



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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Psychopathological Classifications and Provisions Component

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Student name: Sylvie Djeuga Djeuga

Student number: 2335842

Acknowledgement of the use of AI tools

Yes, I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence

Major Depressive Disorder (MDD)

ICD-10

Introduction

Mood disorders (ICD-11 Chapter 6)

Major Depressive Disorder (MDD): A mood disorder defined by a sustained depressed mood, diminished interest or pleasure, and cognitive or physical symptoms persisting for a minimum of two weeks, resulting in considerable disruptions to daily functioning (NICE, 2022).

How common is the prevalence :

Approximately 1 in 6 adults experience symptoms of depression every week, with women being twice as likely to receive a diagnosis compared to men. Depression is a leading cause of disability, with a lifetime prevalence rate of around 20% (ONS 2023).

Causes, Symptoms, Diagnosis

Causes: Biological: Neurotransmitter imbalances (serotonin, dopamine), genetic predisposition (Kendler, 2018).

Psychological: Traumatic events, maladaptive thinking patterns.

Social: Poverty, social isolation, chronic stress.

Medical: Chronic illnesses, hormonal fluctuations (Layard, 2018).

Symptoms: Persistent low mood, Loss of interest in activities, Fatigue and low energy, Sleep disturbances (insomnia or hypersomnia), Appetite or weight changes, poor concentration, feelings of guilt, worthlessness, Suicidal ideation (Royal College of Psychiatrists, 2023)

Diagnosis: Diagnosis relies on ICD-11 criteria, clinical interview, and screening tools such as the PHQ-9 in primary care settings. Physical causes like thyroid dysfunction are ruled out (NICE, 2022).



Historical perspectives and treatments

Ancient times: Depression was called “melancholia,” believed to result from humoral imbalance (Beck, 1967).

19th century: Institutionalised care, high stigma.

Early 20th century: Psychoanalysis, limited success.

Mid-20th century: Introduction of antidepressants such as MAOIs and tricyclics.

Late 20th century: SSRIs revolutionised treatment.

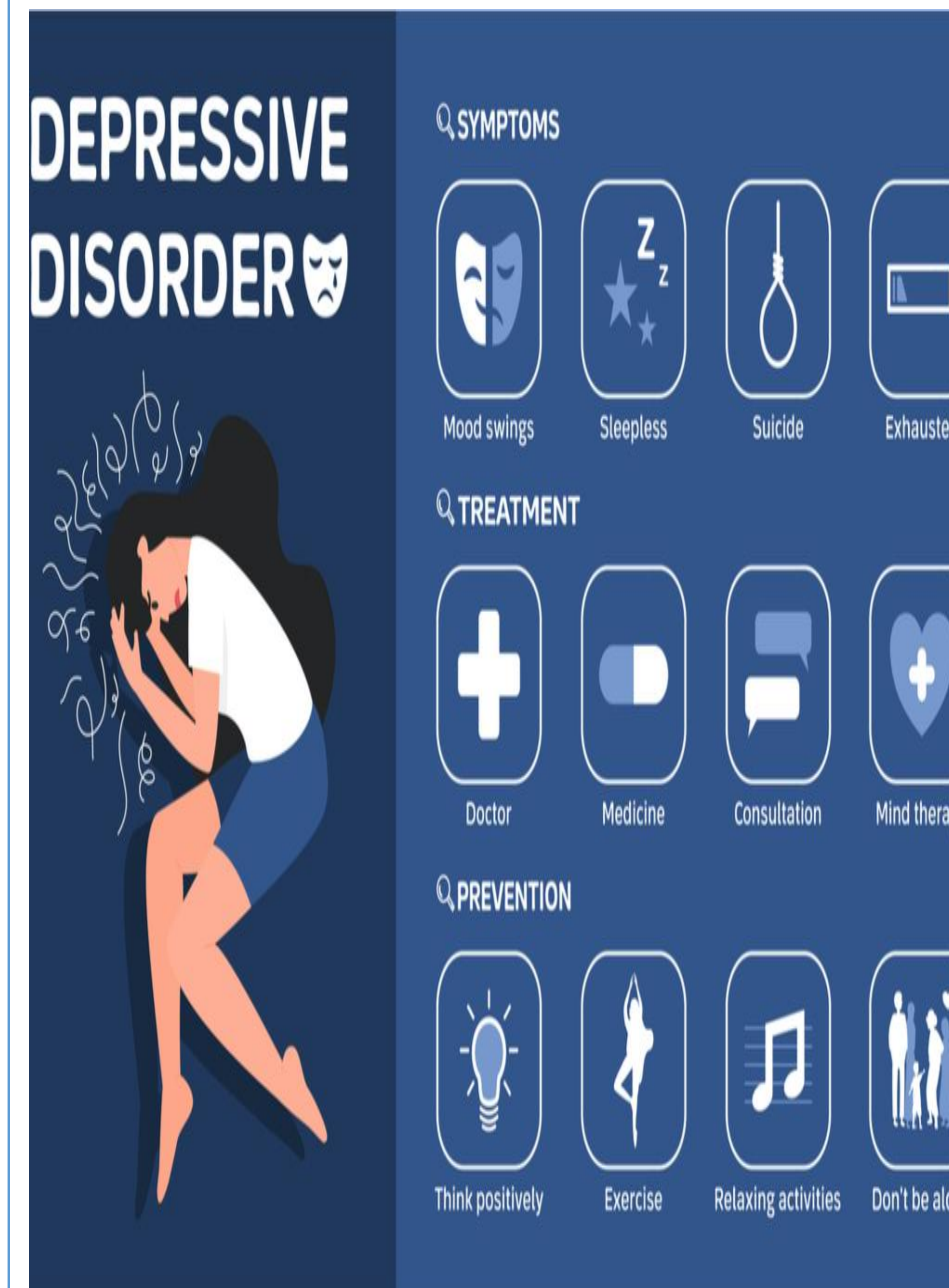
Modern day: Emphasises the biopsychosocial model, recovery, anti-stigma, and patient rights (Royal College of Psychiatrists, 2023).



TJ Acupuncture (2024)

Current services and treatments

- **Psychological therapies:** CBT, IPT, behavioural activation.
- **Medications:** SSRIs (sertraline, fluoxetine), SNRIs.
- **Combined treatments:** Therapy plus medication for better outcomes.
- **Crisis support:** Community mental health teams, crisis lines.
- **Social interventions:** employment support and housing assistance.
- **Severe cases:** Electroconvulsive therapy (ECT) and inpatient care (NICE, 2022).



(BetterHelp (2024))

Recommendations

- Improve access to psychological therapies and reduce wait times.
- Increase culturally sensitive and inclusive mental health services.
- Expand early intervention programs.
- Strengthen anti-stigma campaigns and public awareness.
- Promote integrated care between physical and mental health services.
- Secure more funding for community-based support and prevention programs (Layard, 2018; NICE, 2022).

Conclusions

MDD is common, debilitating, but highly treatable. Understanding its historical stigma informs improved care today. Evidence-based treatments like CBT and SSRIs are effective. Future progress depends on expanding access, reducing stigma, and fostering integrated care systems (Royal College of Psychiatrists, 2023).

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