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## Cognitive impairment in depression: recent advances and novel treatments

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Abstract: In the past, little or no attention was paid to countive disorders associated with depression (a condition sometimes termed pseudodementia). However, recent years have soon a growing interest in these changes, not only because of their high frequency in acutestage depression, but also because they have been found to pensist, as residual symptoms (in addition to affective and psychomotor ones), in many patients who respond well to antidepressant treatment. These cognitive symptoms seem to impact significantly not only on patients' functioning and quality of life, but also on the risk of recurrence of depression. Therefore, over the past decade, pharmacological research in this field has fiscused on the development of new agents able to counteract not only depressive symptoms, but also cognitive and functional ones. In this context, novel antidepressants with multimodal activity have emerged. This review considers the different issues, in terms of disease evolution, raised by the presence of cognitive disorders associated with depression and considers, particularly from the neurologist's perspective, the ways in which the clinical approach to cognitive symptoms, and their interpretation to diagnostic and therapeutic ends, have changod in recent years. Finally, after outlining the pharmacodynamics and pharmacokinetics of the first multimodal arctidepresent, verticactine, it reports the main results obtained with the drug in depressed patients, also in consideration of the ever-increasing evidence on its different mechanisms of action in animal models.

Keywords: depression, major depressive disorder, pseudodementia, antidepressant drugs, sourtioncetime, SSRIs-

#### Introduction

Depressive disorders, due to their prevalence, functional burden and complications, are conditions that have a substantial social impact; they also carry a considerable risk of becoming chronic. Despite this, relatively few innovative medications for the condition have been developed in recent years. It was recently reported that depression is estimated to affect more than 300 million people worldwide, with the number of cases increasing by 18% between 2005 and 2015.1 In Italy, approximately 10% of the population has had at least one episode of depression in their lifetime,2 and major denressive disorder (MDD) and dystrymic disorder have estimated prevalence rates of 10.1% and 3.4%, respectively.1 In Europe, the prevalence of depression in the elderly population (2:65 years) has been found to stand at around 10-15%, 4.5 rising to 20-25% among elderly marking home residents.4

Furthermore, with today's widespread use of antidepressant drugs, the risk of recurrence of depressive episodes is very high, with chronic forms of depression reportedly developed by around 20% of patients affected by MDD, especially those

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# **Recent Advances In Depression**

Yogesh Dwivedi

#### **Recent Advances In Depression:**

Treatment Resistant Depression John F. **Treating Resistant Depression** Joseph Zohar, Robert H. Belmaker, 1987 Greden, Michelle B. Riba, Melvin G. McInnis, 2011 This unique book presents the treatment roadmap implemented by the University of Michigan Comprehensive Depression Center's Treatment Resistant Depression Program step by step guidance that has long eluded clinicians patients and their families Writing across discipline modality lifespan and patient demographics the authors have compiled the most current thinking on TRD and distilled it into a highly readable imminently practical and brilliantly organized source of hope The authors believe that early intervention is critical and they advocate strategies for renewed focus on identifying youths who are at risk or already symptomatic Similarly they devote chapters to special populations such as pregnant women older people and those with comorbidities Perhaps most useful to patients and their families the book has a strong self care orientation emphasizing the importance of exercise nutrition and healthy sleep quidelines Patients who are actively engaged in managing their disease often have better outcomes Treatment Resistant Depression is frequently a lifetime diagnosis The book acknowledges that fact and offers a systematic course of treatment grounded in evidence based research that is current and comprehensive Treatment Resistant Depression A Roadmap for Effective Care offers a new way of conceptualizing an old enemy and should prove to be an indispensable weapon in the Major Depressive Disorder Yong-Ku Kim, 2021-04-08 This book reviews all aspects of major depressive disorder battle MDD casting light on its neurobiological underpinnings and describing the most recent advances in management The book is divided into four sections the first of which discusses MDD from a network science perspective highlighting the alterations in functional and structural connectivity and presenting insights achieved through resting state functional MRI and the development of neuroimaging based biomarkers. The second section examines important diagnostic and neurobiological issues while the third considers the currently available specific treatments for MDD including biofeedback neurofeedback cognitive behavioral therapy acceptance and commitment therapy neuromodulation therapy psychodynamic therapy and complementary and alternative medicine A concluding section is devoted to promising emerging treatments from novel psychopharmacological therapies through to virtual reality treatment immunotherapy biomarker guided tailored therapy and more Written by leading experts from across the world the book will be an excellent source of information for both researchers and practitioners The Psychological Treatment of Depression J. Mark G. Williams, 2013-01-11 A clear rigorous account of cognitive behavioural methods for treating depression British Journal of Psychiatry The use of behavioural and cognitive techniques for treating depression has yielded exciting results Cognitive Behaviour Therapy CBT is as effective in the short term as anti-depressant drugs and has longer lasting effects than medication This book brings together assessment and treatment techniques of proven efficacy describing them in usable detail and setting them in the context of current psychological theories of depression It is an invaluable guide to practitioners wishing to make use of CBT

**Caring for Depression** Kenneth B. Wells, 1996 One of the major concerns about the changing U S health care systems is whether they will improve or diminish the quality and cost effectiveness of medical care. The shift from a fee for service to a prepaid method of reimbursement has greatly changed the incentives of patients to seek care as well as those of providers to supply it This change poses a particular challenge for care of depressed patients a vulnerable population that often does not advocate for its own care This book documents the inefficiencies of our national systems prepaid as well as fee for service for treating depression and explores how they can be improved Although depression is a major illness affecting millions of people it is seriously undertreated in the United States The ongoing shift of mental health care away from specialists and toward primary medical care providers is causing fewer depressed patients to be appropriately diagnosed and treated Depression is frequently more devastating than other major illnesses such as arthritis and heart disease because it often begins at a younger age when people are at their productive peak and thus at risk of permanently damaging their careers It also differs from many medical conditions in that its indirect costs are usually much higher than direct treatment costs. The authors urge the integration of both medical and economic considerations in designing policies for the treatment of depression They show that by spending more money efficiently on care the nation will gain greater health improvements per dollar invested and a more productive population **Neurobiology of Depression** Joao L. de Quevedo, Andre Ferrer Carvalho, Carlos A. Zarate, 2019-01-03 Neurobiology of Depression Road to Novel Therapeutics synthesizes the basic neurobiology of major depressive disorder with discussions on the most recent advances in research including the interacting pathways implicated in the pathophysiology of MDD omics technologies genetic approaches and the development of novel optogenetic approaches that are changing research perspectives and revolutionizing research into depression These basic foundational understandings on the neurobiology underlying the disorder along with a comprehensive summary of the most recent advances in research are combined in this book to aid advanced students and researchers in their understanding of MDD Depression is one of the most common mental health disorders caused by a variety of genetic biological environmental and psychological factors Major depressive disorder MDD is typically treated with first line antidepressant agents that primarily target monoamine neurotransmission However only approximately one third of patients with MDD achieve remission following a trial with such an antidepressant Furthermore MDD is a heterogeneous phenotype and new frameworks such as the NIMH Research Domain Criteria RDoC may provide a more accurate biologically based comprehension of the symptomatic heterogeneity of this devastating illness Aids readers in understanding major depressive disorder in the context of NIMH Research Domain Criteria RDoC recommendations Covers a range of existing and potential pharmacologic and non pharmacologic treatment options from lifestyle adjustments to antidepressants and novel therapeutics Synthesizes discussions on the cellular and molecular mechanisms underlying symptoms with the clinical aspects of depression Electroconvulsive Therapy in Children and Adolescents Neera Ghaziuddin, Garry Walter, 2013-12

This is a pioneering book about the use of ECT in adolescents who are diagnosed with severe disabling psychiatric disorders or fail conventional treatment Included are a review of the literature firsthand experience of the authors and case descriptions making it an invaluable guide to treatment Recent Advances in the Psychobiology of the Depressive Illnesses Thomas A. Williams, Martin M. Katz, James Asa Shield, 1972 **Transforming Clinical Research in the United States** Institute of Medicine, Board on Health Sciences Policy, Forum on Drug Discovery, Development, and Translation, 2010-10-22 An ideal health care system relies on efficiently generating timely accurate evidence to deliver on its promise of diminishing the divide between clinical practice and research There are growing indications however that the current health care system and the clinical research that guides medical decisions in the United States falls far short of this vision The process of generating medical evidence through clinical trials in the United States is expensive and lengthy includes a number of regulatory hurdles and is based on a limited infrastructure The link between clinical research and medical progress is also frequently misunderstood or unsupported by both patients and providers The focus of clinical research changes as diseases emerge and new treatments create cures for old conditions As diseases evolve the ultimate goal remains to speed new and improved medical treatments to patients throughout the world To keep pace with rapidly changing health care demands clinical research resources need to be organized and on hand to address the numerous health care questions that continually emerge Improving the overall capacity of the clinical research enterprise will depend on ensuring that there is an adequate infrastructure in place to support the investigators who conduct research the patients with real diseases who volunteer to participate in experimental research and the institutions that organize and carry out the trials To address these issues and better understand the current state of clinical research in the United States the Institute of Medicine's IOM Forum on Drug Discovery Development and Translation held a 2 day workshop entitled Transforming Clinical Research in the United States The workshop summarized in this volume laid the foundation for a broader initiative of the Forum addressing different aspects of clinical research Future Forum plans include further examining regulatory administrative and structural barriers to the effective conduct of clinical research developing a vision for a stable continuously funded clinical research infrastructure in the United States and considering strategies and collaborative activities to facilitate more robust public engagement in the clinical research enterprise The ECT Handbook I. Nicol Ferrier, Jonathan Waite, 2019 The fourth edition of this popular Handbook provides the latest guidance on prescribing and administering electroconvulsive therapy ECT Leading researchers and practitioners review new research on ECT and related treatments including their efficacy in children and adolescents and in those with bipolar disorder and neurological conditions With a focus on safe provision and minimisation of side effects it provides the reader with practical evidence based advice The book has been substantially revised references have been updated throughout related treatment modalities such as rTMS tCDS and ketamine are covered in greater depth and current administrative and legal framework guidelines are clearly outlined An essential reference

manual for consultant and trainee clinical psychiatrists as well as ECT practitioners This guide will benefit clinical teams looking after complex cases of depression as well as those involved in the care of other people for whom ECT may be Recent Advances in the Psychobiology of the Depressive Illnesses Martin M. Katz, Thomas Andrew recommended Williams, James Asa Shield, 1969 DSM-5 Classification American Psychiatric Association, 2015-08-25 This handy DSM 5 R Classification provides a ready reference to the DSM 5 classification of disorders as well as the DSM 5 listings of ICD 9 CM and ICD 10 CM codes for all DSM 5 diagnoses To be used in tandem with DSM 5 R or the Desk Reference to the Diagnostic Criteria From DSM 5 R the DSM 5 R Classification makes accessing the proper diagnostic codes guick and convenient With the advent of ICD 10 CM implementation in the United States on October 1 2015 this resource provides guick access to the following The DSM 5 R classification of disorders presented in the same sequence as in DSM 5 R with both ICD 9 CM and ICD 10 CM codes All subtypes and specifiers for each DSM 5 R disorder are included An alphabetical listing of all DSM 5 diagnoses with their associated ICD 9 CM and ICD 10 CM codes Separate numerical listings according to the ICD 9 CM codes and the ICD 10 CM codes for each DSM 5 R diagnosis For all listings any codable subtypes and specifiers are included with their corresponding ICD 9 CM or ICD 10 CM codes if applicable The easy to use format will prove indispensable to a diverse audience for example clinicians in a variety of fields including psychiatry primary care medicine and psychology coders working in medical centers and clinics insurance companies processing benefit claims individuals conducting utilization or quality assurance reviews of specific cases and community mental health organizations at the state or county Recent Advances in the Psychobiology of the Depressive Illnesses; Proceedings of a Workshop Sponsored level by the Clinial Research Branch, Division of Extramual Research Programs National Institute of Mental Health (U.S.),1972 Clinician's Quick Guide to Interpersonal Psychotherapy Myrna Weissman, John Markowitz, Gerald L. Klerman, 2007-02-15 The Clinician's Ouick Guide to Interpersonal Psychotherapy is for busy clinicians who want to learn interpersonal psychotherapy IPT but who lack the time to read a more detailed manual or to attend a course The book is also intended for clinicians who have had some exposure to IPT in workshops or supervision and want a reference book for their The Oxford Handbook of Mood Disorders Robert J. DeRubeis, Daniel R. Strunk, 2017 The most comprehensive practice volume of its kind The Oxford Handbook of Mood Disorders provides detailed coverage of the characterization understanding and treatment of mood disorders Chapters are written by the world's leading experts in their respective areas The Handbook provides coverage of unipolar depression bipolar disorder and variants of these disorders Current approaches to classifying the mood disorders are reviewed and contemporary controversies are placed in historical context Chapter authors offer a variety of approaches to understanding the heterogeneity of the experiences of those who meet criteria for mood disorders both within and across cultures The role of genetic and environmental risk factors as well as premorbid personality and cognitive processes in the development of mood pathology are detailed Interpersonal neurobiological and psychological

factors also receive detailed consideration. The volume reviews mood disorders in special populations e.g. postpartum and seasonal mood disorders as well as common comorbidities e g anxiety substance use disorders Somatic and psychosocial treatment approaches receive in depth coverage with chapters that describe and review empirical evidence regarding each of the most influential treatment approaches The depth and breadth offered by this Handbook make it an invaluable resource for clinicians and researchers as well as scholars and students Persistent Depressive Disorder J. Kim Penberthy, 2019-05-14 This compact guide is packed with the latest knowledge on the assessment and treatment of persistent depressive disorders PDDs the new DSM 5 diagnosis that amalgamates the categories dysthymic disorder DD chronic major depression MDD and DD with major depressive episode MDE Written by a leading expert the book guides us through the complexities of assessing PDDs and the models for understanding how these difficult to identify and potentially life threatening disorders develop and are maintained over long periods It then outlines those therapies that have the strongest evidence base The author goes on to explore in detail the cognitive behavioral analysis system of psychotherapy CBASP a treatment specifically developed for PDDs This compelling integrated approach incorporates components of learning developmental interpersonal and cognitive theory with aspects of interpersonal mindfulness. We are led expertly through the therapeutic process using clinical vignettes and practical tips with particular attention paid to identifying the assessment and therapy methods most valuable in CBASP Printable tools in the appendices can be used in daily practice This book is of interest to clinical psychologists psychotherapists psychiatrists counsellors and students The Neurobiological Basis of **Suicide** Yogesh Dwivedi, 2012-06-25 With recent studies using genetic epigenetic and other molecular and neurochemical approaches a new era has begun in understanding pathophysiology of suicide Emerging evidence suggests that neurobiological factors are not only critical in providing potential risk factors but also provide a promising approach to develop more effective treatment and prevention strategies The Neurobiological Basis of Suicide discusses the most recent findings in suicide neurobiology Psychological psychosocial and cultural factors are important in determining the risk factors for suicide however they offer weak prediction and can be of little clinical use Interestingly cognitive characteristics are different among depressed suicidal and depressed nonsuicidal subjects and could be involved in the development of suicidal behavior The characterization of the neurobiological basis of suicide is in delineating the risk factors associated with suicide The Neurobiological Basis of Suicide focuses on how and why these neurobiological factors are crucial in the pathogenic mechanisms of suicidal behavior and how these findings can be transformed into potential therapeutic applications

<u>Positive Affect Treatment for Depression and Anxiety</u> Michelle G. Craske,2022 Positive Affect Treatment for Depression and Anxiety Therapist Guide is a modular manual presenting a unified treatment approach for depression anxiety and anhedonia designed to help individuals regain interest and enjoyment in their usual activities while improving their quality of life **Handbook of Depression** Edward Friedman,Ian Anderson,2011-12-14 The book provides an overview of the whole

field of depressive disorders by two recognised experts Written by well known authors one European and one from USA this pocket sized book covers the whole field including a practical guide of use in the clinic Depression in Adults with a Chronic Physical Health Problem National Collaborating Centre for Mental Health (Great Britain), 2010 This clinical guideline was commissioned by NICE and developed by the National Collaborating Centre for Mental Health It sets out clear evidence and consensus based recommendations for healthcare staff on how to treat and manage depression in adults with a chronic physical health problem A fifth of people with a chronic physical health problem such as cancer diabetes heart disease and stroke have depression a rate that is two to three times higher than in those who are in good physical health A combination of depression and a chronic physical health problem can significantly worsen the negative outcomes for people with both conditions The NICE Guideline is an invaluable resource enabling healthcare professionals to address these problems and recognize assess and offer effective treatments for depression in people with a chronic physical health problem The guideline reviews the evidence for the identification of depression in people with a chronic physical health problem and the associated service level interventions such as stepped care and collaborative care and psychosocial psychological and pharmacological interventions It places special emphasis on advising health professionals about interactions between antidepressants and any prescribed medication for the physical health problem As in the updated edition of The NICE Guideline on depression this guideline also covers subthreshold depressive symptoms It has a useful introduction to depression in adults with a chronic physical health problem and a chapter on service user carer and staff experience of care An accompanying CD contains further information about the evidence including characteristics of included studies profile tables that summarize both the quality of the evidence and the results of the evidence synthesis all meta analytical data presented as forest plots and detailed information about how to use and interpret forest

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