

# **Depression Among Doctors' Community: How to Mitigate**

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# Depression

- Depression, a common mental disorder that presents with depressed mood, loss of interest, feeling of guilt or low self-esteem.
- It is the 4th leading contributor to the global burden of disease.
- World Health Organization (WHO) has predicted that depression will be the second leading cause of early death or disability by 2020.

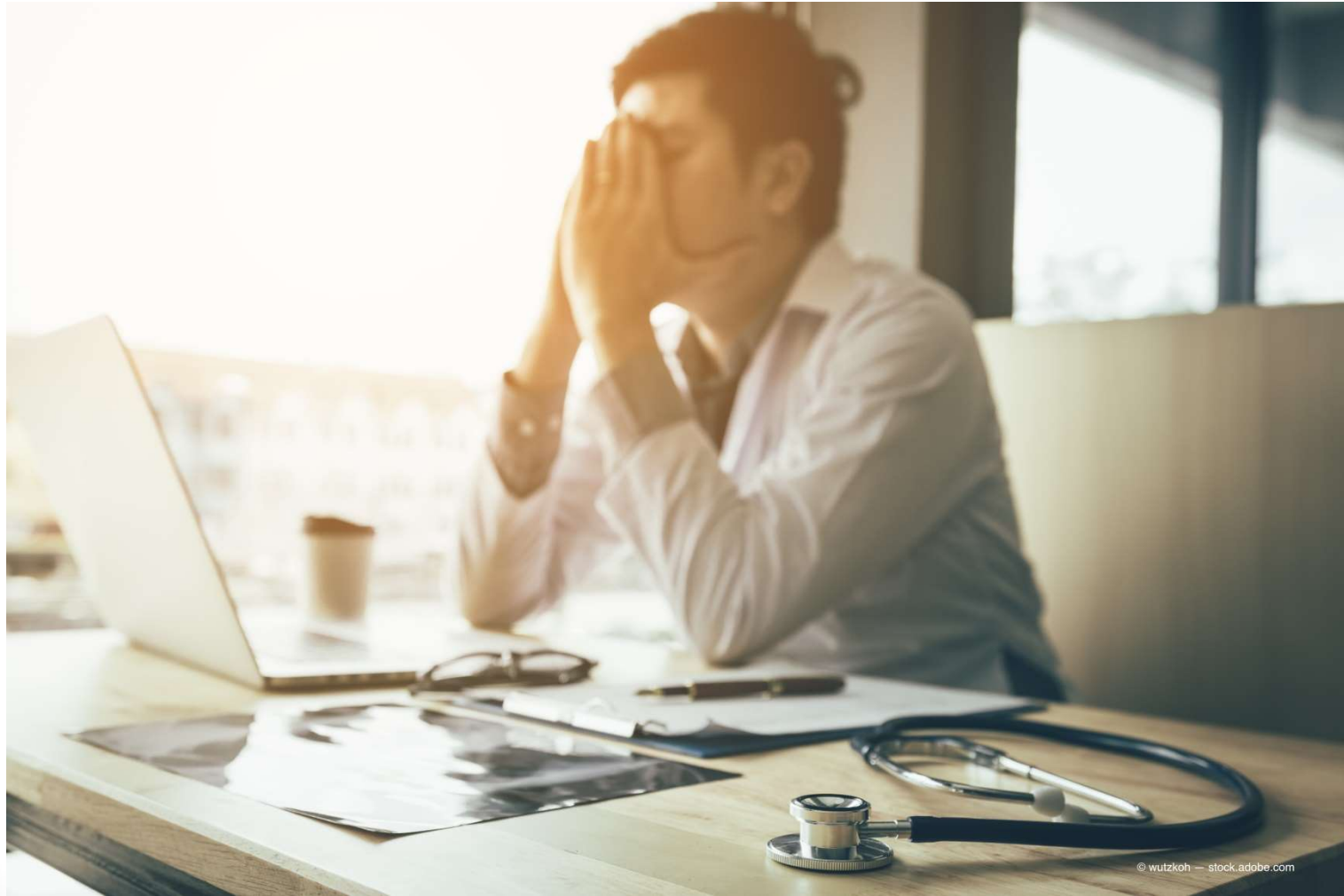
# Depression

- Depression can range in severity from a mild disturbance to a severe illness with a high risk of suicide.
- In an economic analysis the total loss of output due to depression and chronic anxiety in England in 2002/03 was estimated at £12 billion.

# World wide prevalence

- Depression affects an estimated 1 in 15 adults (6.7%) in any given year.
- One in six people (16.6%) will experience depression at some time in their life.
- Depression can strike at any time, but on average, first appears during the late teens to mid-20s.
- Women are more likely than men to experience depression.

- Some studies show that one-third of women will experience a major depressive episode in their lifetime.
- Depression is associated with sickness absence and prevents many people seeking, maintaining or returning to employment.



# Prevalence in doctors

**39% in female doctors and 13% in male doctors.**



# Risk Factors for Depression

- **Biochemistry:** Differences in certain chemicals in the brain may contribute to symptoms of depression.
- **Genetics:** Depression can run in families. For example, if one identical twin has depression, the other has a 70 percent chance of having the illness sometime in life.



# Risk Factors for Depression

- **Personality:** People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.
- **Environmental factors:** Continuous exposure to violence, neglect, abuse or poverty may make some people more vulnerable to depression.

# Diagnostic criteria:

(Symptoms must be present for at least  $\geq 2$  weeks)

- ❖ Depressed mood
- ❖ Reduced interest or pleasure in activities previously enjoyed, loss of sexual desire
- ❖ Unintentional weight loss (without dieting) or low appetite
- ❖ Insomnia (difficulty sleeping) or hypersomnia (excessive sleeping)
- ❖ Psychomotor agitation, for example, restlessness, pacing up and down

# Diagnostic criteria of depression....cont

- ❖ Delayed psychomotor skills, for example, slowed movement and speech
- ❖ Fatigue or loss of energy
- ❖ Feelings of worthlessness or guilt
- ❖ Impaired ability to think, concentrate, or make decisions
- ❖ Recurrent thoughts of death or suicide, or attempt to suicide

# Red flag sign in depression (mental health of USA)

- Unexplained aches and pains
- An inability to concentrate
- Disruptions in sleep habits
- Changes in appetite and eating
- Irritability, agitation, and moodiness

# Predictors of depression in Physician

- Work over load
- Unsecured working environment
- Compromised treatment
- Difficult relationship with senior doctors/staff
- Lack of sleep
- Dealing with death



# Predictors of depression ....cont

- Self criticism
- Craziness for higher studies
- Financial instability
- Job dissatisfaction
- High expectation from society
- Making mistakes

# Management

Cognitive behavior therapy

Interpersonal therapy

Anti depressants

Electroconvulsive therapy



# Psychological management

- Identify issues that contribute to depression and change behaviors that make it worse
- Regain a sense of satisfaction and control in life that help ease depression symptoms, such as hopelessness and anger
- Learn to set realistic goals for life
- Develop the ability to tolerate and accept distress using healthier behaviors

# Life Balance Triangle



# Psychological management..cont

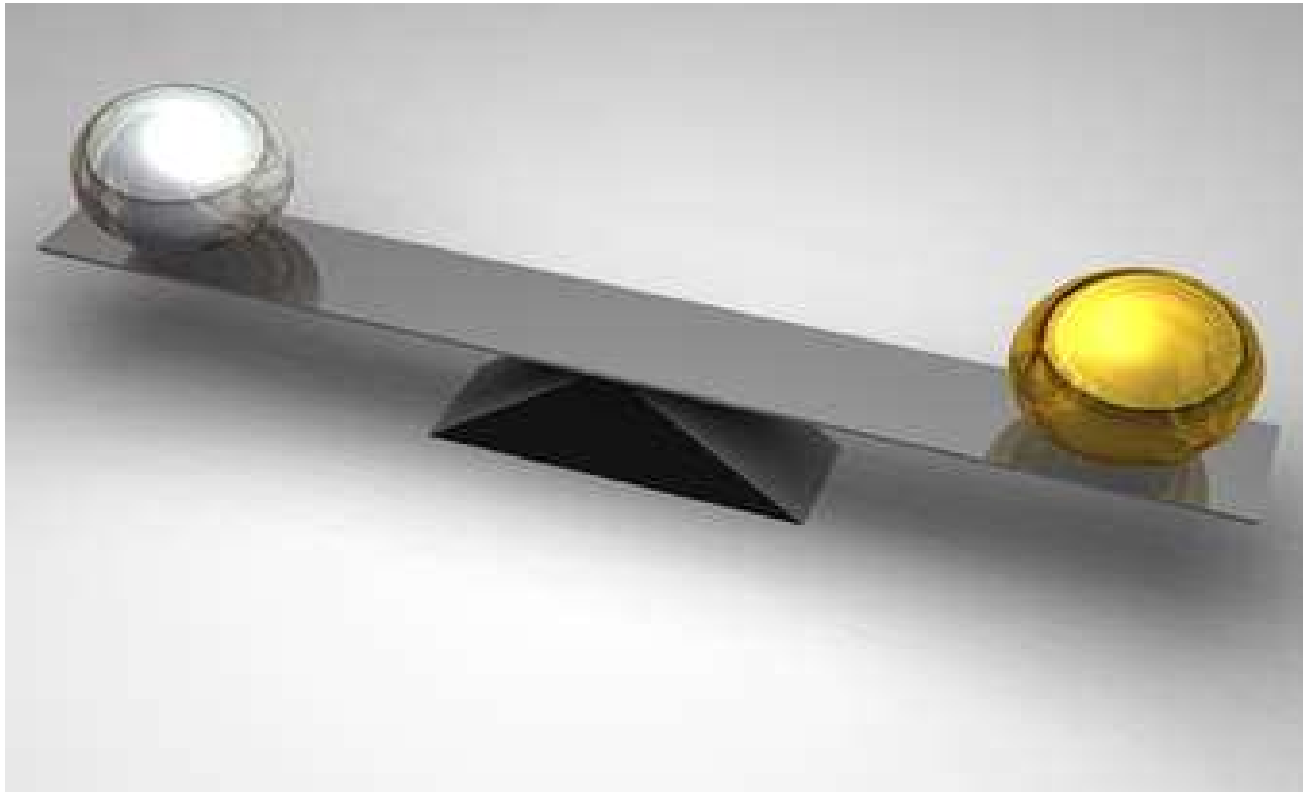
- Adjust to a crisis or other current difficulty
- Identify negative beliefs and behaviors and replace them with healthy, positive ones
- Explore relationships and experiences, and develop positive interactions with others
- Find better ways to cope and solve problems

# For physicians

- ❖ Interventions implemented to minimize workload. Hire additional clerical staff and make a concerted effort to retain good staff.
- ❖ Equalization of duty pattern between seniors and juniors.
- ❖ Improve doctor-patient relationships.

- ❖ Assist physicians in developing healthier lifestyles
- ❖ Keep mental, physical, and emotional health in check by exercising, practicing yoga, eating well, sleeping adequately, proper utilization of leisure time.
- ❖ Need to keep balance between expectation and reality.

# Reality vs Expectations





Give yourself  
another day,  
another chance.  
You will find your  
courage  
eventually. Don't  
give up on  
yourself just yet.

UNKNOWN

HealthyPlace.com

# Reference

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Even the darkest  
night will end and  
the sun will rise

Victor Hugo *Les Misérables*



Thank  
you!