APPRAISAL OF DEPRESSION IN THE ELDERLY

ESSAY

Submitted for Partial Fulfilment of
M.Sc. Degree in Neuropsychiatry

BY

Ahmed Mohamed Hazzou
M.B., B. Ch.

Supervised by

Prof. Dr. Abdel Moneim Mahmoud Ashour
Professor of Neurology and Psychiatry
Director of Geriatrics Unit
Faculty of Medicine, Ain Shams University

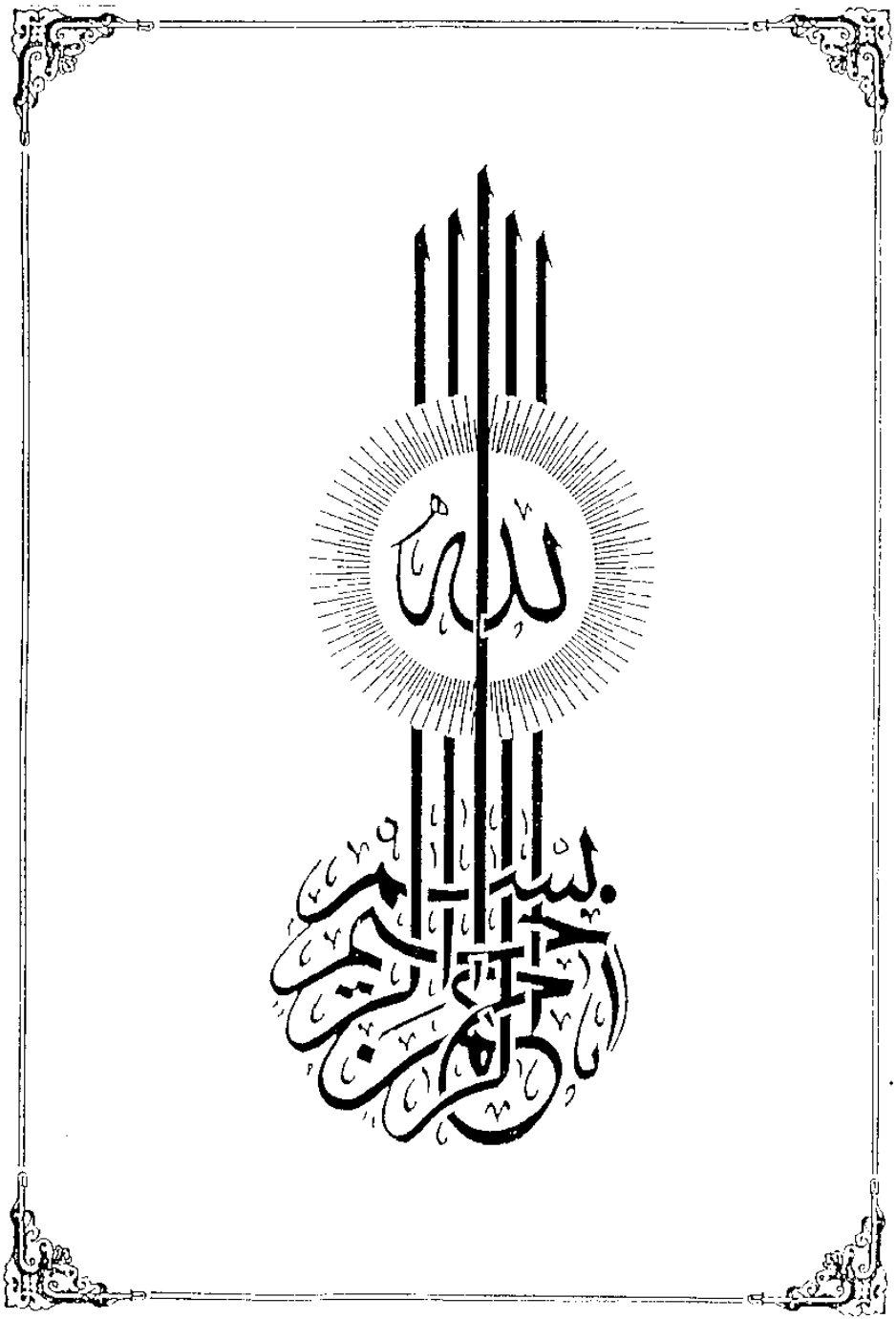
Prof. Dr. Mona Abdel Hamid Raafat
Professor of Neurology
Neuropsychiatric Department
Faculty of Medicine, Ain Shams University

Assist. Prof. Dr. Mohammad Ossama Abdulghani
Assist. Prof. Of Neurology
Neuropsychaitric Department
Faculty of Medicine, Ain Shams University

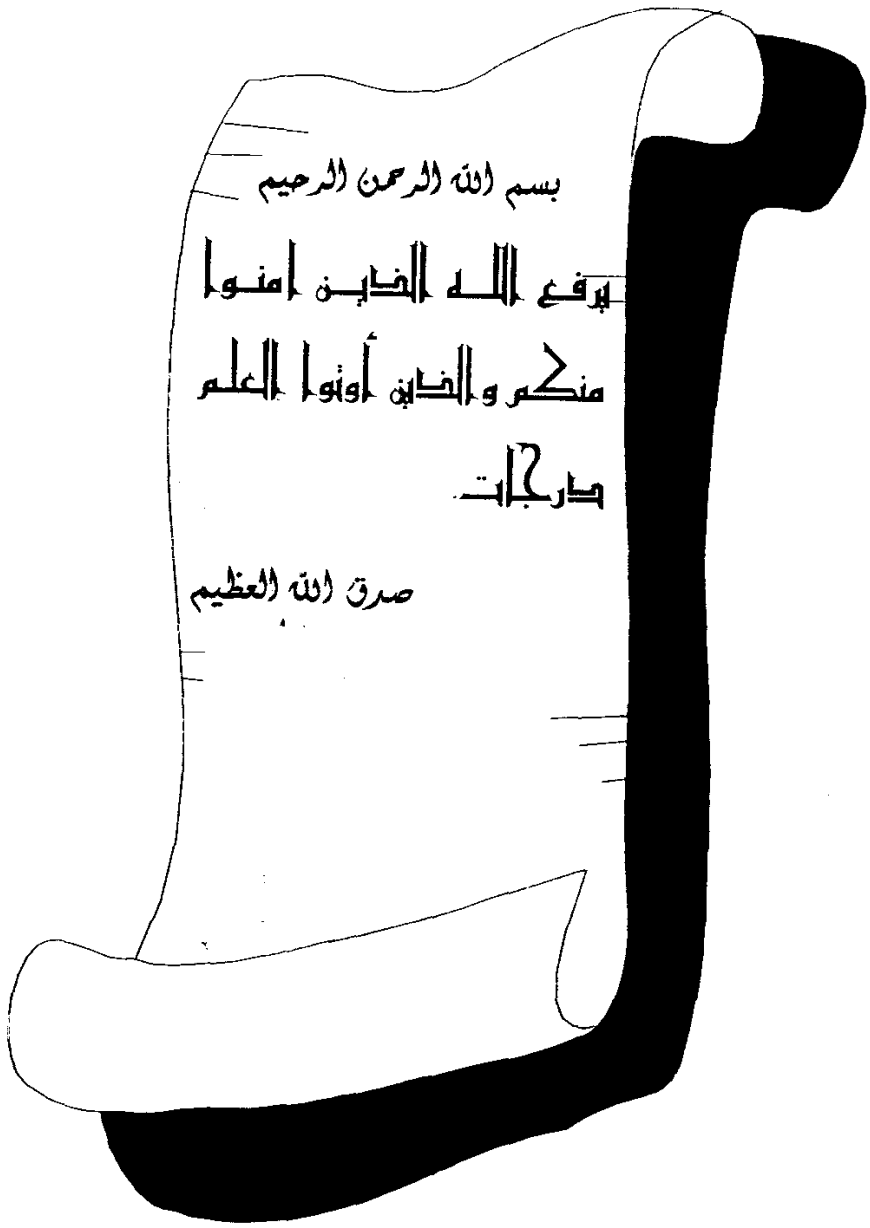
Faculty of Medicine
Ain Shams University
1996

Central Library - Ain Shams University

Central Library - Ain Shams University



Central Library - Ain Shams University



Central Library - Ain Shams University

Central Library - Ain Shams University

To my beloved mother
and soul of my father

Ahmed Hazzou

Central Library - Ain Shams University

Central Library - Ain Shams University

Acknowledgement

I would like to express my feelings of gratitude and indebtedness to Prof. Dr. **Abdel Moneim Ashour**, Professor of Neurology and Psychiatry Neuropsychiatric Department Ain Shams University, for suggesting the topic of this review, his fatherly guidance, support and supply of recent literature not available elsewhere.

My sincere thanks and deep appreciation goes to Prof. Dr. **Mona Raafat**, Prof. Of Neurology Ain Shams University, for her constructive criticism, valuable comments and miticulous revision of the essay, without which this work would have not been possible.

I am profoundly grateful to Dr. **Ossama Abdulghani**, Assit Professor of Neurology, Ain Shams University, for his help and guidance.

I also wish to thank my **Professors** and **Colleagues** at the Neuropsychiatric Department Ain Shams University for their help and support.

Lastly, I would like to express my feelings of admiration, love and respect to my family whose support was overwhelming.

Central Library - Ain Shams University

Central Library - Ain Shams University

CONTENTS

		Page
I.	Introduction and Aim of The Work	1
II.	Epidemiology of Depression in Old Age	3
III.	Risk Factors of Depression in Old Age	12
IV.	Psychological Theories of Depression	30
V.	Clinical Presentation of Depression in Old Age	33
VI.	Treatment of Depresion in Old Age.....	48
VII.	Prognosis of Depression in Old Age.....	83
VIII.	Prevention of Depression in Old Age	89
IX.	Differences Between Depression in Adults and in The Elderly	92
X.	Discussion	99
XI.	Summary and Conclusion.....	107
XII.	Recommendations.....	109
XIII.	References	111
	Arabic Summary.	

Central Library - Ain Shams University

Central Library - Ain Shams University

TABLES AND FIGURES

Table No.	Title	Page
1	Neurological, Medical and Pharmacological causes of Depressive symptoms	17
2	Examples of Physical Symptoms that can Represent Depression.	35
3	Major Clinical Features Differentiating Pseudodementia from Dementia.	39
4	Factors Associated with Suicide in the Elderly	46
5	Characteristics of Selected Antidepressant Drugs	57
6	Comparison of the effects of different antidepressants	59
7	Geriatric Dosages of Commonly Used Antidepressants	66
8	Tyramine-rich foods to be avoided while taking MAOIs	74
9	Drugs to be avoided during MAOI treatment	75
10	Geriatric Dosages of Monoamine Oxidase Inhibitors	75
11	Geriatric Dosages of Psychostimulants	78
Fig.(1)	Geriatric susceptibility and life events	20

Central Library - Ain Shams University

Central Library - Ain Shams University

Abbreviations

ACTH	:	Adrene-Cortico Tropic Hormone.
AD	:	Alzheimer's Disease
AIDS	:	Acquired Immune Deficiency Syndrome.
AZT	:	Azathioprine
b.d.	:	Twice Daily
B_{max}	:	Maximum binding.
CBF	:	Cerebral Blood Flow
CES-D	:	Center for Epidemiological Studies Depression Scale.
CSF	:	Cerebro Spinal Fluid
CT	:	Computerised Tomography
D_1	:	Dopamine receptor type 1
DSM-III	:	Diagnostic and Statistical Manual of Mental Disorders (3rd edition).
DSM-IIIR	:	Diagnostic and Statistical Manual of Mental Disorders (3rd edition, revised).
DSM-IV	:	Diagnostic and Statistical Manual of Mental Disorders (4th edition).
DST	:	Dexamethasone Suppression Test
ECA	:	Epidemiologic Catchment Area.
ECT	:	Electro Convulsive Therapy
EEG	:	Electro Cardio Gram
EEG	:	Electro Encephalo Gram
FDA	:	Food and Drug Administration
GDS	:	Geriatric Depression Scale
GMS	:	Geriatric Mental Status Schedule
GP	:	General Practitioner
^{3}H-IMIP	:	^{3}H-Impramine

Central Library - Ain Shams University

HDRS	:	Hamilton Depression Rating Scale
HPA	:	Hypothalamo-Pituitary-Adrenal
5-HT	:	Serotonin
ICD-10	:	The Tenth Revision of the International Classification of Diseases and Related Health Problems
MAO	:	Mono Amine Oxidase
MAO_A	:	Monoamine Oxidase type A.
MAOIs	:	Mono Amine Oxidase Inhibitors
MRI	:	Magnetic Resonance Imaging.
NA	:	Noradrenaline.
PD	:	Parkinson's Disease
PET	:	Positron Emission Tomography
PSE	:	Present State Examination
rCBF	:	Regional Cerebral Blood Flow
REM	:	Rapid Eye Movement.
RIMAs	:	Reversible Inhibitors of Monoamine Oxidase.
SAD	:	Symptoms of Anxiety and Depression Scale
SDS	:	Self-rating Depression Scale
SHORT-CARE:		A Short Version of Comprehensive Assessment and Referral Evaluation
SPECT	:	Single Photon Emission Computerised Tomography.
SSRIs	:	Serotonin-Specific Reuptake Inhibitors
TCAs	:	Tricyclic Antidepressants
TRH	:	Thyrotropin Releasing Hormone
TSH	:	Thyroid Stimulating Hormone
VBR	:	Ventricular Brain Ratio
vs	:	Versus

Central Library - Ain Shams University