Anxiety and Depression

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

Resilience

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

Signs, Symptoms and Behaviours

Early Life
Parenting
Secure Attachment

Stress Exposure

Lifestyle Factors
Exercise
Environment
Diet
Social Life

‘Stress inoculation’
Optimism
Temperament

Positive Social interaction and positive emotion
(epi) genomics

Depression Scales
Anxiety Scales

Measures
Mood Scales
Apathy Scales

Psychodriels in the treatment of anxiety and depression

Is it common for anxiety and depression to coexist?

Cause or consequence
On-going with other conditions

Impact of diagnosis

‘Biomarkers’ e.g. genetic, blood, brain imaging

Do culture and societal views matter?

Sex differences in anxiety and depression

Brain disorders or Psychological Constructs

Cognitive Should’s and Shouldn’ts

Diseases and conditions

diabetes, cancer, dementia, cardiovacular disease

Output
Change in behaviour or physiological response

What emerging treatments are out there?

What is the relationship between ‘sickness behaviour’ and depression?