

Depression

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What will the group involve?

Our part...

- To provide a safe place to explore your difficulties
- Based on Behavioural Activation Therapy, which is recommended by NICE for treating depression
- Recent studies have shown that it is as effective as antidepressants at reducing depression symptoms

What will be covered

- What is depression?
- Possible triggers to depression
- First steps to feeling better...
- What is behavioural activation?
- Getting to know the link between our depression and activity

Housekeeping

- Phones off
- Respect one another
- A lot to get through
- Not talking over each other
- Confidentiality

- Any thing else?

Symptoms of Depression

- Lowering of mood
- Reduction of energy
- Decrease in activity
- Loss of enjoyment and interest in activity
- Loss of concentration
- Sleep can be disturbed
- Appetite can be affected
- Lowering confidence
- Feelings of guilt, worthlessness
- Loss of libido

How Common Is Depression

- Feeling low is a normal part of being human
- However, 1 in 5 people in the UK will experience anxiety and/or depression (ONS, 2013)
- Reported by more women than men
- It is one of the most common reasons people see their GP

Depression across cultures

- ‘It is quite possible that depression manifests itself differently in different cultures, or at different ages, or between men and women. If that is so, a measure which implicitly imposes a universal definition of depression on the whole world might be mistaken.’ Goldberg (2001)
- Likely higher rates in some communities such as British South Asian & Afro-Caribbean (Williams et al 2015)
- These communities also less likely to access psychological treatments
- Mixed views on whether depression more likely to present as physical symptoms in some communities

Other symptoms of depression

- Are there any other symptoms or ways in which depression is understood or manifest in your own cultural background?

Triggers to depression

- If depression manifests in symptoms then it is important to think about the triggers or things that lead to depression

Triggers to depression

- **Bereavement** – death of someone close
- **Work problems**- bullying at work, not feeling valued, no opportunity for growth
- **Significant life events** – moving houses, family problems, having a baby
- **Financial concerns**- losing job, debts
- **Racism** - experiencing discrimination at work or in searching for work, feeling excluded in college – can lead to low mood, affect self esteem, motivation etc....
- **Personal Relationships pressures** (within the family and other significant relationships – difficulties in relationships at home can affect our mood..... health issues, employment or housing issues, caring responsibilities etc
- **Migration**– difficulties with migration status, feeling isolated and missing family from the country of origin, difficulties with integrating to the new community, language difficulties can all lead to low mood...
- **Religion and spirituality**.....
- **Struggling with cultural differences** between expectations of own cultural background and the dominate culture

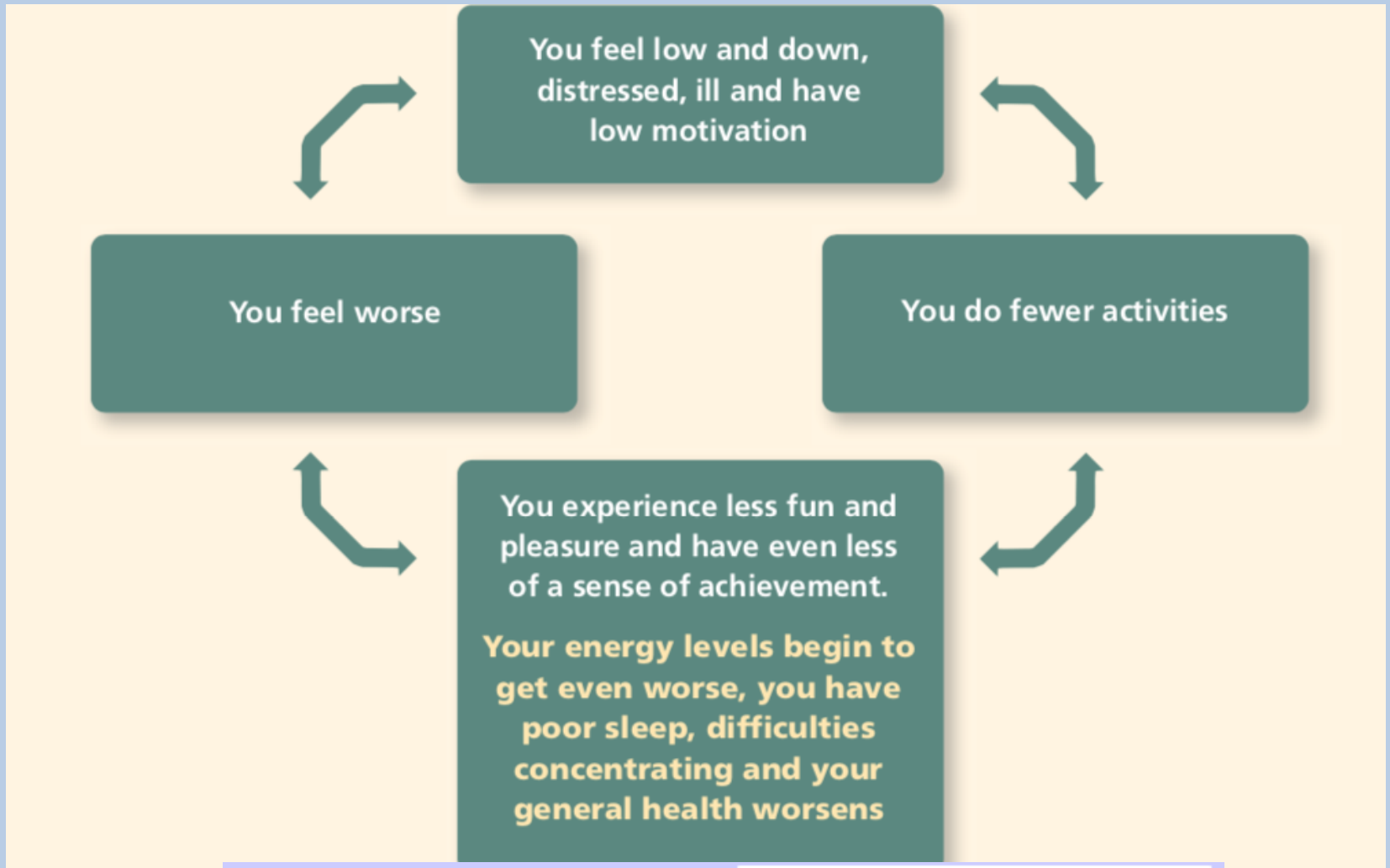
Triggers to depression

- Can you relate to any of these triggers? What has been a trigger for you?

How It Can Affect Us

- **Behavioural-** Doing things differently or not doing the things you used to do, eating more or eating less
- **Physical-** Tiredness, problems sleeping, crying, losing or gaining weight, problems concentrating, being irritable
- **Thoughts-** Tend to be negative or unhelpful, such as feeling guilty, thinking you are useless, thinking the worst

First Steps to Feeling Better



Summary of Cycle of Low Mood

- When we feel low, we do less, so we end up feeling worse
- The key to start feeling better is to start doing more *and also talking about how we are feeling with someone we can trust and we feel safe with—like a family member, friend, a counsellor*
- Behavioural Activation is a treatment for Depression which supports people in increasing their activities so that they can start to feel better

3 Key Things for Behavioural Activation To Work

- Graded- small steps
- Balanced- routine, pleasurable and necessary activities
- The Outside in Approach- we cannot wait to feel better before we start doing more. We have to start doing more and then we will feel better. Key is to ‘follow the plan and not your mood’

1st step for Behavioural Activation

- We all need a balance of activities to stay depression free.
- We tend to think of activities falling into three categories:
- **Routine** – regular things we need to do e.g. washing clothes, cooking meals
- **Necessary** – things we all have to do e.g. come to the Get Active Group, pay bills
- **Pleasureable** – things we have enjoyed doing at some stage e.g. gardening, arts and crafts

- Make a list of activities which you have stopped doing or would like to do for each category

2nd Step For Behavioural Activation

- Now we need to put them in order...
- Most difficulty
- Medium difficulty
- Least difficulty

Now think about how difficult each activity is.
Breaking things into smaller tasks can help.

3rd Step for Behavioural Activation

- Make a plan for the week based on the least difficult activities
- Only put down things that feel manageable
- Now it is time to ‘follow the plan and not your mood’
- Once you have achieved everything on the ‘least difficult’ least then move up to medium difficult and then finally most difficult
- The more you start to do the better you should start feeling

First Steps To Feeling Better

- What one thing can you start doing this week to start feeling better?
- What have you been avoiding?

Questions?