



Depression and Bipolar
Support Alliance

Young Adult Council – Science of Depression Kit

Dealing with depression is different for every peer, and understanding what is happening in the brain may help paint a clearer picture. The DBSA Young Adult Council has developed a toolkit that explores the science behind depression. Download and share the graphics provided by YAC. Be sure to tag @DBSAlliance in your post and let us know how this information has helped you.

Sources:

Nemeroff, C. 2020 The State of our Understanding of the Pathophysiology and Optimal Treatment of Depression: Glass Half Full or Half Empty? The American Journal of Psychiatry.

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The Science of Depression



There is no test

- Depression and other mental health conditions are solely diagnosed through described experiences
- Research gives a glimpse of what might be bio-markers of depression



It is more than chemicals

- Serotonin is important to our understanding of depression, but it's not the only piece of the puzzle
- Factors such as genetics and environment play a significant role



Why do we care?

- Scientists could develop new medications, discover new treatments, and give a better quality of care. The more we know, the better people's lives become!

The Science of Depression

GENETICS

IT IS ESTIMATED

up to

40%

of risk factors for

DEVELOPING DEPRESSION ARE GENETIC



The specific **GENES** that might **CAUSE DEPRESSION** remain unclear

Unlike many physical illnesses, the genes that might cause **DEPRESSION** overlap with **ANXIETY, BIPOLAR,** & other mental health concerns

Source:

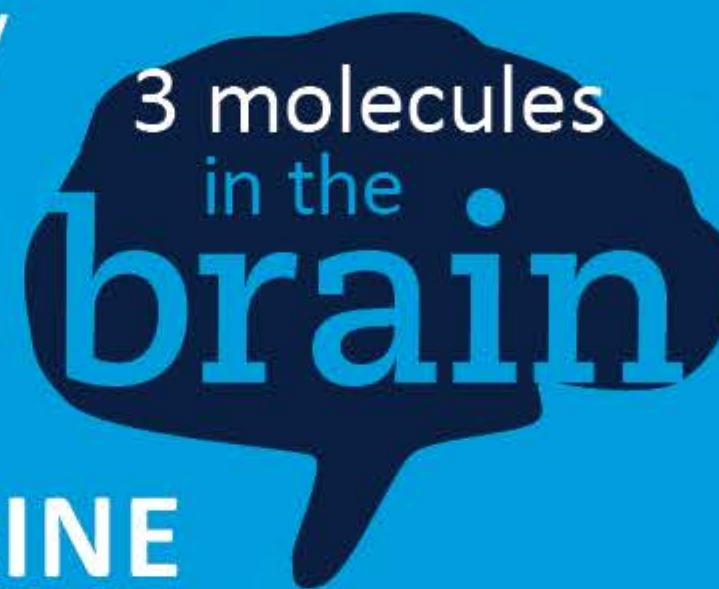
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MONOAMINE THEORY

Monoamine Theory
revolves around:

DOPAMINE
SEROTONIN
NOREPINEPHRINE



Because of this, the most popular
ANTIDEPRESSANTS
raise the levels of one or more
NEUROTRANSMITTERS:

SSRIs selective serotonin reuptake inhibitors **SNRIs** selective norepinephrine reuptake inhibitors

While helpful, this theory is
NOT COMPLETE
it can't explain why
some people don't respond well
to SSRIs & SNRIs but do well on
ATYPICAL anti-depressants

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IMMUNE RESPONSE

There is a strong correlation between

IMMUNE SYSTEM

DISORDERS such as
rheumatoid arthritis



& DEPRESSION

though the implications of
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THERAPY

There is
NO CLINICAL EVIDENCE that
one medication works best

One study showed
ONLY 28%
of people
were able to achieve symptom
RELIEF FROM MEDICATION ALONE

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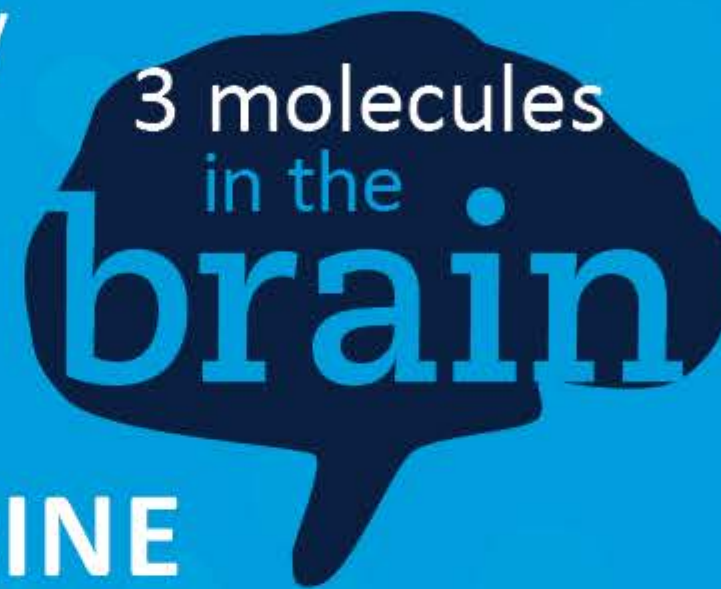


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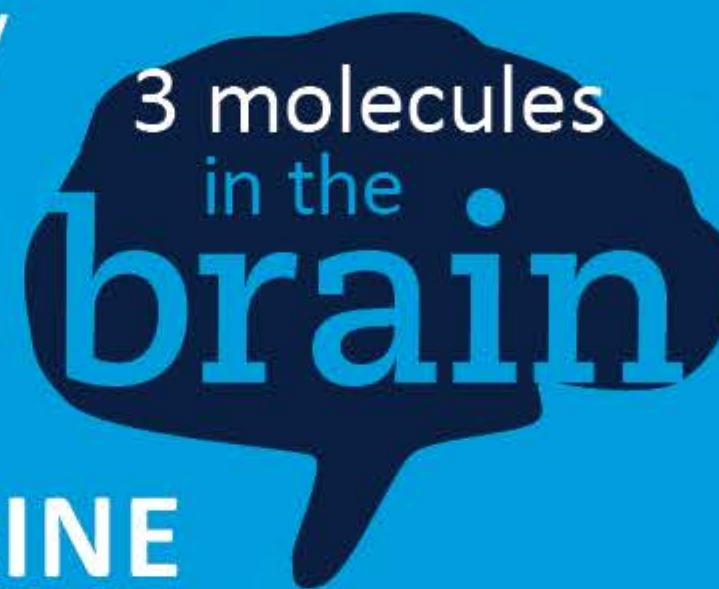
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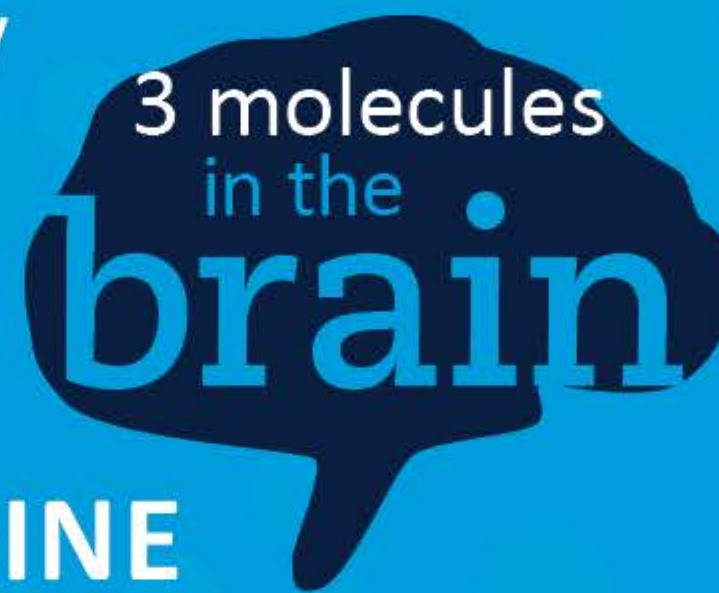


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