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Mr. Speice

Independent Study and Mentorship 3B

22 September 2017

Research Assessment #4 - Depression

Topic: Depression

Date: 09/22/17

Citations:

“Depression.” *Health and Wellness Resource Center [Gale]*, 2015,

galenet.galegroup.com/servlet/HWRC/hits?docNum=CX3622400224&aci=flag&tcit=1_1_1_1_1_1&index=BA&locID=j043905010&rlt=1&origSearch=true&t=RK&s=1&r=d&secondary=false&o=&n=10&l=d&searchTerm=2NTA&c=10&basicSearchOption=KE&bucket=ref&SU=depression.

“Faster-Acting Antidepressants May Finally Be within Reach.” *Academic OneFile [Gale]*, 19

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go.galegroup.com/ps/retrieve.do?tabID=T002&resultListType=RESULT_LIST&searchResultsType=SingleTab&searchType=BasicSearchForm&otPosition=1&docId=GALE%7CA500450999&docType=Article&sort=Relevance&contentSegment=&prodId=AONE&contentSet=GALE%7CA500450999&searchId=R1&userGroupName=j043905010&inPS=true.

Assessment:

As a psychiatrist, I will need to be able to work with and diagnose patients with a variety of mental disorders. This week, I decided to focus my research on a specific disorder that seems to be fairly common in the world of psychiatry: depression. I had already known about the basics of this condition, but I wanted to know more specific information about depression and how to treat it, as that will be my job as a psychiatrist.

The first article I read was called “Depression”. This article not only gave me a more specific definition of depression, but it also described the causes, treatment types, and different classifications of depression. This article was fascinating to me because it was very detailed and it allowed me to learn a lot more about this subject. Prior to my research, I was unaware that depression could have physical manifestations. I was shocked to learn that severe depression can lead to heart attacks. After doing further reading, I learned that this is due to a lack of serotonin in the brain. Serotonin, a neurotransmitter in your brain, promotes feelings of happiness and plays a large role in the cardiovascular system. This really surprised me. Prior to my research, I had thought that serotonin only affects your nervous system. I was also surprised to learn about how common depression is. According to the article, “24% of all women and 15% of men experience depression”. I thought it was interesting that women are more likely to be diagnosed with depression. However, factors such as postpartum depression and hormone changes are likely to contribute to this statistic. A large portion of the article was devoted to treatments for depression. Depression can be treated with medication and psychotherapy. After reading about

the different treatment types, I became curious about how antidepressant medication worked and how effective it was.

The second article I read was called “Faster-acting antidepressants may finally be within reach”. This article went into more detail about how selective serotonin reuptake inhibitors (SSRIs) work. SSRIs are the most common type of antidepressant medication because they allow the effects of serotonin to last longer, leading to elevated levels of happiness. Through my research, I was able to learn more about how drugs help treat the biological aspects of depression. This article also described an experiment done to help scientists learn more about how SSRIs work. In this experiment, scientists were able to mimic the effects of an antidepressant in mice without actually administering medication. The results of this experiment have led scientists to believe that there is a high probability of future depression treatments that will be faster-acting and have less side effects than the drugs that are available today. This is revolutionary and, if effective, better for patients due to the speed at which the drugs act as well as a more comfortable experience with limited side effects. The results of this experiment are exciting to learn because there is a strong possibility that I will be able to study and prescribe medication of this type in the future.

After my research, I feel much more informed about one of the most common and debilitating mental disorders that is seen by psychiatrists. I was able to learn a lot about this topic, and I was surprised at how much I was unaware of, such as the physical manifestations of depression that can lead to heart attacks. Even though I feel more knowledgeable about my topic, I realize that there is still much to learn. As I continue my research, I hope to continue to focus on specific subjects in order to get the most out of my research.

Annotations:

<http://scrible.com/s/mzVmk>

<http://scrible.com/s/mbFM4>