

TREATMENT

-1

You went for a nice run today and feel better after.

When completed move back 1 on Severity Scale

Treatment Info

A 2005 study at the University of Texas Southwest Medical Center was the first study to look at exercise alone in treating mild to moderate depression in adults aged 20-45 showed that depressive symptoms were reduced almost 50 percent in individuals who participated in 30-minute aerobic exercises three to five times a week.

TREATMENT

-1

You attended a support group and talked about how you feel.

When completed move back 1 on Severity Scale

Treatment Info

Mutual support groups for people with depression and anxiety are conducted by people who have experienced similar problems. These groups can provide an opportunity to connect with others, share experiences and find new ways to deal with difficulties.

TREATMENT

-1

You think it is just you that feels sad and rundown, until you talk to a doctor and find out this feeling is normal and can be treated.

When completed move back 1 on Severity Scale

Treatment Info

Depression is more common among women than among men. Biological, life cycle, hormonal, and psychosocial factors that women experience may be linked to women's higher depression rate.

TREATMENT

-2

A General Practitioner can be a great first step in getting help. They can help refer you to a mental health specialist such as a psychologist or psychiatrist.

When completed move back 1 on Severity Scale

Treatment Info

A General Practitioner (your regular doctor) can be a great first step in getting help. They can help refer you to a mental health specialist such as a psychologist or psychiatrist.

TREATMENT

-2

You try a new form of therapy hoping to stop your wandering thoughts.

When completed move back 1 on Severity Scale

Treatment Info

Mindfulness based cognitive therapy (MBCT) MBCT helps people to stop their mind wandering off into thoughts about the future or the past, or trying to avoid unpleasant thoughts and feelings.

TREATMENT

-2

You reach out to a friend and tell them how you have been feeling. They are understanding and want to help.

When completed move back 1 on Severity Scale

Treatment Info

Family and friends can offer support, understanding and help. People with depression and anxiety often don't feel like socializing, but spending time alone can make a person feel cut off from the world, which makes it harder to recover. That's why it's important for them to take part in activities with family members and close friends.

TREATMENT

-2

You have been referred to a psychologist to talk out your problems to someone without a biased opinion.

When completed move back 1 on Severity Scale

Treatment Info

Psychologists are health professionals who provide psychological therapies (talking therapies) such as cognitive behavior therapy (CBT) and interpersonal therapy (IPT).

TREATMENT

-3

You want to keep your feelings confidential but that is okay because your therapist cannot tell anyone anything you say. So you start going to therapy sessions.

When completed move back 2 on Severity Scale

Treatment Info

All health professionals are legally required to keep anything you tell them a secret. This is called 'patient-doctor confidentiality' and means that anything said in your consultation is not repeated to others. Doctors can't tell your parents or the police about what you have told them, even if you've used alcohol or drugs, or had sex.

TREATMENT

-3

You have been referred to a psychiatrist in order to try and control your depression.

When completed move back 2 on Severity Scale

Treatment Info

A person usually sees a psychiatrist when the depression is severe or is not responding to treatment. Psychiatrists can make medical and psychiatric assessments, conduct medical tests, provide therapy and prescribe medication.

TREATMENT

-3

Working on your anxiety your doctor recommends breaking up large projects into smaller tasks and do what you can.

When completed move back 2 on Severity Scale

Treatment Info

Depression may make you feel exhausted, helpless, and hopeless. But it is important to realize that these feelings are part of the depression and do not reflect your real circumstances.

TREATMENT

-3

You work with your doctor to change negative or unhelpful thought patterns and reactions to a more realistic, positive and problem-solving approach.

When completed move back 2 on Severity Scale

Treatment Info

Cognitive-behavioral therapy (CBT) helps people with depression restructure negative thought patterns. Doing so helps people interpret their environment and interactions with others in a positive and realistic way.

TREATMENT

-3

You just had a hard break-up that has brought you down. This phase has lasted longer than you thought so friends urge you to seek help.

When completed move back 2 on Severity Scale

Treatment Info

Interpersonal therapy (IPT) helps people understand and work through troubled relationships that may cause their depression or make it worse.

TREATMENT

-4

After three weeks you and your doctor decide to switch to another antidepressant. You will have to wait a few weeks for this to kick in.

When completed move back 2 on Severity Scale

Treatment Info

For mild to moderate depression, psychotherapy may be the best option. However, for severe depression or for certain people, psychotherapy may not be enough. For example, for teens, a combination of medication and psychotherapy may be the most effective approach to treating major depression and reducing the chances of it coming back.

TREATMENT

-4

After three weeks you and your doctor decide to switch to another antidepressant. You will have to wait a few weeks for this to kick in.

When completed move back 2 on Severity Scale

Treatment Info

In addition, if one medication does not work, you should consider trying another. NIMH-funded research has shown that people who did not get well after taking a first medication increased their chances of beating the depression after they switched to a different medication or added another medication to their existing one.

TREATMENT

-4

You do not want to tell your friends because you don't want to seem "less manly" but you do and your friend supports you.

When completed move back 2 on Severity Scale

Treatment Info

Men often experience depression differently than women. While women with depression are more likely to have feelings of sadness, worthlessness, and excessive guilt, men are more likely to be very tired, irritable, lose interest in once-pleasurable activities, and have difficulty sleeping.

TREATMENT

-5

You forgot what it feels like to do things that you used to enjoy since becoming depressed. You decide to go to the movies with friends.

When completed move back 3 on Severity Scale

Treatment Info

Behavior therapy is a major component of cognitive behaviour therapy (CBT), but behaviour therapy focuses exclusively on increasing a person's level of activity and pleasure in their life. Instead it focuses on encouraging people to undertake activities that are rewarding, pleasant or give a sense of satisfaction.

TREATMENT

-5

You're nervous at first taking antidepressants but you know this will eventually help you feel less hopeless.

When completed move back 3 on Severity Scale

Treatment Info

You will need to take regular doses of antidepressants for 4 to 6 weeks before you feel the full effect of these medicines. Some people need to take antidepressants for a short time. If your depression is long lasting or comes back again and again, you may need to take antidepressants longer.

TREATMENT

-5

Even with working with a therapist you have been experiencing suicidal thoughts. To feel better you have to tell your therapist what you have been thinking.

When completed move back 3 on Severity Scale

Treatment Info

Discuss the suicidal or homicidal thoughts. Depression narrows one's focus; discussing options broadens it. Discussion allows for logical problem solving.