

Test Your Depression

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Introduction

- Bible Verses
 - Psalms 42:5 – Why art thou cast down, O my soul? And why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.
 - Psalms 42:11 – Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.
 - Psalms 43:5 – Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.
- A Test for Suspicions of Clinical Depression—True or False—12 Questions
 1. I have been significantly sad for the past two weeks.
 2. I have a significant loss of interest in things I once enjoyed.
 3. I am losing or gaining weight.
 4. I am sleeping too little or too much.
 5. I am tired.
 6. I am irritable.
 7. I feel unusual guilt.
 8. I cannot concentrate.
 9. I have thoughts of suicide.
 10. Depression runs in my family.
 11. I have been under a lot of situational stress.
 12. I feel significantly depressed.
- A. Examples
 1. Marie Curie—late 19th-20th century (1867-1934)—Science
 - a. First female scientist
 - b. First and only to win Nobel Prize in 2 areas (Chemistry and Physics)

- c. Responsible for unfolding Radiation Therapy
- d. Opened gates to atomic age

YET

- e. Loss of mother before age 11 years
- f. In college...

- Threw herself into her studies
- Sank into solitude
- Hardly speaking to anyone
- Living on very little money
- Boarding in a tiny attic room—no light, no heat
- Worked at odd jobs
- Days without food
- Very depressed—but met Pierre and improved

2. Sylvia Plath—20th century (1932-1963)—Literature

- a. Poet and novelist
- b. Won international acclaim for

The Bell Jar
Ariel

- c. Committed suicide at 30 years old with cooking gas
- d. Poems revealed her depression

- 1. morbid outlook
- 2. anger
- 3. hardships she saw = negative
- 4. isolation

“I hadn’t washed my hair for three weeks, I hadn’t slept for seven nights...”

from *The Bell Jar*

3. Tennessee Williams—1911-?—Literature, Drama
 - a. Pulitzer Prize 1955 for *Cat on a Hot Tin Roof*
 Others...
The Glass Menagerie, Sweet Bird of Youth, A Streetcar Named Desire
Five O’Clock Angel—documents his feelings and depression

4. Emily Dickinson—(1830-1886)—American Poet
 - a. wrote over 1,700 poems—only 10 were published before her death
 known for:
 - Because I could not stop for death
 - Because he spoke to me
 - Safe in their Alabaster Chambers
 - This is My Letter to the World
 - b. Lived in seclusion most of her life
 - c. Her mother suffered from depression
“I’m a Nobody, who are you...?”
“Because I could not stop for death, He kindly stopped for me;”
“I almost wish there was no eternity, To think that we must forever live and never cease to be... ”
“The Soul unto itself...is an imperial friend...or the most agonizing spy...”

5. Ernest Hemingway—1899-1961—Literature
 - a. Nobel Prize for Literature—1954
 Pulitzer Prize—*The Old Man and the Sea*—1952

International celebrity

- b. One of the most famous American writers
 - c. Plain, forceful style, few adjectives, few adverbs, crisp, exact descriptions, characters who faced danger with courage.
 - d. Works
 - A Farewell to Arms*
 - For Whom the Bell Tolls*
 - The Sun also Rises*
 - The Snows of Kilimanjaro*
 - e. Hemingway's works in his later years—*Across the River and Into the Trees* revealed the bitterness that often accompanies depression.
 - f. Suicide—in 1961 from a self-inflicted gun shot wound.
15% of MDD die of suicide
 - g. Genetics—other family members also committed suicide—a risk
6. Others—time does not permit to talk about...
- a. The President—Abraham Lincoln
 - One of our greatest Presidents
 - Emancipation Proclamation
 - He suffered from incapacitating depression
 - b. Famous Playwright with documented clinical depression—Eugene O'Neil (1888-1953)
 - Long Day's Journey into Night*
 - The Iceman Cometh*
 - Moon for the Misbegotten*
 - Anna Christie*
 - Ah' Wilderson*
 - Beyond the Horizon*
 - And many more

B. What was it like for Marie Curie, Sylvia Plath, Tennessee Williams?
(Depression)

1. Sad mood
2. Sad appearance (Marie Curie)
3. Anxiety
4. Physical Symptoms
Sleep—increase or decrease
Appetite—increase or decrease
Energy—decrease
5. Painful thinking—15% suicide
↓
thought
↓
consideration
↓
plan
↓
attempt
6. Increased crying
7. Decreased motivation
8. Decreased concentration
9. Increased agitation
10. Motor retardation
11. Increased guilt
12. Decrease in interests
13. Decreased self-esteem
14. Decreased hygiene
15. Isolation
16. Decreased sex drive
17. Non-functional

C. What could we have done?

1. Psychosocial
Hospital
Friends—refuse their rejection
Their voice within—residential
2. Psychotherapy—7 Steps of HIAC
Behavior—get up-get out
Cognitive—challenge them
Expressive (feeling)
Insight

3. Medications
 - a. Herbs
 - b. MAOI—1950's—Nardil, Parnate
 - c. TCA—1957—Tofranil, Elavil, Sinequan, Anafranil, Surmontil, Pamelar, Vivactil, Norpramin
 - d. Tetracyclic—Ludiomil
 - e. SSRI—1987—Prozac, Paxil, Zoloft, LuVox, Celexa, Lexapro
 - f. Atypical—1990's—Wellbutrin, Remeron, Effexor, Cymbalta, Serzone, Trazadone
 - g. New MAOI—Aurorix
 - h. Antianxiety meds since depression and anxiety walk together
Benzodiazepines, Buspar, Neurontin, Beta Blockers if increased BP
 - i. Lyrica if some for of pain + anxiety
 - j. Meds for insomnia with depression
 - Specific GABA agents—Lunesta, Sonata, Ambien
 - Razerum
 - Old sleeping pills—Restoril, Dolmane, Prosom, Doral
 - Other Benzodiazepines—Klonopin, Xanax XR
 - Neurontin
 - Benadryl
 - Trazadone

D. Diagnosis

Symptoms
Time
Functioning
PET Scans

E. Conclusion: Quote—

Eugene O'Neil's novel *A Long Day's Journey into Night* could so aptly describe clinical depression but today there is hope. You can come out of the night.

REVIEW
Famous People in History
Bipolar Disorder & Depression

Orator: **Sir Winston Churchill**—Prime Minister of Great Britain (1940)

“I felt as if I were walking with destiny and that all my past life had been but a preparation for this hour and for this trial.”

- gifted

Literature: **Charles Dickens** of Great Expectations fame

“It was the best of times, it was the worst of times.”

- mood swings

Music: **Mozart** of the Magic Flute fame.

“...during the night, when I cannot sleep...my ideas flow best and most abundantly.”

- increased thoughts

Music: **Beethoven** of the Moonlight Sonatas fame.

“Born with a fiery temperament...I was soon compelled to withdraw...to live my life alone.”

- angry and alone

Literature: **Virginia Woolf** of To the Lighthouse.

“I was certain I was going mad again.”

- periodic breaks

Theology: **John Calvin** (1509-1564)

- slept less than 4 hours a night
- kept 4 secretaries going around the clock with French and Latin dictation
- had a short temper

Art: **Van Gogh**—wrote to his bother Theo

“...a fatal inheritance... We must acknowledge that we belong to the number of those who suffer...”

- genetics

Theology: **Elijah**

He requested for himself that he might die.

- suicidal

Literature: **Lord Byron**

“We of the craft are all crazy.”

- increased creativity

Literature: **John Keats, about Coleridge**

“I walked with him...for near two miles...in those miles he broached a thousand things.”

- racing thoughts, tangential

Literature: **Ernest Hemingway**

“My father was a coward. He shot himself without necessity...I had gone through it myself.”

- suicide

Literature: **Mary Shelley**

“Illness did ensue...driving me to the verge of insanity...”
“My mind slumbers and my heart is dull—Is life quite over.”
“...what am I become?”

- desperation

Literature: **Sylvia Plath (1932-1963)**

“I hadn’t washed my hair for three weeks, I hadn’t slept for seven nights.”

- poor personal appearance when down

Literature: **Emily Dickenson**

“I’m a nobody, who are you?”

“Because I could not stop for death.”

- feels like a nobody

REVIEW OF ETIOLOGY

Genetic factors may make certain individuals more vulnerable to certain mental problems. The second factor that is required is some kind of environmental factor.

A. GENETICS - **Twin studies showed the high genetic causation**

1. **Bipolar disorder** occurs in about .5 to 1% of the general population
 - a. A parent or sibling - 10%. In 90% of the cases of bipolar psychosis there is a first-degree relative with the disorder.
 - b. Fraternal twin raised in the same home - 25%
 - c. Identical twin raised in the same home - 95%
 - d. Identical twin raised separately - 75%

2. **Major depressive disorder** occurs relatively often in certain families. In at least 30% of the cases of depression there is a family history. As in other disorders, if one twin suffers, the risk of the other twin is high
 - a. Fraternal twin - 25%
 - b. Identical twin raised in the same home - 75%
 - c. Identical twin raised separately - 65%

3. **Schizophrenia** occurs in only about 1% of the general population, but Kallman and Kety have discovered that the risk is much higher if one has a close relative who has suffered from the disorder:

B. ENVIRONMENTAL STRESSORS - accentuate

1. stress
2. medical disease
3. drop in hormones
4. virus

REVIEW OF TREATMENT

1. Psychotherapy - Support systems
2. Psychosocial - Hospitalization
3. Psychopharmacology – Medication

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to www.mcphope.com
Radio outlines exist for many topics. bipolar, ADHD, OCD, PTSD, depression, etc.
- Minirth Clinic – for outpatient care and retreats
www.minirthclinic.com
972-669-1733 / 1-888-MINIRTH (646-4784)
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry (for pastors)
www.hearts-of-love-international-ministry.org