

Major depressive disorder across the age

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The prevalence rate of MDD in children was (2% to 7%), in adolescents (3% to 10%), in adults (13% to 24%), and in the elderly 1% to 10%. The genetic factors are the most important factors in children and adolescents. However, in adults, no factor was more important than the others. Meanwhile, psychosocial factors and poor physical health are the most important factors in the elderly. Children show more somatic complaints, psychomotor agitation, separation anxiety, phobias, enuresis, and poor verbal communication. Adolescents show more hopelessness, helplessness, anhedonia, hypersomnia, and weight changes. Adults show more definite delusions with somatization. The elderly show more apathy, loss of interest, somatic complaints, hypochondriasis and cognitive disturbances. Psychosocial therapeutic interventions are much more effective than pharmacotherapy in childhood and adolescence. Electroconvulsive therapy is highly effective especially in the elderly and in elderly depression with melancholic features. SSRIs are preferable in the elderly because of lack of cardiotoxicity