

Anxiety and Depression

Sex differences in anxiety and depression?

Measures
Depression Scales
Anxiety Scales
Mood Scales
Apathy Scales

Animal Models
Despair based
Reward based
Early life stress
Anxiety based
Stress based
How closely do animal models relate to people?

Do anxiety and depression lie on a continuum with overlapping social, environmental, biological and psychological causes?

Brain disorders? or Psychological Constructs?

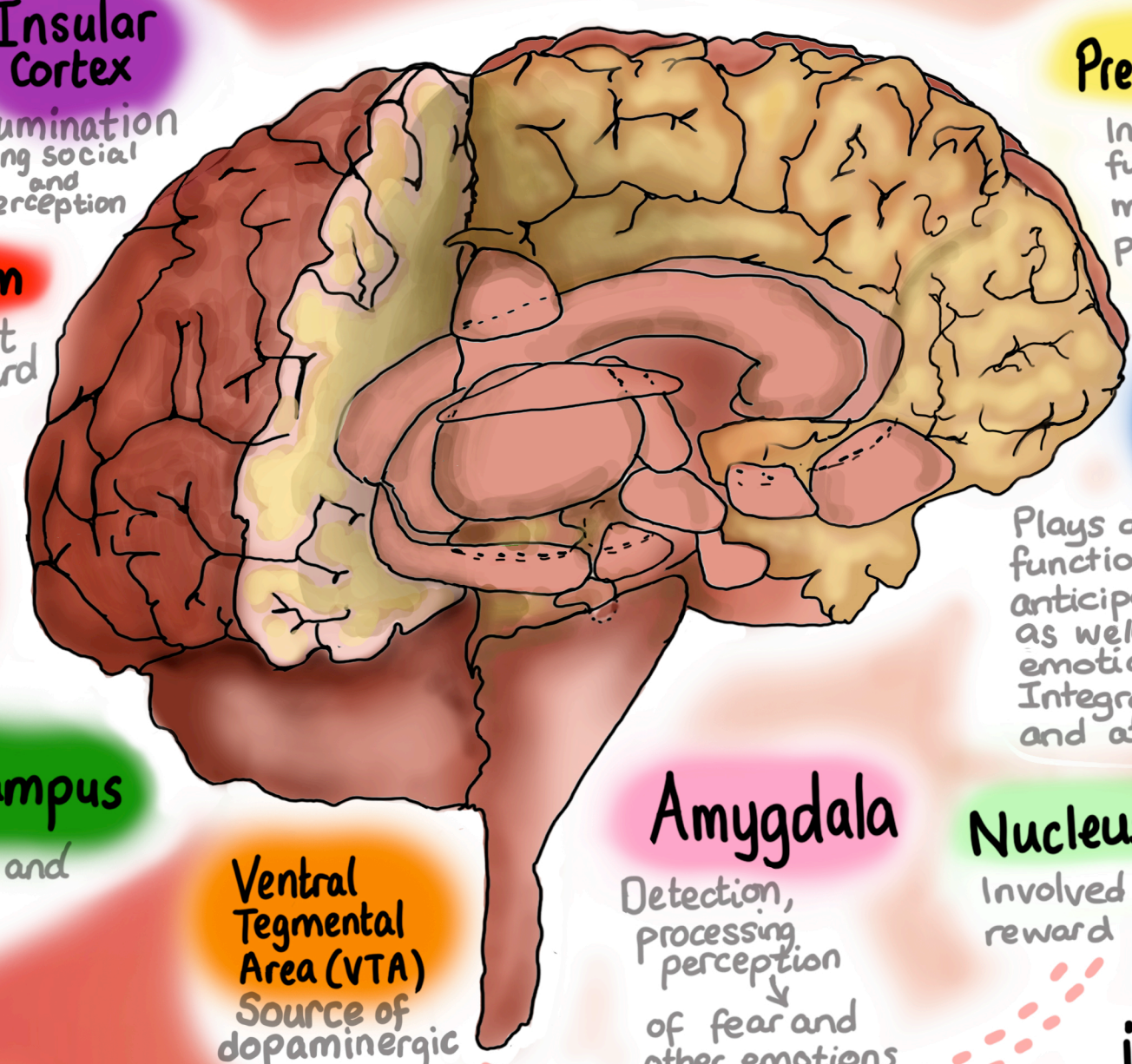
Cognitive
Should's and Shouldn't's

Psychedelics in the treatment of anxiety and depression?

Is it common for anxiety and depression to co-exist?
Cause or consequence?
Co-existing with other conditions
diabetes, cancer, dementia, cardiovascular disease

Insular Cortex
Rumination 'processing social emotions' and pain perception

Striatum
Movement and reward



Prefrontal Cortex (PFC)
Involved in executive functions, such as working memory, decision-making, planning and judgement

Anterior Cingulate Cortex (ACC)
Plays a role in rational cognitive functions such as reward anticipation, decision making, as well as empathy and emotion. Integrates emotional stimuli and attentional functions

Amygdala
Detection, processing perception of fear and other emotions

Nucleus Accumbens
Involved in integrating reward stimuli

Ventral Tegmental Area (VTA)
Source of dopaminergic neurons

Impact of diagnosis?

Resilience
Resilience can provide a buffer ~ calling on experience of how past challenges have been managed

Do culture and societal views matter?

• Early Life
• Parenting
• Secure attachment

Adolescence stress exposure

Lifestyle Factors
• Exercise
• Environment
• Diet
• Social life

'stress inoculation'
Optimism (temperament)
Stress circuitry

Positive Social interaction and positive emotion

(epi)genetics

apprehension
negative rumination/worry

social withdrawal

weight gain/loss

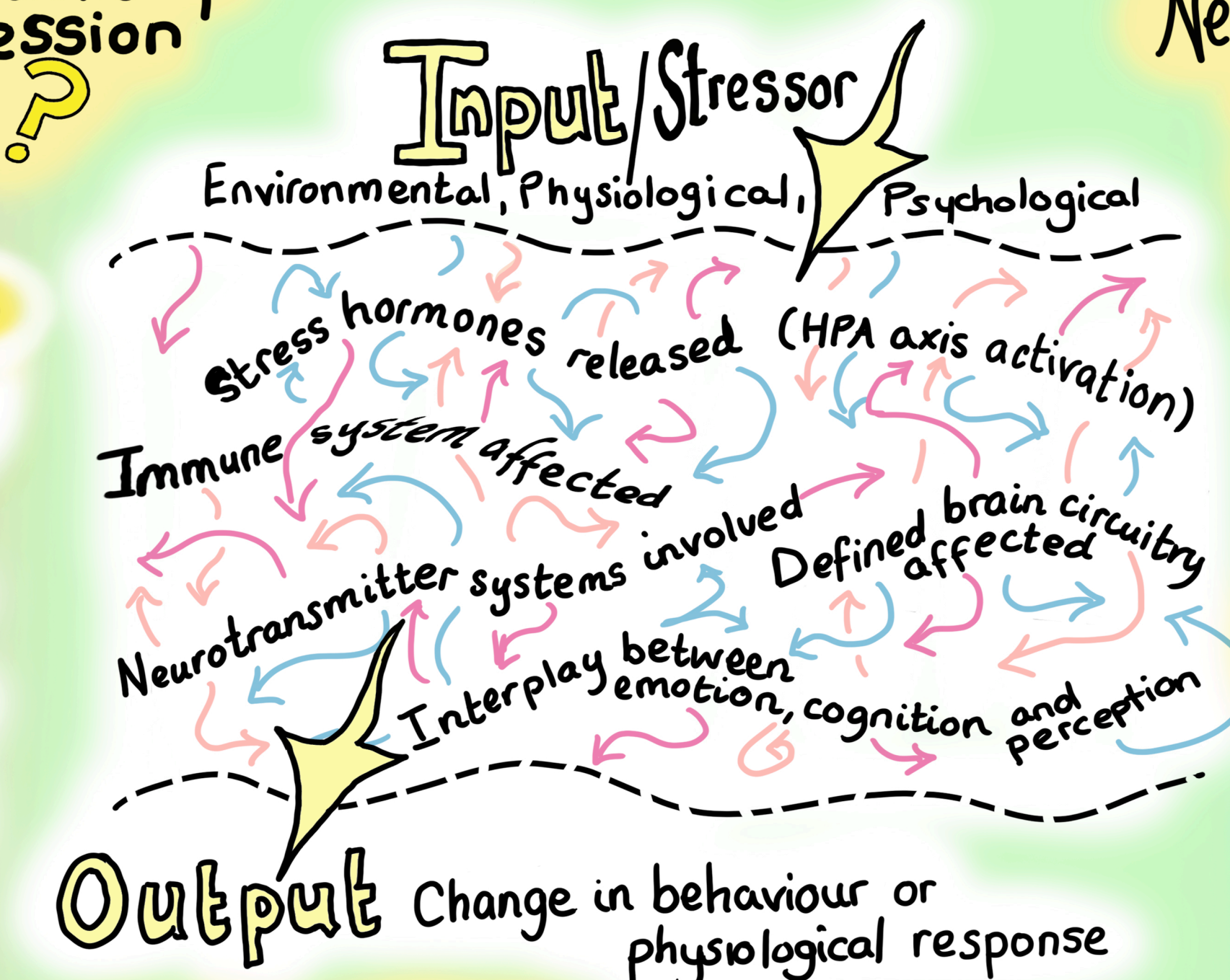
agitation
chronic pain
insomnia

sleep disturbance

irritability
fatigue

decreased/difficulty with concentration

Signs, Symptoms and Behaviours



Neurochemical imbalance and neural networks
What about Glutamate and GABA?

Psychological or Pharmacological therapies
Which is better?

Can (or should) anxiety or depression be cured?

Are anxiety and depression contagious?

What treatments are out there?

Event
Behaviour (Maladaptive)

Cognitive Model of Depression and Anxiety (Wright and Borden, 1991)
Cognitive appraisals (distorted)
Emotion (depressed and/or anxious)

Behavioural inclination (Helplessness and/or avoidance)

How do diet, lifestyle and social interaction impact on anxiety and depression?

Can anxiety and depression be inherited (genetic predisposition)?

What is the relationship between 'sickness behaviour' and depression?

Jumping to conclusions

distortions