

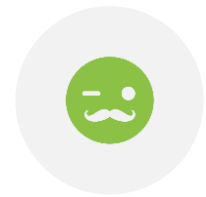


Managing Depression after Brain Injury

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6/10/2020

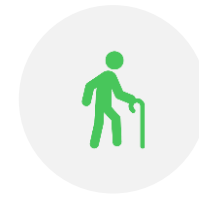
Common Myths about Depression



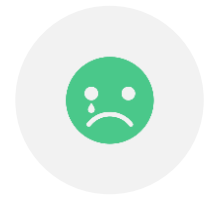
“Depression isn’t real”



“It happens because of a bad/sad situation”



“Depression is a natural part of getting older”



“Depressed people cry a lot”



“You can simply snap out of it”



“Talking about it only makes things worse”

What is Depression?



Common psychiatric disorder (15-20% of people have it in their lifetime)



Top cause of disability in American adults



Complex disease with many different possible presentations



Frequently co-occurs with anxiety and other disorders

Symptoms of Depression

Two weeks or more of a cluster of symptoms (5 out of 9)

Low mood	Loss of interest/pleasure	Weight/appetite changes	Trouble sleeping	Slowing/restless	Fatigue	Guilt/low worth	Trouble thinking	Thoughts of death
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Affects your ability to take care of yourself, work, do chores, or get along with others etc

Depression and Brain Injury

- Depression is more common following brain injury than in the general population
 - ~50% are affected by depression within the first year after injury in TBI
- Multiple causes contribute to development of depression
 - Physical changes in brain
 - Difficulties adjusting to disability
 - Other risk factors unrelated to brain injury



Treatments for Depression



Psychotherapy

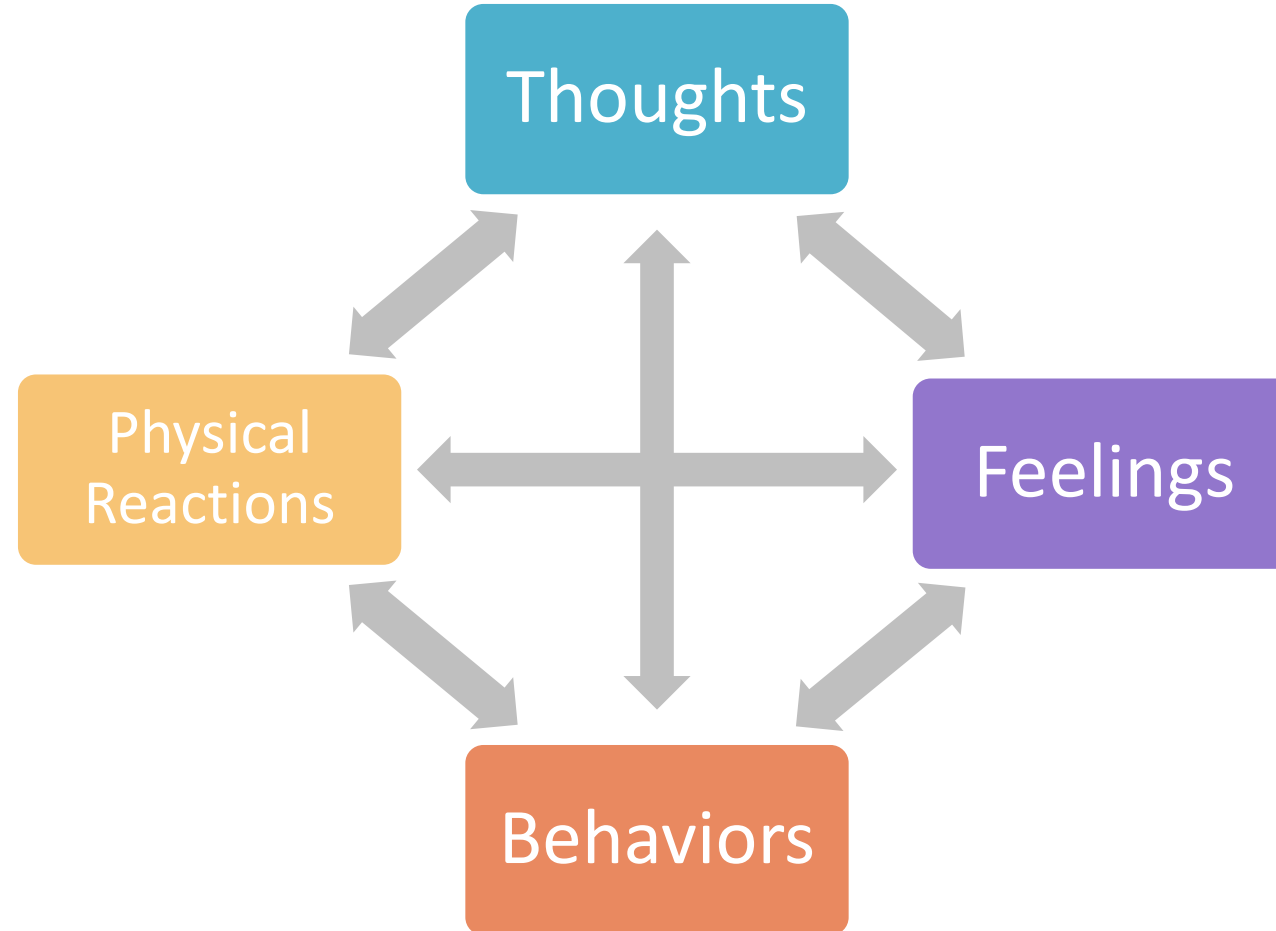


Pharmacotherapy

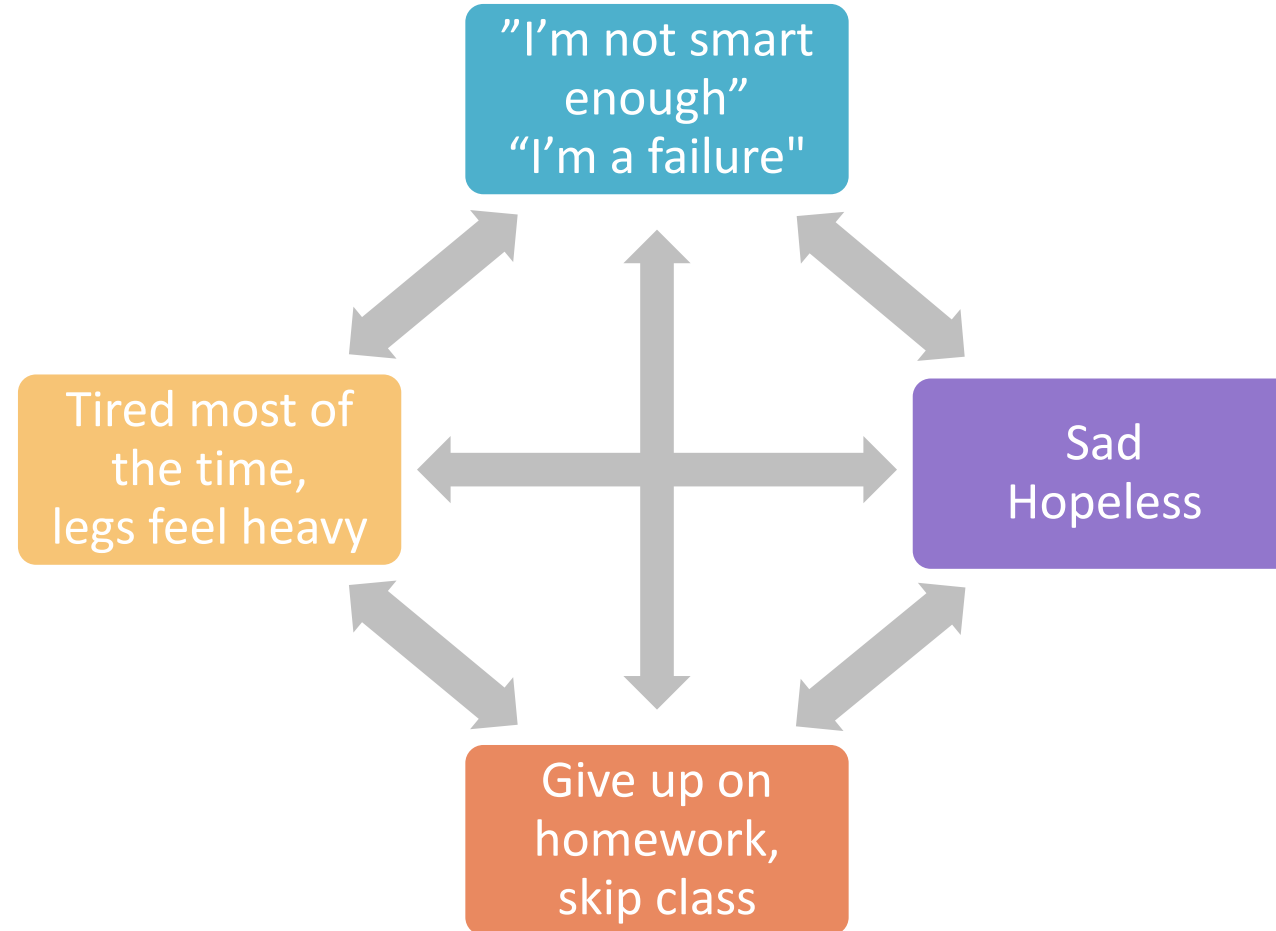


Combined

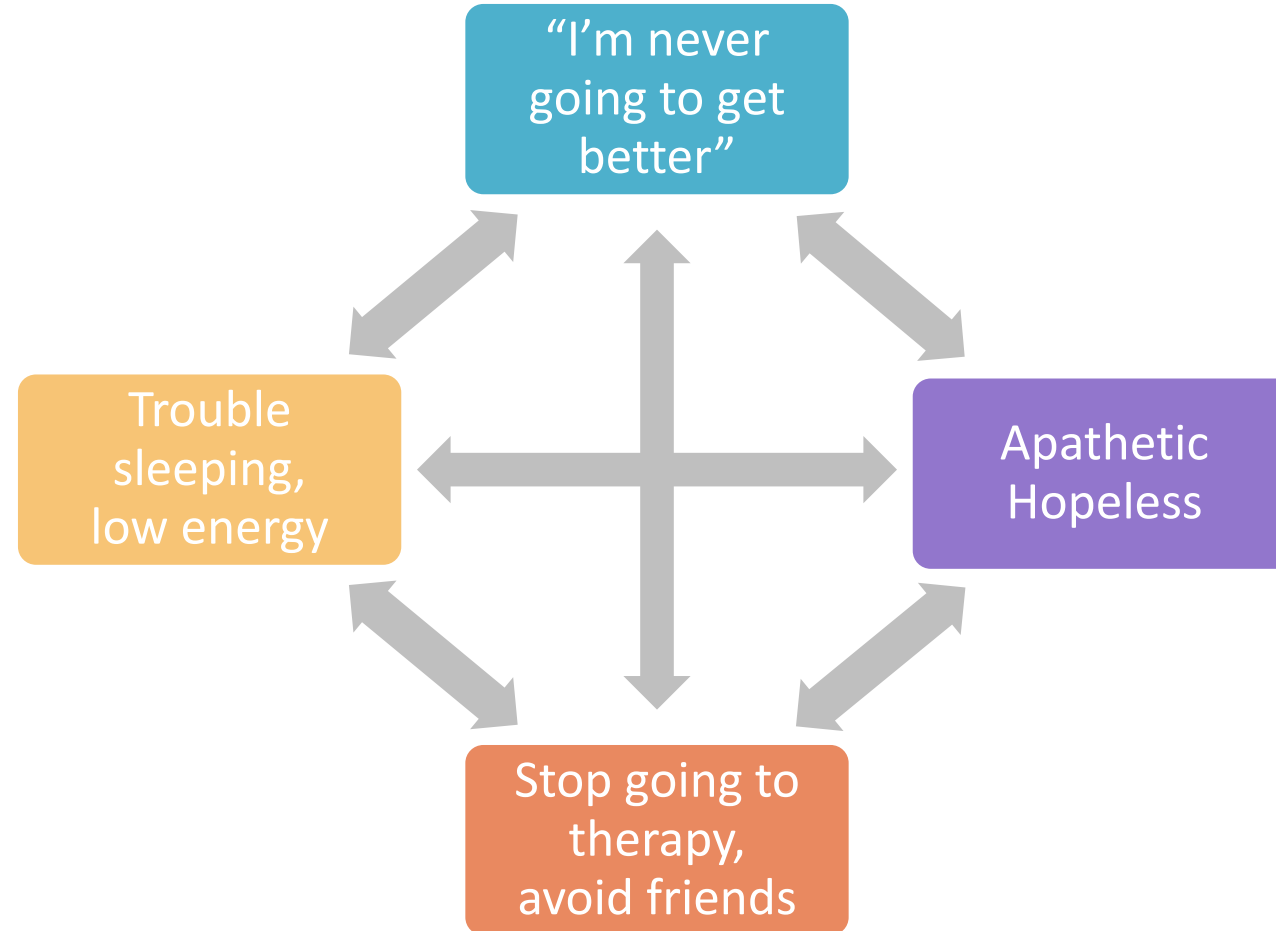
Environment



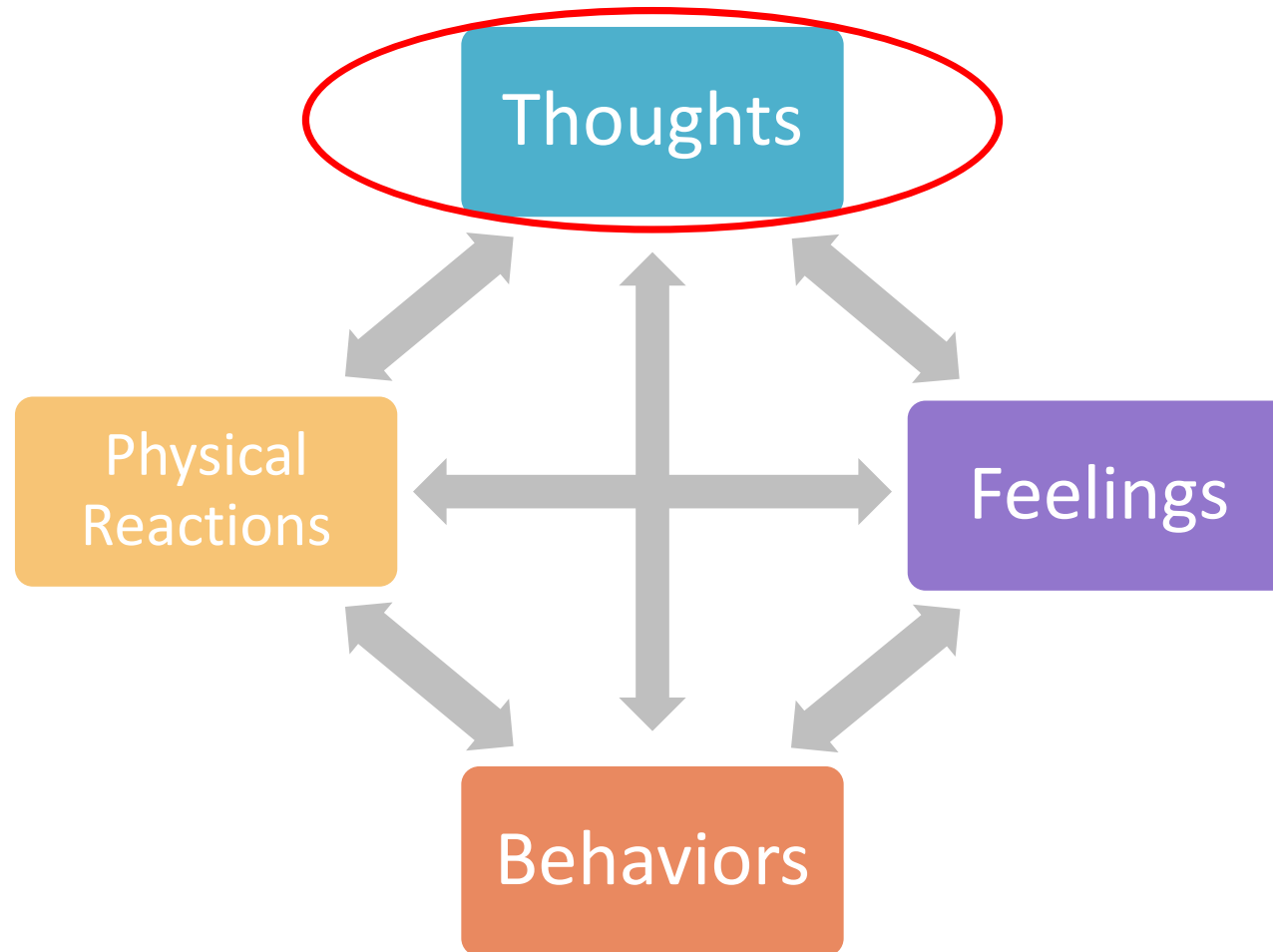
Stressed with school, recently failed an exam



Recovering from stroke six months ago



Environment



Cognitive Strategies



Reflect




Challenge



Remind



Reflect and Capitalize on the Positive

- Take your time to reflect on positive events
 - Share with someone or write them down
 - Be specific and descriptive
 - Potential topics for reflection:
 - What went well today?
 - What am I grateful for?
 - What am I looking forward to?
- 

Challenge Your Automatic Assumptions



Is this thought helpful?



Is there any evidence supporting this thought?
How about evidence against?



What's a more helpful or balanced perspective?

Challenge Your Automatic Assumptions



“I’m never going to get better” – Not very helpful, assumes the worst possible outcome



Evidence for: I’m using a cane but I didn’t need one before

Evidence against: My left side was numb but now I have full control



More helpful or balanced perspective: There is still more to work on in my recovery, but I have made a lot of improvements

Remind Yourself with Coping Cards

- Keep it short
 - Helpful thoughts
 - Positive self-statements
- Keep them nearby!
- Read regularly (3x/day and as needed)



Sample Cognitive Coping Card

My feelings are like waves, they
come and go. This too shall pass



Sample Cognitive Coping Card

List of my good qualities:

Funny

Honest

Dependable

Generous

Sample Cognitive Coping Card

I am grateful for ...

Summary of Cognitive Strategies

Reflect

Reflect on positives events

- What went well today?
- What am I grateful for?
- What am I looking forward to?

Challenge

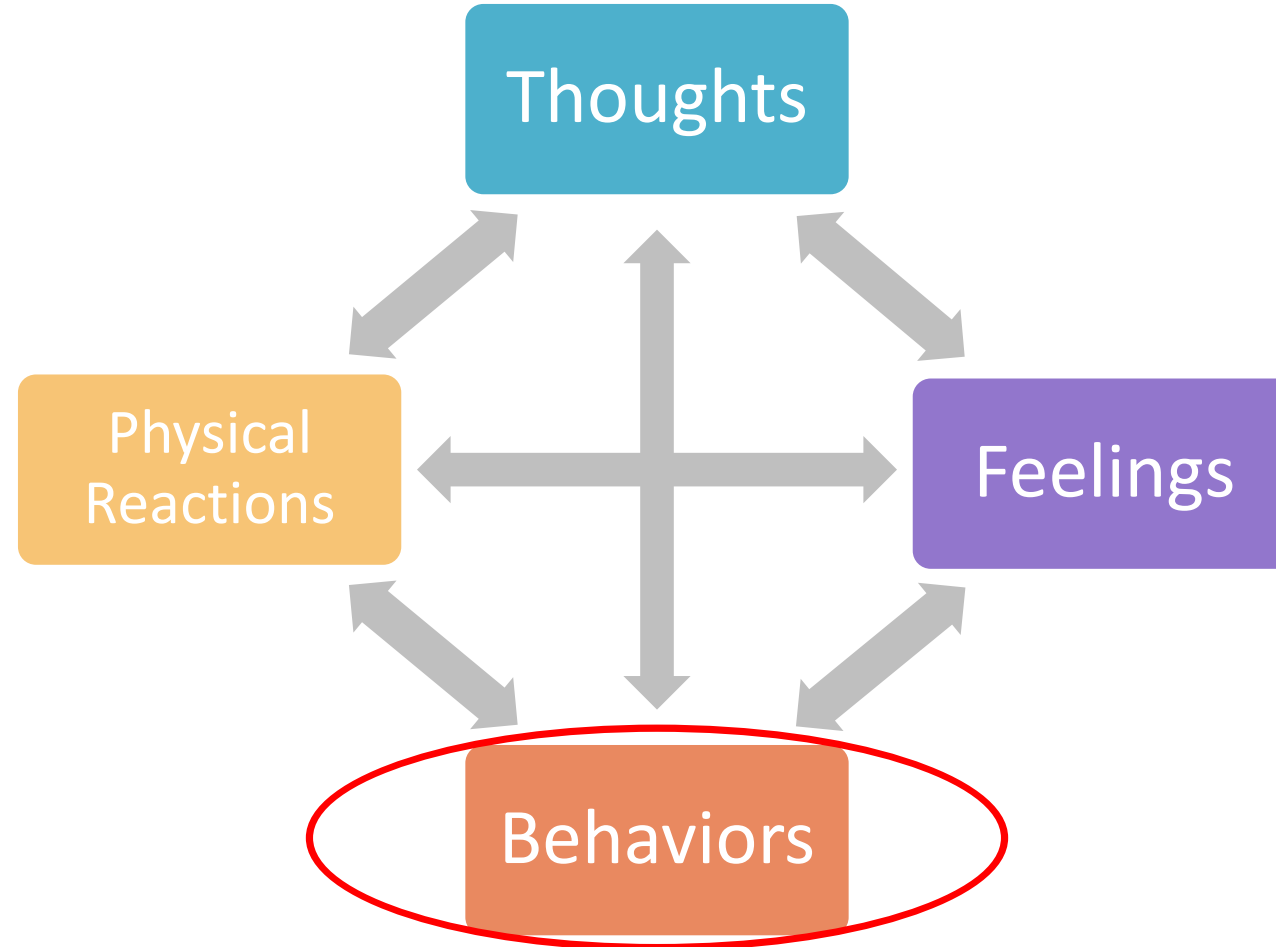
Challenge automatic negative thoughts

- Is there any evidence for/against this thought?
- What's a more helpful alternative?

Remind

Remind yourself by writing down helpful thoughts on coping cards

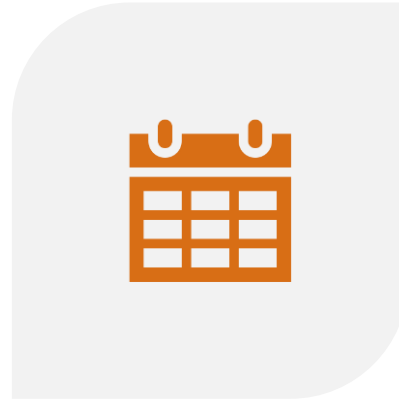
Environment



Behavioral Strategies



Track



Schedule



Remind

Track Your Time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Slept in A=0, P=2		Attended brain health class A=5, P=5		Did yoga A=7, P=6		
Afternoon						Called friend A=4, P=6	
Evening		Watched TV A=2, P=3					

A-Accomplishment

P-Pleasure

Schedule Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Yoga		Yoga			
Afternoon	Take a walk		Take a walk		Take a walk		Skype w/ family
Evening		Watch a movie				Call Susan	

Activity Ideas



Regular
exercise



Spend time
with friends



Learn a new
skill or hobby



Complete a
task or chore



Take care of
your body

Remind Yourself with Coping Cards (Again!)

- Keep it short
 - List of favorite things
 - Useful strategies
- Keep them nearby!
- Read regularly (3x/day and as needed)



Sample Behavioral Coping Card

List of my favorite things

- Earl grey tea
- Fuzzy socks
- Videos of kittens/puppies
- Fresh towels from the dryer
- Family photos



Sample Behavioral Coping Card

Strategies for when I'm feeling down/unmotivated

- Go for a 10-minute walk around the neighborhood
- Pet my dog
- Call Susan
- Do a jigsaw or crossword puzzle
- Put on some nice-smelling lotion



Summary of Behavioral Strategies

Track

Track your activities

- How are you spending your time?
- Are these activities giving you feelings of accomplishment or pleasure?

Schedule

Schedule regular activities

- Motivation follows action
- Friends and family can help provide structure

Remind

Remind yourself of your favorite activities on coping cards

Coping with Stress from Coronavirus



Stick to a routine

Regular sleep and wake times
Schedule activities



Engage in social interactions

Reach out to family/friends
Help others



Limit news

Two 30-min chunks per day



Shift your focus

From what you don't have to what you can do

What if I Don't Remember These Strategies?

- Make some coping cards!
- Print helpful strategies and place them in an easily accessible place
- Family and friends can help create a routine schedule, and get you started on activities

When Should I Seek Professional Help?

- If you have any symptoms of depression, talk to your doctor
- They can help screen and assess for depression, and help you decide if you need additional treatment
- If you have thoughts of wanting to harm yourself or others, contact emergency services

How Do I Help My Loved One?

- Listen to their experience and allow them to express their feelings
- Help plan and engage in enjoyable activities together
- Encourage them to discuss their symptoms with their care team

Where Can I Find More Resources?

- Brain Injury Alliance of Washington (BIAWA)
<https://www.biawa.org/support/support-for-adults>
- Anxiety and Depression Association of America (ADAA)
<https://adaa.org/understanding-anxiety/depression>
- Crisis Connections <https://www.crisisconnections.org/>