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Community Care and Management of
Longer-term Conditions

LCHS7003

DEPRESSION



OVERVIEW

- Defination
- Symptoms
- Aetiology or Causes
- Prevelance
- Economic and social burden
- Dignosis & Initial assessment
- Management (UK guideline)

- Models and Framework
- Treatment
- Comorbidities
- Prevention
- Co productive care (skills, values, behaviour)
- Personalised care model (6 components)

Defination

- A mental health disorder is defined by:
- Persistent low mood
- Loss of interest
- Reduced energy
- Clinically defined by criteria like DSM-5 or ICD-11

(American Psychiatric Association 2013)
(WHO, 2025)





SYMPTOMS

Emotional

- Sadness
- hopelessness
- Irritability

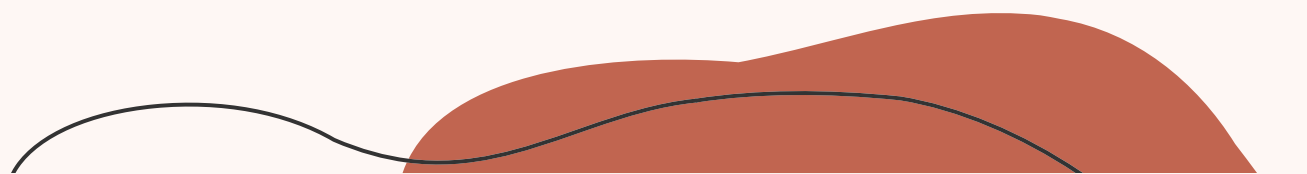
Physical

- Fatigue
- Sleep disturbances

Cognitive

- Poor concentration
- Suicidal thoughts

(NICE, 2022),
(NHS 2023),
(WHO 2025)



AETIOLOGY (causes)

- **Biological:** neurotransmitter imbalance
- **Psychological:** trauma, stress
- **Social:** poverty, isolation, unemployment
- **Genetic predisposition**

(Remes, Mendes and Templeton, 2021),
NHS (2023)



PREVALENCE

UK

- 16-17% of adults have common mental disorders
- More rates among women and young adults.

GLOBAL

- More than 280 million infected.
- Most important disability cause globally.
- Higher rates after COVID-19 pandemic



ECONOMIC & SOCIAL BURDEN

Economic burden

- The UK economy spend about £118 billion annually due to mental health issues.
- About 70 million hours of work lost each year because of mental illnesses.

Social burden

- Increased risk of isolation and disruption of relationships.
- Depression is a cause of more than 70,000 suicides worldwide annually.

DIAGNOSIS & INITIAL ASSESSMENT

Usually diagnosed by a GP (doctor)

Doctor asks about:

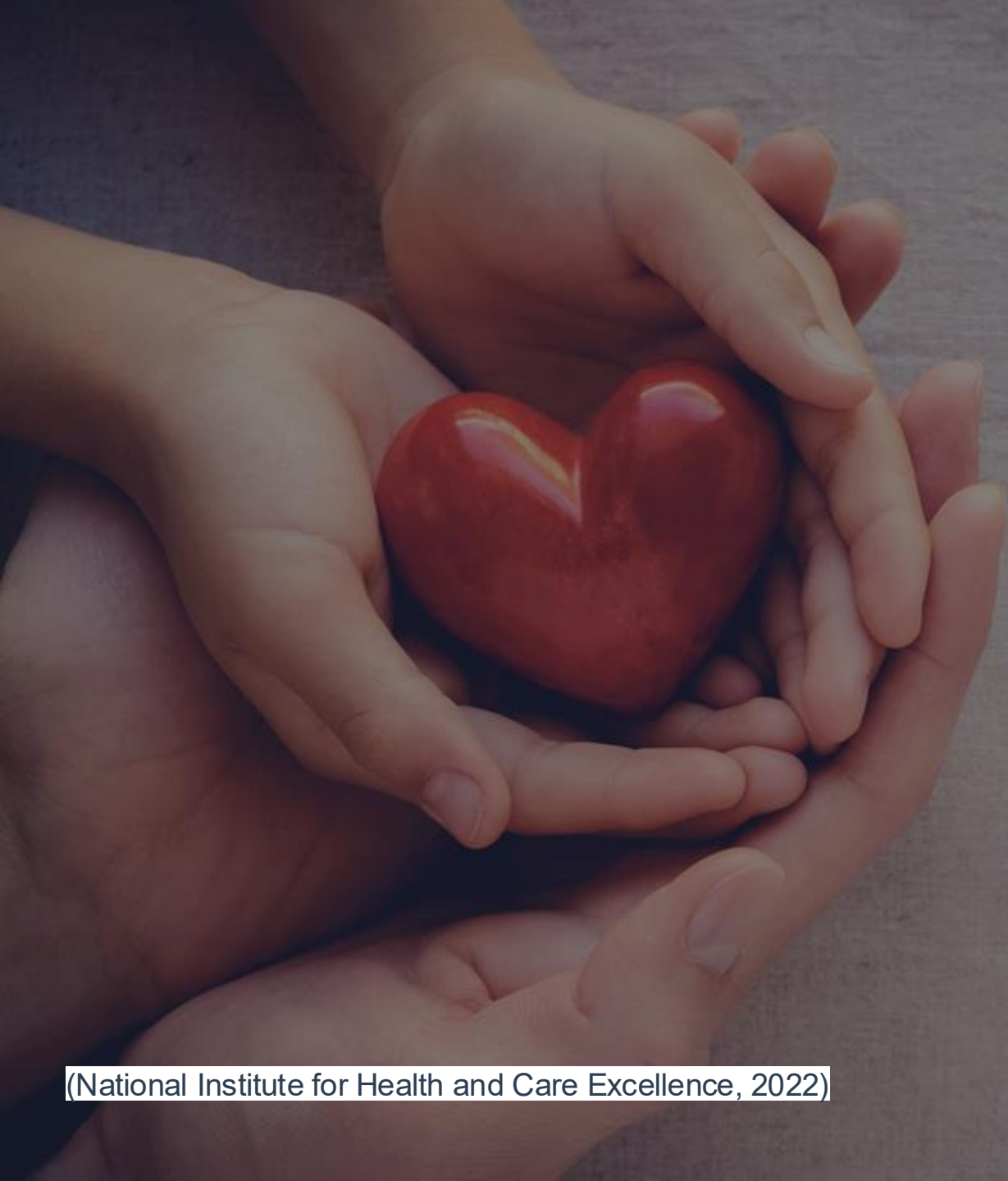
- Mood and feelings
- Sleep and appetite
- Daily activities

Uses simple questionnaires:

- PHQ-9

Checks for

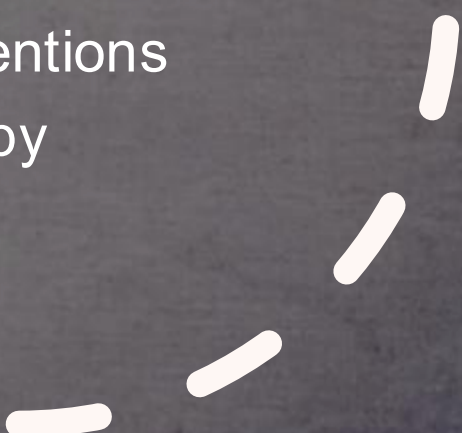
- Risk of self-harm
- Support system (family, friends)

A close-up photograph of two hands gently cupping a small, glossy red heart. The hands are positioned on the left side of the frame, with fingers slightly curled around the heart. The background is a soft, out-of-focus grey.

MANAGEMENT (UK GUIDELINES)

- **NICE Guidelines (NG222)**
- • **Stepped care model:**
 - 1. Low-intensity interventions
 - 2. Psychological therapy
 - 3. Medication
 - 4. Specialist care

(National Institute for Health and Care Excellence, 2022)

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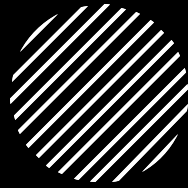
MODELS AND FRAMEWORKS

Biopsychosocial model : comprehensive knowledge

Recovery model : emphasis on individual recovery and empowerment

Stepwise care model : effective use of resources

TREATMENT



- **Psychological therapies:**
 - CBT
 - Counselling
- **Medication:**
 - SSRIs(first-line treatment)
- **Social prescribing:**
 - Community activities

(National Institute for Health and Care Excellence, 2022)

(NHS England, 2018)



COMORBIDITIES

Mental health:

- Anxiety disorders
- Substance misuse

Physical health:

- Diabetes
- Cardiovascular disease

Contributes to worse health outcomes and complexity.

(World Health Organization, 2025)

(National Institute for Health and Care Excellence, 2022)

PREVENTION



Promote mental well-being



Reduce social isolation



Workplace mental health support



Early detection and intervention

CO-PRODUCTIVE CARE

Involved patients in decisions

Shared decision-making

Enhances participation and performance.

(NHS England, 2019)

SKILLS, VALUES, BEHAVIOUR



Skills: • Communication •
Active listening • Risk
assessment



Values: • Empathy • Respect •
Non-judgmental care



Behaviour: • Professional
attitude • Developing a
relationship of trust with
patients.



PERSONALISED CARE MODEL (6 COMPONENTS)

- 1. Shared decision-making
- 2. Personalise care planning
- 3. Social prescribing
- 4. Self-management support
- 5. Personal health budgets
- 6. Choice and control

(NHS England, 2019)

SELF MANAGEMENT SUPPORT

- Education
- Digital apps
- Peer support groups

Ex : NHS Talking Therapies.

(NHS England, 2020),
(NICE, 2022)



**MENTAL
HEALTH
MATTERS**

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