Do Now:

• How can stress lead to depression?
• What do you think is the number 1 cause of depression?
The Brain and Depression
Risk Factors

• A Single, or even several, factor/s which cause depression have proven hard to determine

• This is because psychological, cultural, and biologic tend to mix

• There are some differences which can be minor, but they all have characteristics which lend them to causing depression
Biological Factors

- Genetic: rare, but there is some evidence to indicate that certain mental issues can run in families
- Biochemical: basically there is a mis-firing within the neurons of the brain in such a way as to cause different hormones to be released and thus causes depression
- Hormonal: as already stated a mis-firing of the chemicals in the brain which causes different chemicals to be released which then causes depression
Psychological Factors

• Cognitive Theory:
  • Thoughts result in emotions
  • If a person looks at the world positively then they will have positive emotions
  • If a person looks at the world negatively they will have negative emotions (which in turn leads to stress and depression)
  • Soooooooo.....think happy thoughts 😊😊😊😊😊😊😊
Treatments

• Anti-Depressants
  • Basically the idea is that the medicine will knock back the symptoms and get the person back on their feet
• Treat the Following
  • Sleep Disturbance
  • Appetite Disturbance
  • Fatigue
  • Decreased Sex Drive
  • Psychomotor Agitation
  • Impaired concentration
Other Treatments

• Electroconvulsive Therapy
  • Formally known as Electro Shock Therapy, but is in no way the same
  • Carefully dialed levels of electricity are sent into the brain
  • The idea is that since the brain runs off electrical impulses, this new electrical stimuli will cause a reset over time
  • This means that the depressed centers of the brain will cease releasing the chemicals which cause depression
  • The brain will also return to a more normal state of electrical activity
Closing

• [https://www.youtube.com/watch?v=BtIsyifVaMI](https://www.youtube.com/watch?v=BtIsyifVaMI)

• How often do you find that a positive attitude makes things better, no matter the situation?

• Support and Defend your answer 7 sentences.