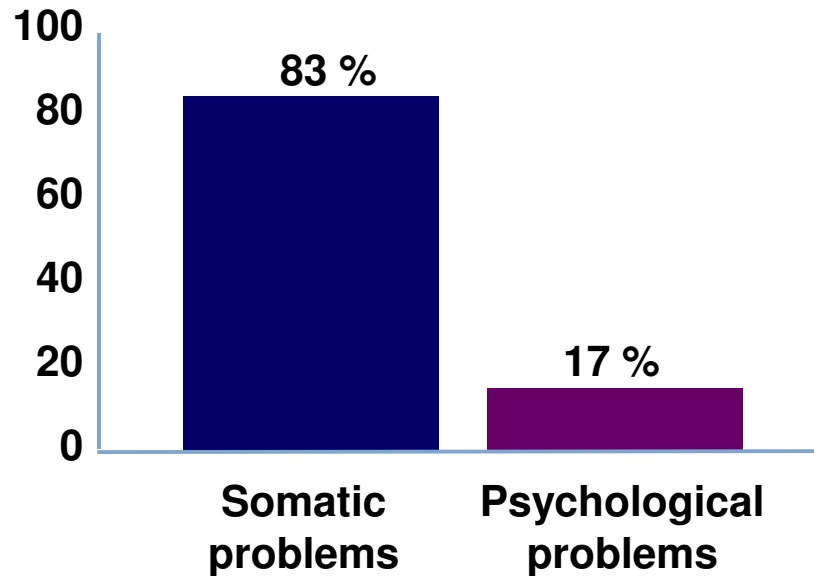
- Lack of energy
- Lack of concentration
- Changes in appetite
- Changes in sleeping habits
- Changes in psychomotricity

Associated symptoms

- Melancholia
- Obsessive ruminations
- Irritability
- Excessive worries concerning one's physical health
- Pain
- Frequent tears
- Anxiety or phobias



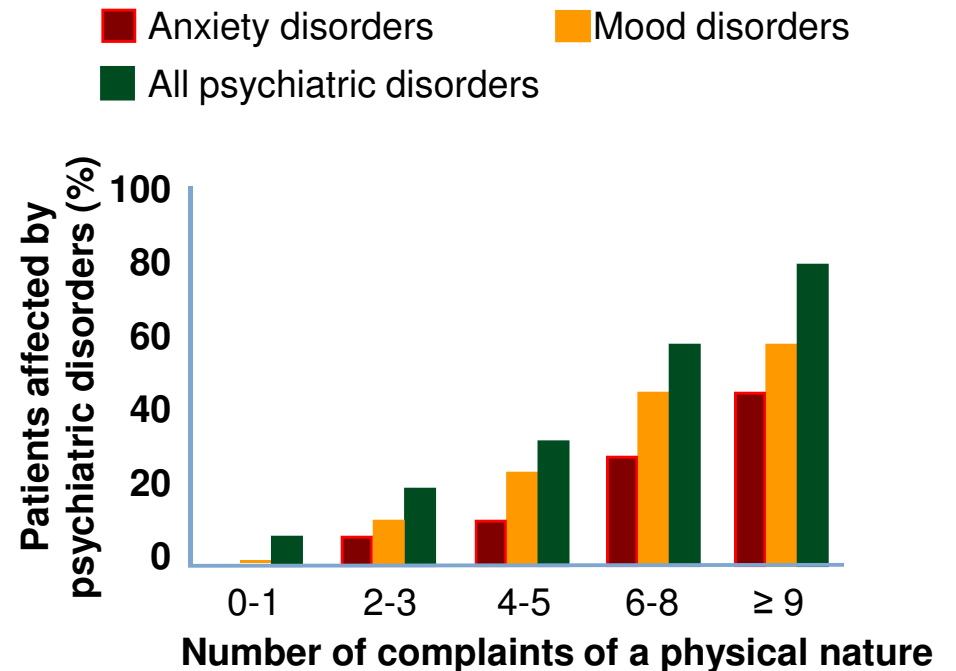
Ways that psychiatric patients first present themselves to general practitioners



Most people affected by psychological problems first consult their family doctor for **issues of a physical nature** instead of recognizing the presence of mental distress.

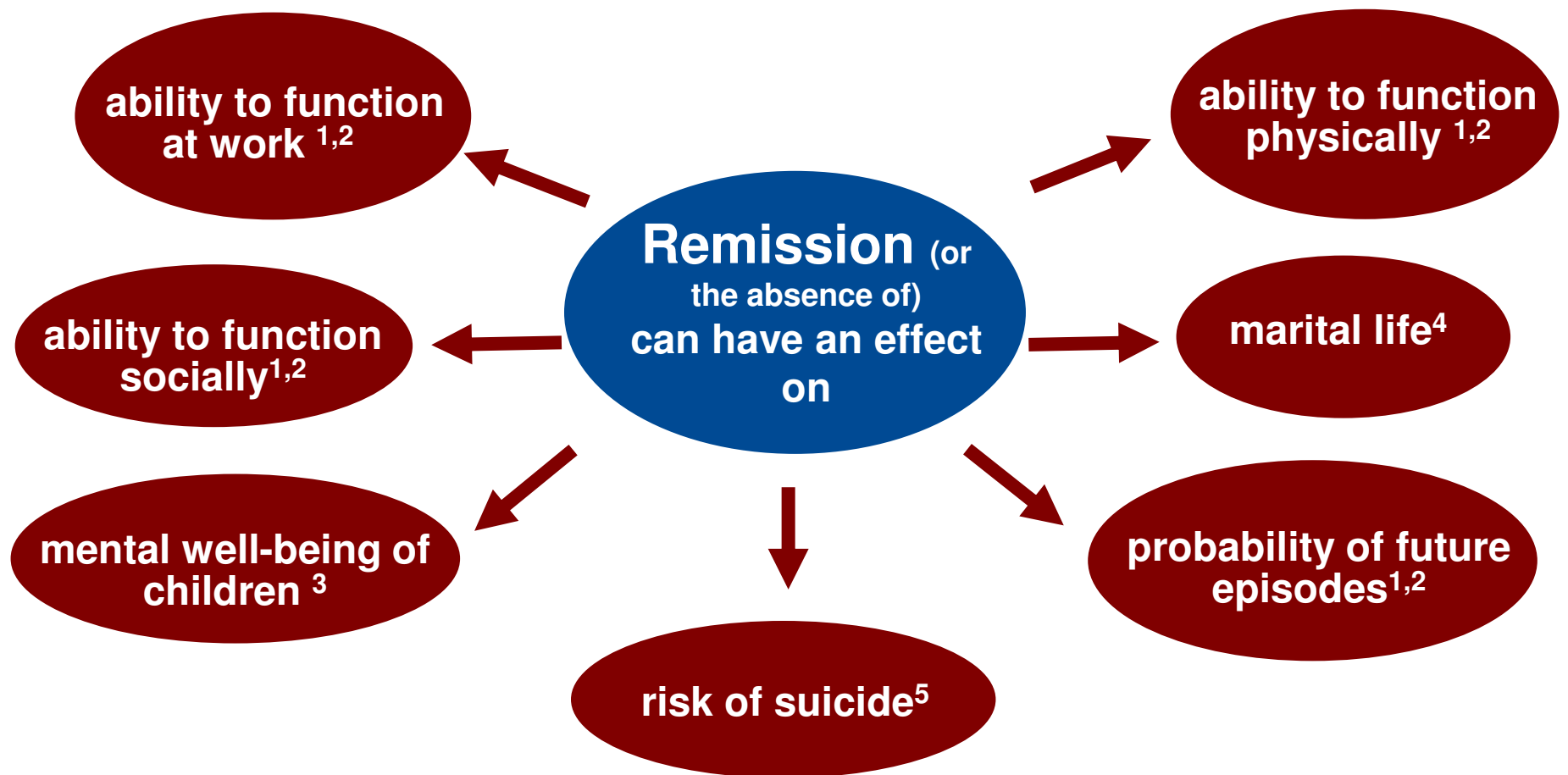
Shapiro, 2002

Strong correlation between the number of physical symptoms and the presence of psychiatric disorders



The higher the number of complaints of a physical nature, the higher the probability of a problem of a psychiatric nature

Attaining remission is essential



1. Sobocki P, et al. *Int J Clin Pract.* 2006;60:791-798.

2. Keller MB. *JAMA.* 2003;289:3152-3160.

3. Weissman MM, et al. *JAMA.* 2006;295:1389-1398.

4. Bromberger JT, et al. *J Nerv Ment Dis.* 1994;182:40-44.

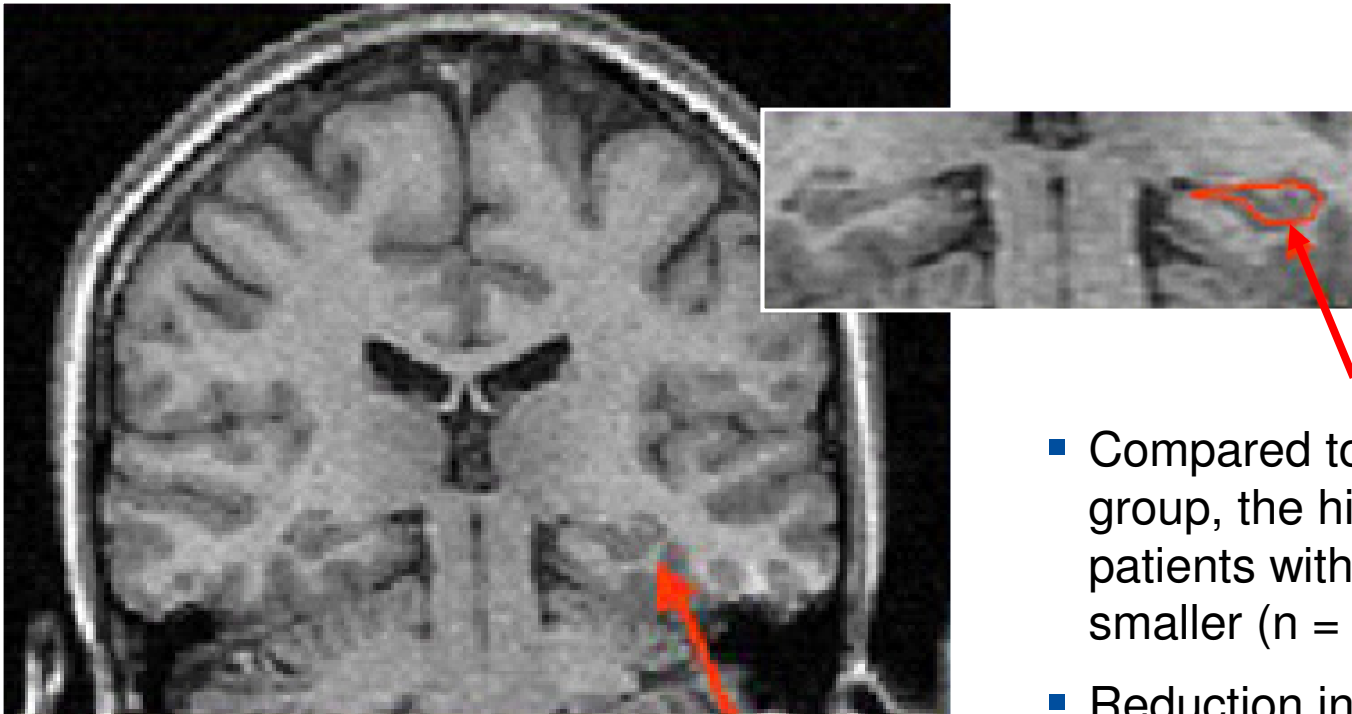
5. Judd LL, et al. *J Affect Disord.* 1997;45:5-17.

Factors affecting therapeutic response to treatment

Unfavorable prognosis is related to:

- multiple episodes
- chronicity
- seriousness
- presence of co-morbidity
- Limited or partial therapeutic response

Demonstration of atrophy and reduction of the hippocampus of patients with DM

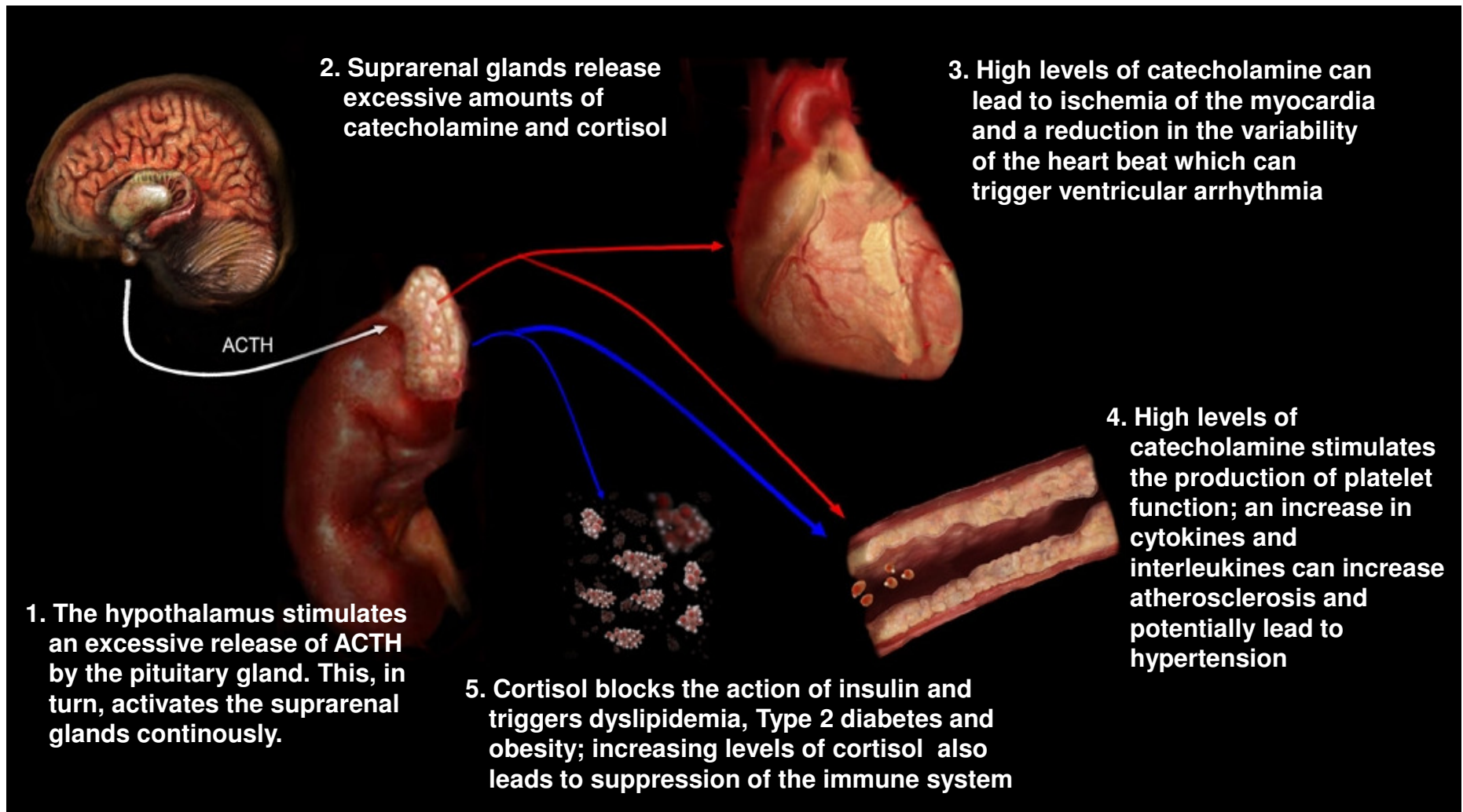


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- Compared to a control group, the hippocampus of patients with depression are smaller (n = 16)¹
- Reduction in the volume of the hippocampus can be linked to the duration of depression²⁻⁴

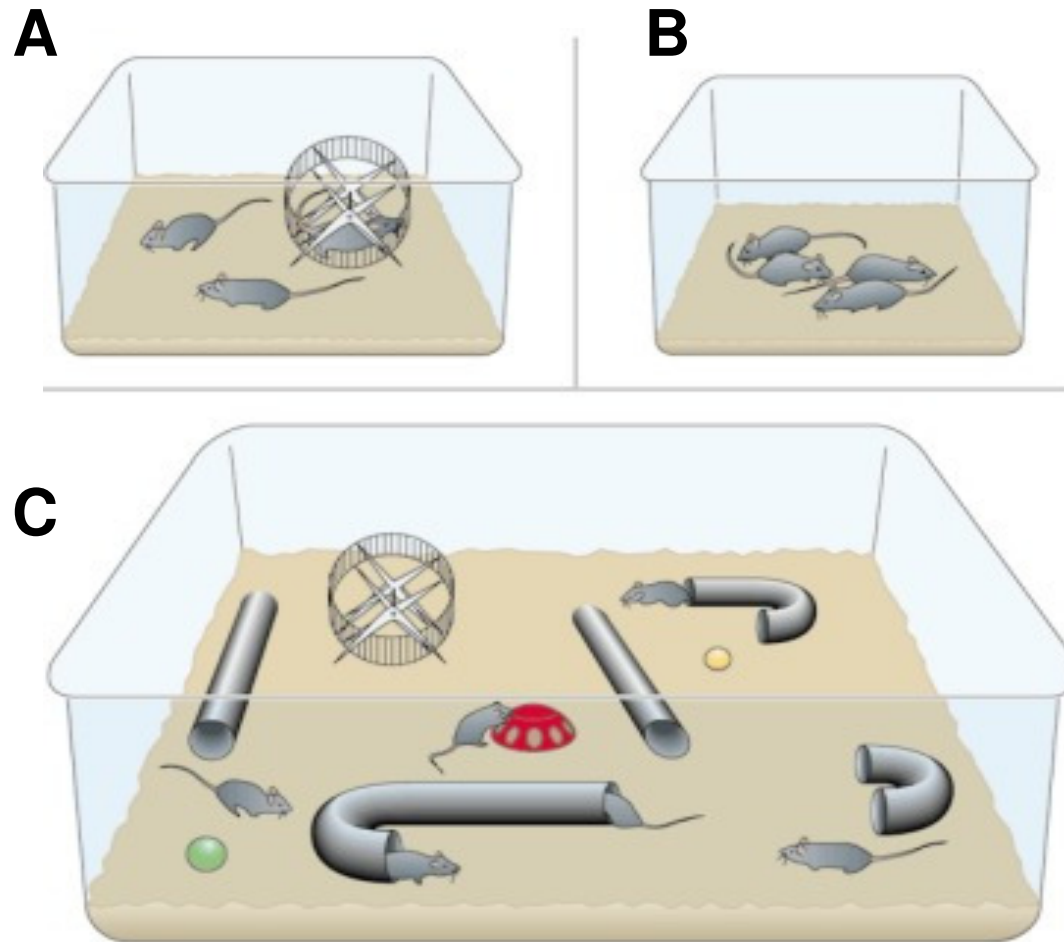
1. Bremner JD, et al. *Am J Psychiatry*. 2000;157(1):115-118.
2. Sheline YI, et al. *J Neurosci*. 1999;19:5034-5043.
3. Sheline YI, et al. *Proc Natl Acad Sci USA*. 1996;93:3908-3913.
4. Sheline YI, et al. *Am J Psychiatry*. 2003;160:1516-1518.

Depression could have repercussions on the entire body



Musselman DL, et al. *Arch Gen Psychiatry* 1998;55(7):580-592.

Physical activity and stimulating environment



van Praag *et al.* *Nat Rev Neurosci.* 2000;1:191.