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## Clinical case on depression

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### Abstract

Depression is an affective disorder characterized by sadness of mood, poverty of ideas, and psychomotor retardation. Depression may occur at any stage of the life. Depression is a major cause of suicide among teens. During the past three decades the rate of suicide in the age between 15-24 years has tripled and it is the third leading cause of death in this age group. The symptoms of depression in the elderly are not very different from those in younger adults. In high-income countries, the connection between suicide and mental disorders, particularly alcohol use disorders and depression, as well as a previous attempt at suicide, is well established. However, many suicides occur impulsively in times of crisis when people are unable to deal with life's stresses, such as financial issues, relationship breakups, or chronic pain and illness.

**Keywords:** Depression, affective disorder, sadness, psychomotor retardation

### Introduction

Depressive disorder (also known as depression) is a common major mental disorder. It is an effective disorder characterized by sadness of mood, poverty of ideas and psychomotor reaction. the psychopathology of the effective disorders can most easily be described by reference to the similarity of the abnormal affect with normal emotions of the same kind. in depression, the patient's sadness deepens to a morbid depression and the difficulty in concentration becomes retardation of all thought and action. Depressive patients may show a complete failure of all insight, deny that they are ill and hold steadfastly to their ideas of guilt and punishment.

### Case Report

19 years of male client came with Depressed mood most of the day, easily fatigued, loss of interest for more than two weeks and had sleep disturbance, lack of attention and concentration in the study. Client is also having depressed mood, retarded movement, appetite disturbance guilt, worthless suicidal thought

### Physical exam

- On physical examination client is having
- Depressed mood
- Retarded movement
- Hopelessness
- Helplessness
- Feeling of cry
- Lack of attention and concentration

### Management

**Psychopharmacology:** Antidepressants tricyclic antidepressants: imipramine 50mg  
Selective serotonin reuptake inhibitors: fluoxetine 20 mg bd escitalopram 10 mg bd  
Psychological treatment: individual psychotherapy for depression. the concept of this therapy is interpersonal psychotherapy. The main focus of this is on correction clients current interpersonal relation. it has been successful in helping depressed person to recover and to enhance his/her social functioning. If the client is severely depressed that it is given in the combination of antidepressant drugs. interpersonal psychotherapy has the following phases and interventions: each phase has certain assessment and therapeutic intervention.

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Phase-I when client comes for the cognitive behaviour therapy allow him to sit in a comfortable position, formal discussion is done with the client so that rapport can be established with the client so that rapport can be established with the client. As the rapport established, first of all complete assessment is done for the severity and nature of the illness. After that, the client is made aware about regarding the nature of depression. After that, the client is made aware about regarding the nature of depression, symptoms, course and alternative modalities available for the treatment, if the level of depression is severe then the individual psychotherapy is given with the of antidepressant drugs. During psychotherapy the client is encouraged to continue working and participating in regular activities. A therapeutic plan is formulated on mutually agreeable basis. If any difficulty in implementing the plan is reformulated by mutual acceptance and negotiation.

Phase-II: In this stage the main focus on helping the client to resolve him/her dysfunctional grief reactions. All efforts are made to resolve ambivalence with a lost relationship and client is helped to established new relationship. Therapist made efforts to solve the interpersonal disputes between the client and significant others. The client may have some problems related to role play according to developmental stages life cycles, lack of interest in job responsibilities and correction of IPR deficits that may interfere with the clients ability to initiate or sustain IPR with significant others. Special attention is given to help the client to improve the relationship because the client may feel difficulty to initiate, correct and maintain this dysfunctional relationship.

Phase -III: This is the final phase of inter personal relationship psychotherapy this phase gradually therapeutic alliance is terminated. Main focus on reassurance, clarification of emotional states and improvement of interpersonal communication. At this stage client's perception and performance of interpersonal relationship are tested. All efforts are made to make the client independent and confident so that he can live his normally and able to initiate maintain good IPR in the society.

#### Conflict of Interest

Not available

#### Financial Support

Not available

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