

Cognitive Behavioral Therapy

More treatment is often needed. One of the best researched treatments is cognitive behavioral therapy, which is given by a well-trained psychologist. During cognitive behavioral therapy, the psychologist first helps you to rebuild your activities.

By doing this, you will escape the negative spiral of staying at home, doing nothing and feeling worse. In addition, the psychologist will identify, together with you, the negative thoughts that may make you feel worse.

Because these negative thoughts are often not realistic, the psychologist will help you to change these negative thoughts into more helping thoughts. Research shows that this form of psychotherapy often helps people suffering from depression.

Sometimes medication is helpful. This will often be prescribed in combination with one of the above treatments. Medication will mainly be advised if the depression is very severe (sometimes so severe that psychological treatment fails), if someone is so depressed that it becomes dangerous or if someone has started psychological treatment, but it has no effect.

More Information

FUNDACION SALUD MENTAL ARUBA
RESPALDO

Mahuma 54
Oranjestad, Aruba

(+297) 281 5000
info@respaldo.aw

www.respaldo.aw



Fundacion Salud Mental Aruba RESPALDO



DEPRESSIVE DISORDER

General Information



Depressive Disorder Diagnosis

Many people experience depression (depressive disorder) at some point in their lives. The diagnosis is made based on the story and the psychiatric assessment of these people.



Depressive Disorder Symptoms

Someone with depression will experience two weeks or more, of five or more of the following symptoms (of which symptoms 1 and/or 2 must occur):

1. depressed mood, during most of the day and almost every day (such as feeling sad, empty or hopeless). Children and adolescents can show symptoms of irritability;
2. a clear loss of interest or pleasure in (almost) all activities, most of the day, almost every day;
3. change in appetite, such as a decreased or increased appetite almost every day. This may result in weight loss or weight gain;
4. difficulty falling asleep or oversleeping;
5. agitated movements or very slow movements, almost every day. Others can also see this in you;
6. fatigue or little energy, almost every day;
7. feelings of worthlessness or unjustified feelings of guilt, almost every day;
8. reduced ability to think or concentrate, or indecisiveness, almost every day;
9. recurring thoughts of death or recurring
10. thoughts of suicide.

Depression Occurs Worldwide

Depression is a common disease worldwide. 15.4% of the population in the Netherlands will suffer from depression at some point in their lives, and 6.3% will experience dysthymia disorder (a form of depression with less severe symptoms but more long term).

Depression causes a lot of emotional, social and also financial damage worldwide (due to medical expenses and loss of work).

Treatment

Most depressive disorders go away on their own within six months. This notably applies to the less severe forms of depression. Serious forms (people with more symptoms) often need treatment.

Guidelines, or rather step-by-step plans, have been prepared based on extensive scientific research.

Sometimes it is enough to pay attention to your lifestyle: rest, regularity, physical exercise, good self-care, becoming more active. An expert can guide you in this.