

Prepared for Third Street Baptist Church

Understanding Depression

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Agenda

- ❖ Brainstorming
- ❖ Biblical examples of depression
- ❖ Depression explained
- ❖ Signs and symptoms of depression
- ❖ Coping with depression
- ❖ Special Topics

Brainstorming



How would you define depression?

Biblical Examples of Depression

- Judas –committed suicide after the betrayal. *"I have sinned," he said, "for I have betrayed innocent blood." "What is that to us?" they replied. "That's your responsibility." 5 So Judas threw the money into the temple and left. Then he went away and hanged himself.* Matt 27:4
- Job- *Why did I not perish at birth, and die as I came from the womb?"* Job 3:11
- *"I have no peace, no quietness, I have no rest, but only turmoil."* Job 3:26
- *"I loathe my very life, therefore I will give free rein to my complaint and speak out in the bitterness of my soul."* Job 10:1
- David- struggled with grief, guilt and battled deep despair.
- *"My guilt has overwhelmed me like a burden too heavy to bear."* Ps. 38:4
- 2 Samuel 12:15-23 when his child died, he would not eat and lay on the ground for days.

McDaniel, D. (2021, March 9). 7 Bible Figures Who Struggled with Depression. Crosswalk.Com. <https://www.crosswalk.com/faith/spiritual-life/7-bible-figures-who-struggled-with-depression.html>

Facts on Depression

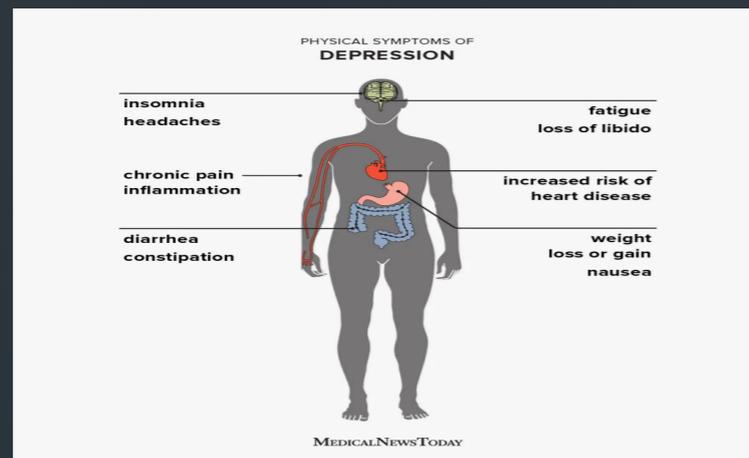
- ❖ Depression is the most diagnosed Mental Health condition.
- ❖ Annually 1 in 5 children experience a mental disorder (depression, anxiety, ADHD and disruptive disorders)
- ❖ Exposure to stressful life events are significant factors for the development of depression. It typically bring the onset of depression but if not mitigated it can cause relapsing episodes if the stressors are chronic.
- ❖ Research has shown that depression is correlated with various chronic disease outcomes
- ❖ In the elderly population this particularly concerning as declining health, chronic pain and limited social connections increase stress and mood disturbance in this population.

Source: Iob, E., Kirschbaum, C., & Steptoe, A. (2019). Persistent depressive symptoms, HPA-axis hyperactivity, and inflammation: the role of cognitive-affective and somatic symptoms. *Molecular Psychiatry*, 25(5), 1130–1140. <https://doi.org/10.1038/s41380-019-0501-6>

Types of Depression

- ❖ Seasonal Affective Disorder
- ❖ Premenstrual Dysphoric Disorder
- ❖ Persistent Depressive Disorder
- ❖ Postpartum Depressive Disorder
- ❖ Adjustment Disorder with Depressed Mood
- ❖ Major Depressive Disorder

Physical Manifestations of Depression



Physical Manifestations

Neurotransmitters

- Dopamine and norepinephrine malfunction
- Sleep disturbance
- Fatigue

Hormones

- Appetite changes
- PMDD
- Birth control/Vitamin B-12 deficiency

Source: Cronkleton, E. (2021, October 8). *Depression and its physical symptoms*. Medical New Today. <https://www.medicalnewstoday.com/articles/depression-physical-symptoms#treatment>

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Seasonal Affective Disorder

"The Winter Blues"

- ❖ SAD, MDD with seasonal pattern, is a condition that causes depressive symptoms during fall and winter months when there is less sunlight and shorter days.
- ❖ Symptoms include feeling fatigue, excessive sleep, and appetite changes typically including more consumption of carbohydrates.
- ❖ Research indicates that less exposure to sunlight activates a chemical imbalance in the brain.

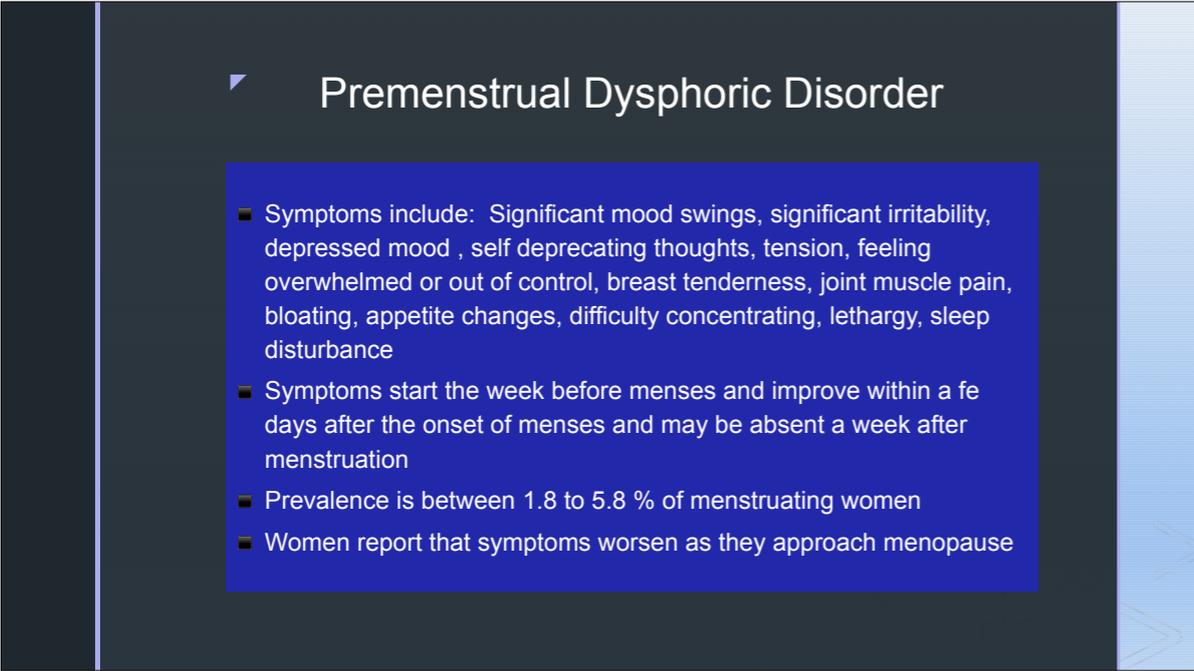
Source: Cronkleton, E. (2021, October 8). *Depression and its physical symptoms*. Medical New Today. [https://](https://www.medicalnewstoday.com/articles/depression-physical-symptoms#treatment)

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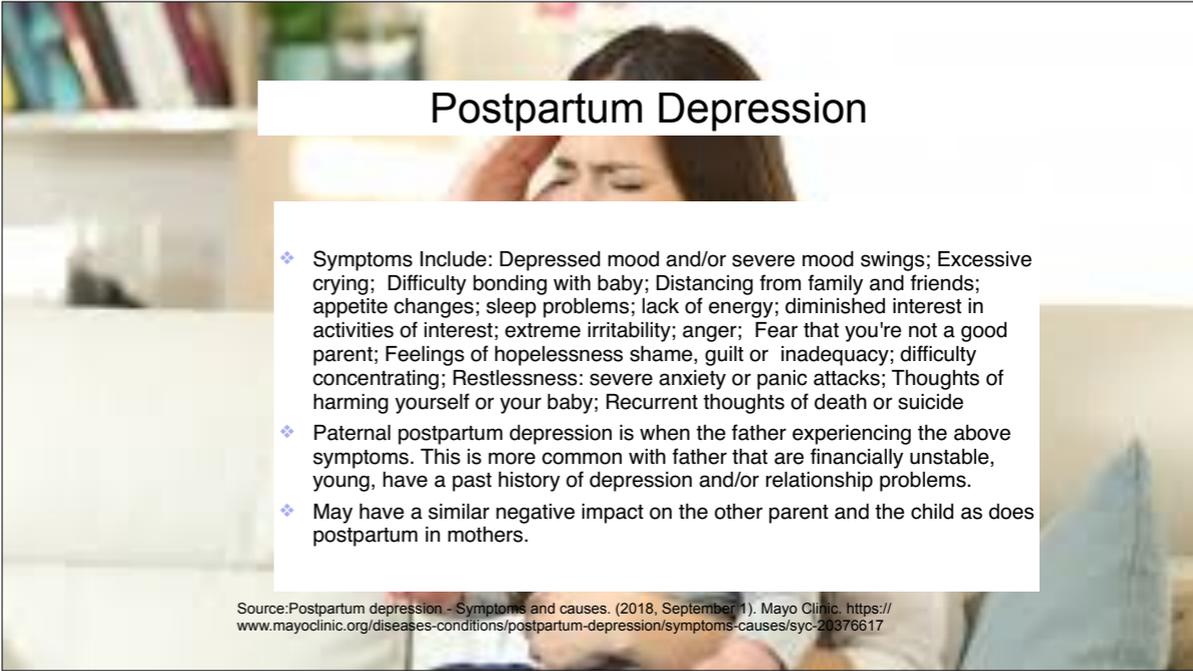
Persistent Depressive Disorder

- ❖ Depressed mood most days for 2 years in adults; 1 year in teens
- ❖ Symptoms include appetite disturbance, sleep disturbance, low energy, low self esteem, poor concentration and feelings of hopelessness
- ❖ If this develops before age 21 there is high likelihood for comorbidity with substance abuse and personality disorder (DSM-5)



Premenstrual Dysphoric Disorder

- Symptoms include: Significant mood swings, significant irritability, depressed mood, self deprecating thoughts, tension, feeling overwhelmed or out of control, breast tenderness, joint muscle pain, bloating, appetite changes, difficulty concentrating, lethargy, sleep disturbance
- Symptoms start the week before menses and improve within a few days after the onset of menses and may be absent a week after menstruation
- Prevalence is between 1.8 to 5.8 % of menstruating women
- Women report that symptoms worsen as they approach menopause



Postpartum Depression

- ❖ Symptoms Include: Depressed mood and/or severe mood swings; Excessive crying; Difficulty bonding with baby; Distancing from family and friends; appetite changes; sleep problems; lack of energy; diminished interest in activities of interest; extreme irritability; anger; Fear that you're not a good parent; Feelings of hopelessness shame, guilt or inadequacy; difficulty concentrating; Restlessness; severe anxiety or panic attacks; Thoughts of harming yourself or your baby; Recurrent thoughts of death or suicide
- ❖ Paternal postpartum depression is when the father experiencing the above symptoms. This is more common with fathers that are financially unstable, young, have a past history of depression and/or relationship problems.
- ❖ May have a similar negative impact on the other parent and the child as does postpartum in mothers.

Source: Postpartum depression - Symptoms and causes. (2018, September 1). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617>

Major Depressive Disorder

- ❖ Symptoms include: Depressed mood most days or loss of pleasure/ interest for a 2 week period; weight gain or loss, insomnia or hypersomnia, restlessness or retardation; fatigue, feelings of worthlessness, self reproach, guilt; difficulty concentrating or making decisions; reoccurring thoughts of death or suicide
- ❖ Must impact social relationships, work and or school.
- ❖ Fatigue and sleep disturbance are the most commonly reported depression symptoms
- ❖ MDD is prevalent in about 7% of the US population
- ❖ MDD is highly associated with death. Depressed individuals who enter a LTC facility typically die within the first year.

Mortality



- ❖ Globally suicides constitute the second leading cause of death
- ❖ Suicides in the US most commonly occur by firearms, by males in 61% and by females in 36%; women also die from poisoning at a rate of 31%.
- ❖ Every year, about 800,000 humans die by suicide (every 40 seconds)
- ❖ Completed suicides most commonly occur (60-98%) with people with MH diagnoses.
- ❖ Substance abuse is the second highest indicator in completed suicide especially alcohol (even in 12-18 year olds) Heroin, cocaine and meth were also correlates after alcohol but not cannabis
- ❖ Suicide rate in persons with PTSD has increased to 20% due to the impact of terrorism and war.

Source: Bachmann, S. (2018). Epidemiology of Suicide and the Psychiatric Perspective. International Journal of Environmental Research and Public Health, 15(7), 1425. <https://doi.org/10.3390/ijerph15071425>

Strong Black Woman

- SBW schema includes self sacrifice, givers rather than receivers, independence, enhanced self esteem and cultural pride. "I feel guilty when I put my need in front of others." "Black women have to be strong all the time."
- SBW has been linked to poor mental health outcomes particularly depression
- Study looked at 4 types of coping (social support, disengagement, spirituality, problem oriented engagement)
- Previous research has found that spiritual coping and collective coing helped with loneliness but not anxiety or depression
- Women who disengaged (self-silencing) were more likely to feel depressed

Source: Watson-Singleton, N. N. (2017). Strong Black Woman Schema and Psychological Distress: The Mediating Role of Perceived Emotional Support. Journal of Black Psychology, 43(8), 778-788. <https://doi.org/10.1177/0095798417732414>

Jones, M. K., Hill-Jarrett, T. G., Latimer, K., Reynolds, A., Garrett, N., Harris, L., Joseph, S., & Jones, A. (2021). The Role of Coping in the Relationship Between Endorsement of the Strong Black Woman Schema and Depressive Symptoms Among Black Women. Journal of Black Psychology, 47(7), 578-592. <https://doi.org/10.1177/00957984211021229>

Mental and Spiritual Health of Black Men

- Hope to Keep Going Framework developed by Nicholas Grier
- Survival and resistance have been important themes in black men's lives
- Racism and white racial ideology has obstructed black men from flourishing their full potential. Oppression has shaped black men's lived experiences
- Framework focuses on spirituality, community and intrapsychic experiences (black liberation psychology)
- Black men will share their emotions and experiences when in a safe environment

Coping with Depression

- ❖ Evidenced based interventions by a licensed provider
- ❖ Psychotropic medication using biomarkers for increased accuracy and effectiveness
- ❖ Exercise: Low Intensity and high intensity workouts modulate different brain pathways. Low intensity helps with cognitive and attentional processing. High impact workouts increase emotional processing. Research shows elevated mood after participants workout sessions (A. Schmidt, et al, 2019)
- ❖ National Suicide Prevention Lifeline Available 24 hours. Call 1-800-273-8255



What has helped you overcome?

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