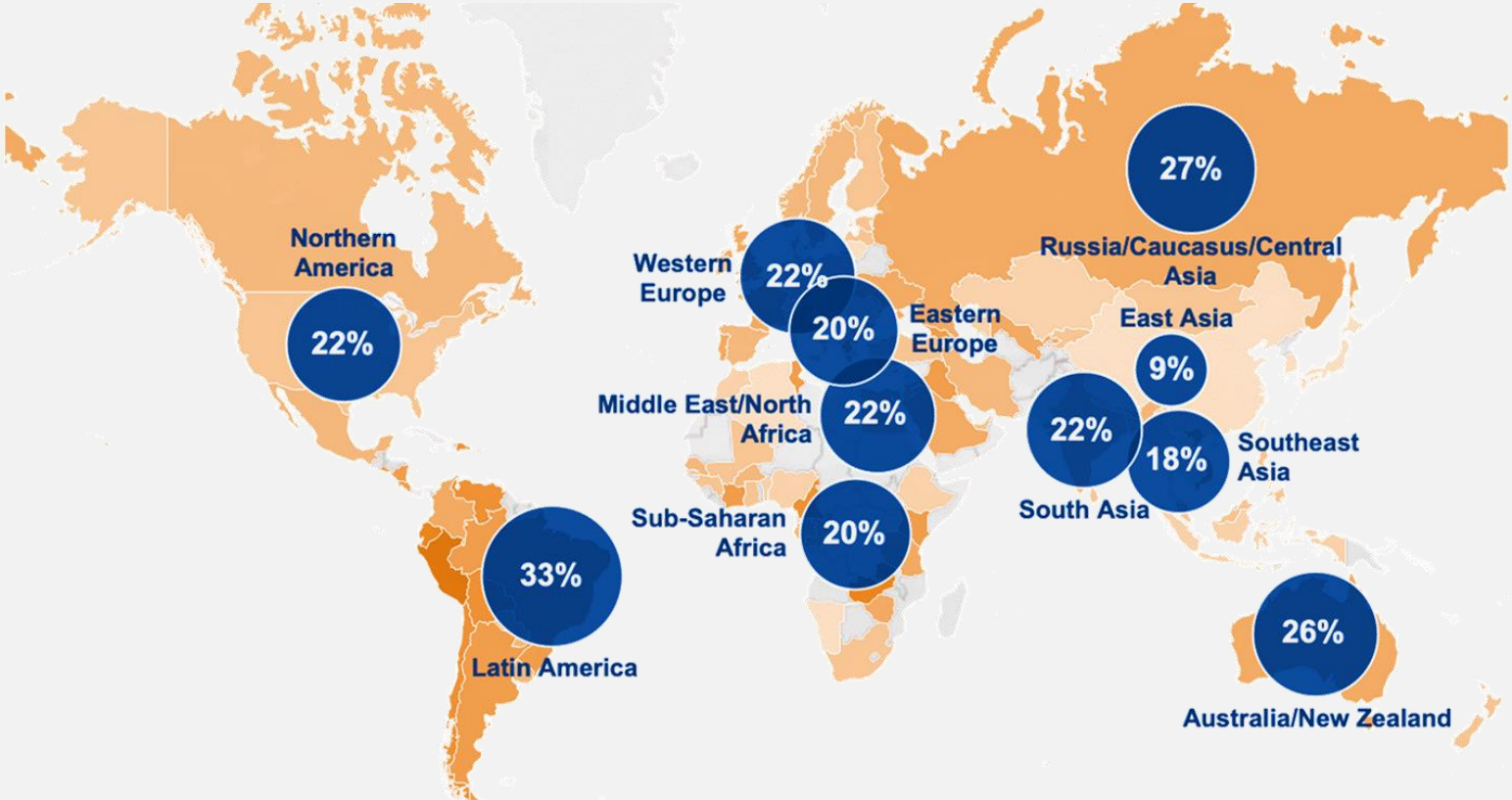




**DIFFICULT-TO-TREAT  
DEPRESSION:  
IDENTIFICATION, ASSESSMENT  
AND MANAGEMENT**

About 1 in 5 people  
said they had  
personal experience  
of anxiety or  
depression



**Difficult-to-treat depression (DTD) refers to a depression that continues to cause significant burden despite usual treatment effort**

The definition encompasses 3 patient groups-



**Patients without remission despite at least two antidepressants** from two different classes given in a sufficient dose and for at least four weeks



**Patients with chronic depression, i.e. lasting for two or more years** regardless of treatment



Patients assessed as **treatment-resistant** using an assessment scale such as Maudsley staging method

# COMMON SYMPTOMS OF DIFFICULT-TO-TREAT DEPRESSION

Changes in  
appetite

Changes in  
sleep pattern

Feeling sad  
and hopeless

Excessive  
Fatigue

Struggling to  
concentrate



# DRUG THERAPY OF DIFFICULT-TO-TREAT DEPRESSION



## SELECTIVE SEROTONIN REUPTAKE INHIBITORS

- Citalopram
- Escitalopram
- Fluoxetine
- Paroxetine
- Sertraline
- Vilazodone



## SEROTONIN-NOREPINEPHRINE REUPTAKE INHIBITORS

- Duloxetine
- Venlafaxine
- Desvenlafaxine
- Levomilnacipran



## MONOAMINE OXIDASE INHIBITORS

- Tranylcypromine
- Phenelzine
- Isocarboxazid
- Selegiline



## ATYPICAL ANTIDEPRESSANTS

- Bupropion
- Mirtazapine
- Nefazodone
- Trazodone
- Vortioxetine



## TRICYCLIC ANTIDEPRESSANTS

- Imipramine
- Nortriptyline
- Amitriptyline
- Doxepin
- Trimipramine
- Desipramine
- Protriptyline

## TRANSCRANIAL MAGNETIC STIMULATION

A **treatment coil** is placed against **scalp** that sends brief magnetic pulses to stimulate nerve cells in brain involved in mood regulation and depression



## PSYCHOTHERAPY

It includes Cognitive Behavioural Therapy, Interpersonal Therapy, and Psychodynamic Therapy



## ELECTROCONVULSIVE THERAPY

Electrical **currents** are passed through the **brain** to impact the function and alter the neurotransmitter release in the brain to relieve depression



## VAGUS NERVE STIMULATION

It uses an **implanted device** in the **chest** connected to the vagus nerve in the neck to send signals to the brain mood centers, that helps improve depression symptoms



## ALTERNATIVE THERAPY

**Diet, exercise, mental conditioning and lifestyle changes**, including: Acupuncture, Aromatherapy, Meditation and Yoga, Music therapy, Massage therapy



# NON-DRUG THERAPY OF DTD