

## SUMMARY FOR MAJOR DEPRESSIVE DISORDER

<b>Clinical Presentation</b>		<b>Medications associated with Depression</b>													
<b>S</b>	Sleep disorder ↑ or ↓	<b>Antihypertensives:</b> ACE-I, clonidine, diuretics, guanethidine, hydralazine, methyl dopa, digoxin, propranolol, reserpine													
<b>I</b>	Interest deficit (anhedonia)	<b>Hormonal therapy:</b> OC, steroids, CS, tamoxifen, GnRH agonists, finasteride													
<b>G</b>	Guilt (worthlessness, hopelessness, regret)	<b>Anticonvulsants:</b> Levetiracetam, phenobarbital, primidone, phenytoin, tiagabine, vigabatrin													
<b>E</b>	Energy deficit	<b>Acne therapy:</b> Isotretinoin, Tetracycline													
<b>C</b>	Concentration deficit	<b>Others:</b> Interferon (B-1a, alpha), apremilast, varenicline, levodopa, efavirenz, substance of abuse (alcohol, amphetamines, cocaine, marijuana, opioids, benzodiazepines), acetazolamide, antibiotics													
<b>A</b>	Appetite disorder ↑ or ↓	<b>PHQ-9 Tool (<a href="#">mdcalc link</a>)</b>													
<b>P</b>	Psychomotor retardation or agitation														
<b>S</b>	Suicidality														
*Consider ethnic, religious, cultural factors, life event stressors															
<b>Assessment:</b>		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9d9d9;"> <th style="width: 50%; padding: 5px;">Score</th> <th style="width: 50%; padding: 5px;">Depression Severity</th> </tr> </thead> <tbody> <tr> <td style="text-align: center; padding: 5px;">0-4</td> <td style="padding: 5px;">None - Minimal</td> </tr> <tr> <td style="text-align: center; padding: 5px;">5-9</td> <td style="padding: 5px;">Mild</td> </tr> <tr> <td style="text-align: center; padding: 5px;">10-14</td> <td style="padding: 5px;">Moderate</td> </tr> <tr> <td style="text-align: center; padding: 5px;">15-19</td> <td style="padding: 5px;">Moderately Severe</td> </tr> <tr> <td style="text-align: center; padding: 5px;">20-27</td> <td style="padding: 5px;">Severe</td> </tr> </tbody> </table>		Score	Depression Severity	0-4	None - Minimal	5-9	Mild	10-14	Moderate	15-19	Moderately Severe	20-27	Severe
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<ol style="list-style-type: none"> <li>1. Timing                             <ul style="list-style-type: none"> <li>■ Stressors, prodromal symptoms, frequency of episodes and pattern</li> </ul> </li> <li>2. Functional impairments                             <ul style="list-style-type: none"> <li>■ Work/life/relationships/sleep</li> <li>■ Hospitalizations</li> </ul> </li> <li>3. Concurrent Psych disorders</li> <li>4. General Med disorders</li> <li>5. Family History (of Psych disorders)</li> <li>6. Social History                             <ul style="list-style-type: none"> <li>■ Substances, supports, stressors</li> </ul> </li> </ol>															

<b>Management (<a href="#">CANMAT GUIDELINES</a>)-Acute Phase (8-12 weeks) vs. Maintenance (&gt;6-24 months after remission)</b>	
<b>Pharmacotherapy choices</b> <ul style="list-style-type: none"> <li>• Table 3 CANMAT</li> </ul> <b>Adjunctive Medications</b> <ul style="list-style-type: none"> <li>• Table 11 CANMAT</li> </ul>	<ul style="list-style-type: none"> <li>• Consider drug-drug interactions, tolerability, particular side effects</li> <li>• Early improvement after 2-4 weeks?                             <ul style="list-style-type: none"> <li>○ If not, consider: (i)increase dose, (ii) switching agents, (iii) adding adjunct meds, psychological or neurostimulation treatments</li> </ul> </li> <li>• Non-pharm: Psychotherapy, exercise, ECT</li> </ul>

**Monitoring Response** - (also take note of Suicide Ideation, Adverse Effects, Functional Quality of Life, Relapse Hx)

Level of Response	Level of Response (% Reduction from Baseline Rating Scale Score)
<b>Early Response</b>	≥ 20%* *Within 1-4 weeks of achieving potentially therapeutic dose
<b>Response</b>	≥ 50%
<b>Partial Response</b>	25-49%
<b>Non-response</b>	<25%
<b>Remission</b>	Goal (No longer meets diagnostic criteria)

\*Follow-up visits ~ every 1-3 months; Full therapeutic effect may take 4-6 weeks; Average remission time is 6-8 weeks