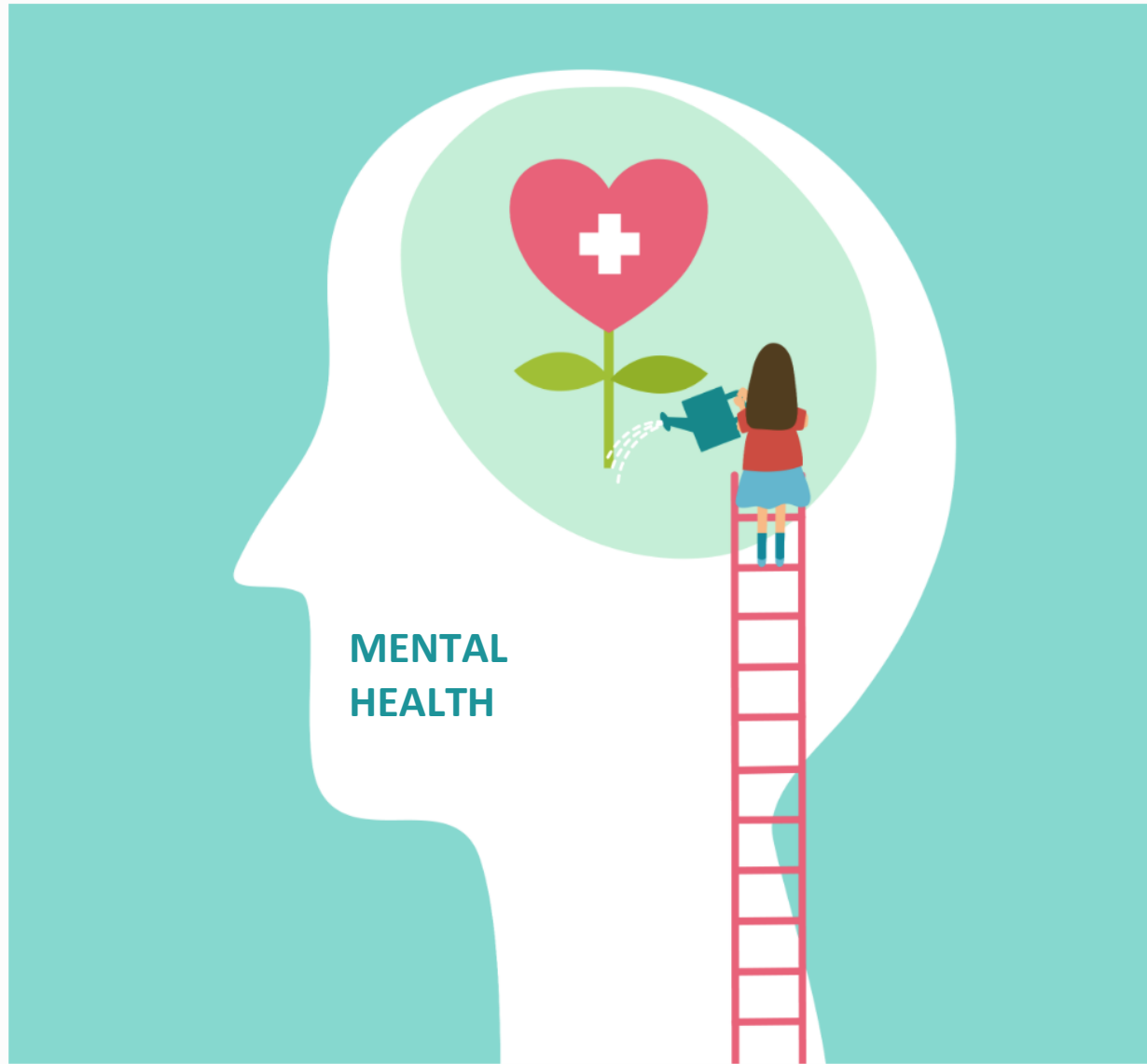




Symptoms and Treatment of Depression during and Post COVID-19



Authors: [AMSA Wellness and Student Life Action Committee](#), 2020-2021

UNITED MENTAL HEALTH

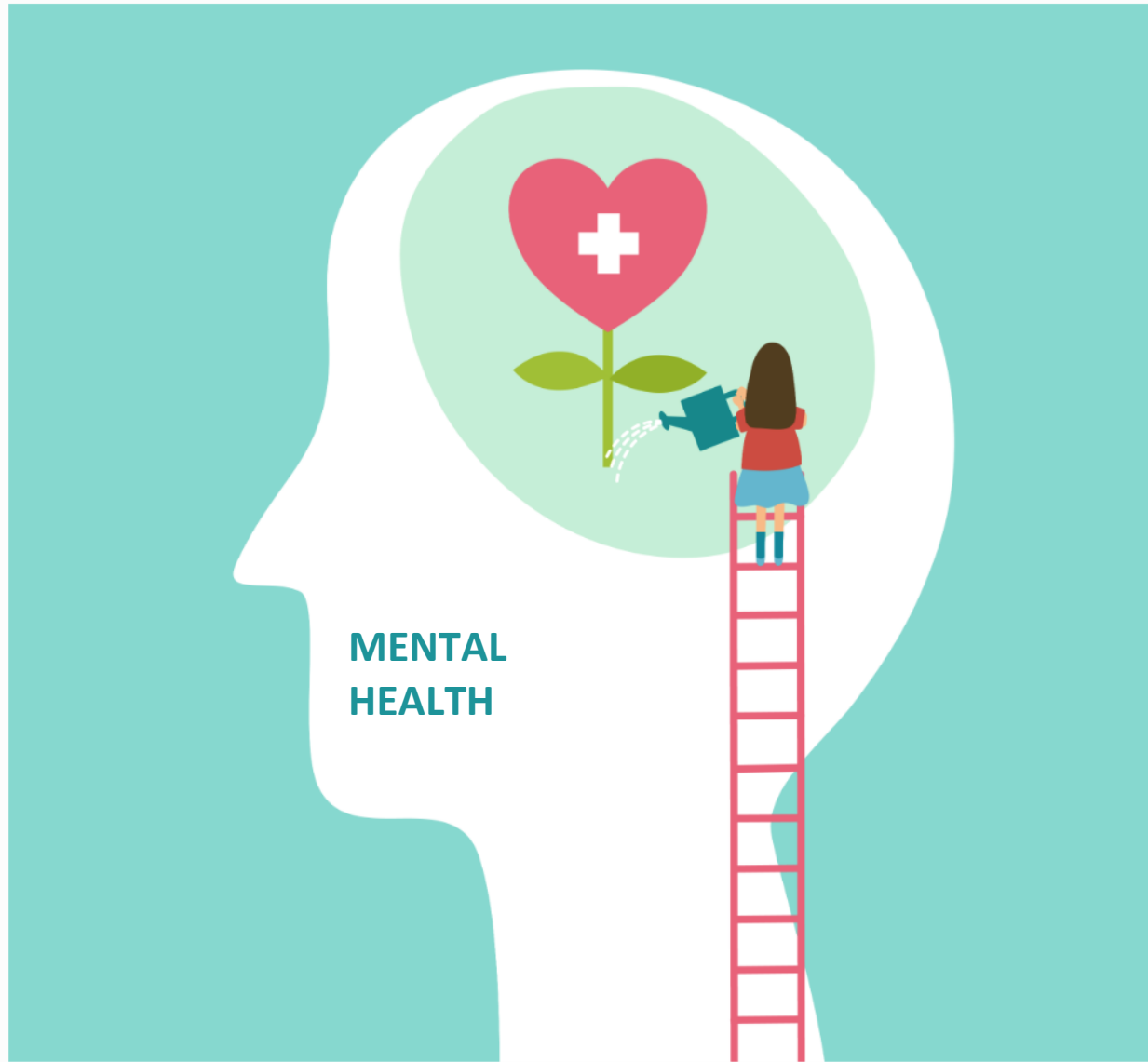
PROMOTERS



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



後疫情憂鬱症的 症狀及治療



Authors: [AMSA Wellness and Student Life Action Committee](#), 2020-2021

心理健康聯合社區推廣專員



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- **The BASIC-T Team:**
 - Cynthia Telles, PhD
 - Paola Suarez, PhD
 - Mirella Diaz-Santos, PhD
 - Vindia Fernandez, PhD
 - Rosana Trivino-Perez, LCSW
- **LACDMH Staff:**
 - Leticia Lara, LCSW
 - Adriana Carrillo, LCSW



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- The BASIC-T Team:
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 - Adriana Carrillo, LCSW



- Recognize how our culture influences the experience of depression
- Recognize the difference between normal sadness and depression
- Recognize when to seek help



Learning Objectives



學習目標

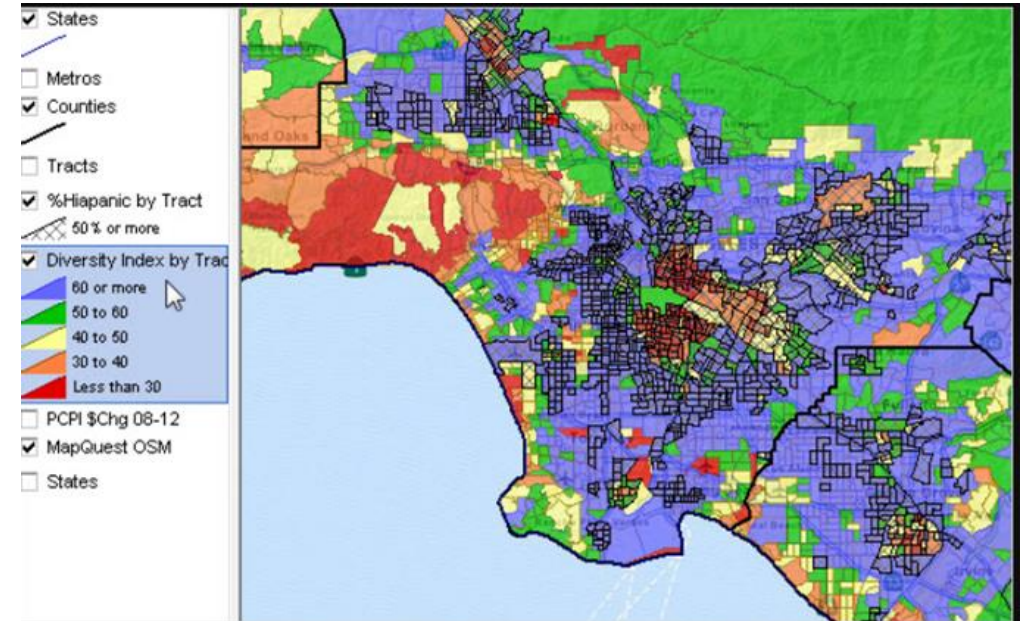
- 認識文化如何影響憂鬱症的歷程
- 認識正常的悲傷和憂鬱的區別
- 識別何時需要尋求協助



Learning Objectives



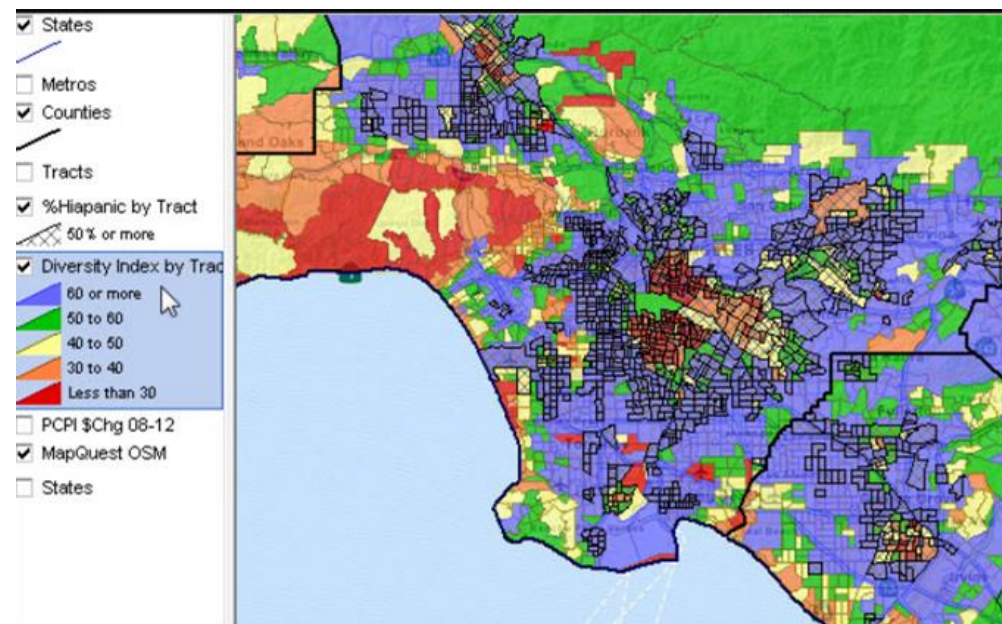
WE ARE COMMUNITY





我們是同一個社區

WE ARE COMMUNITY





Protective Factors for Depression Among Underserved Cultural Communities



resilience:
"an ability to recover from or adjust easily to misfortune or change."
— Merriam-Webster Dictionary



憂鬱症的保護因素 服務不足的文化社區中

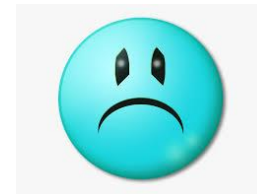
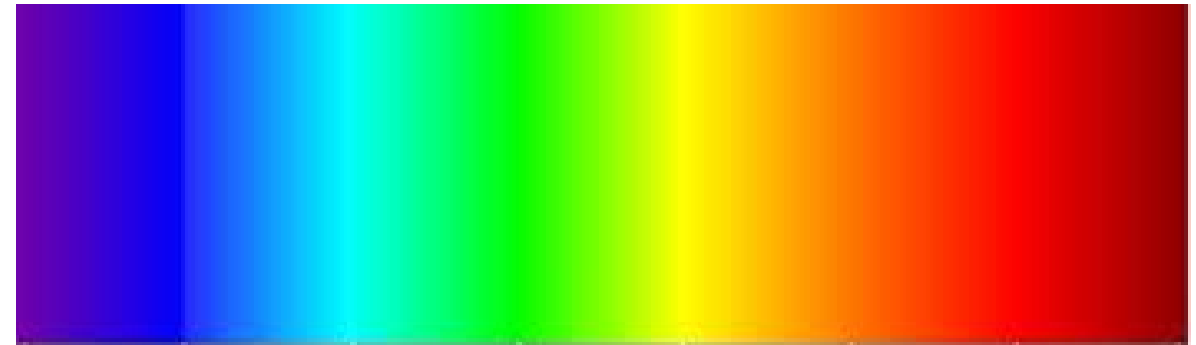


韌性：
從不幸或改變中恢復或容易調整的能力

— Merriam-Webster Dictionary

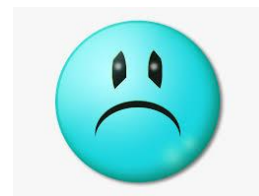
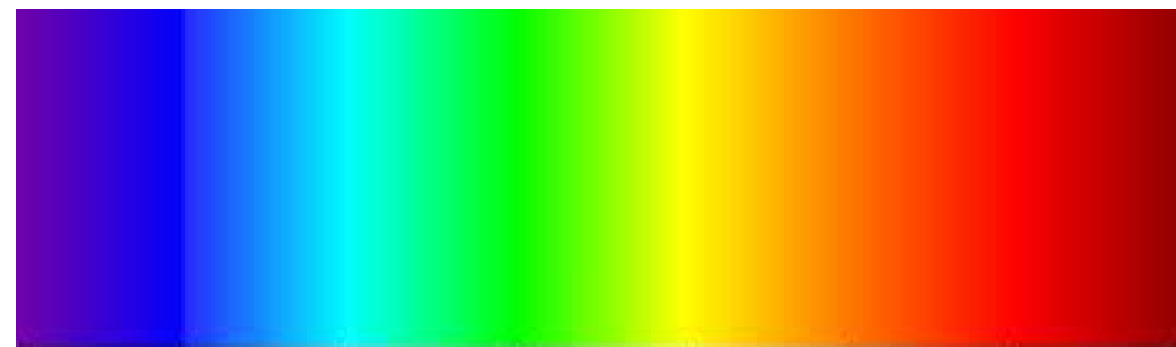


Life Changes





生活改變



CONTINUUM OF EMOTIONAL RESPONSES

Adaptive responses

Maladaptive responses

Emotional
responsiveness

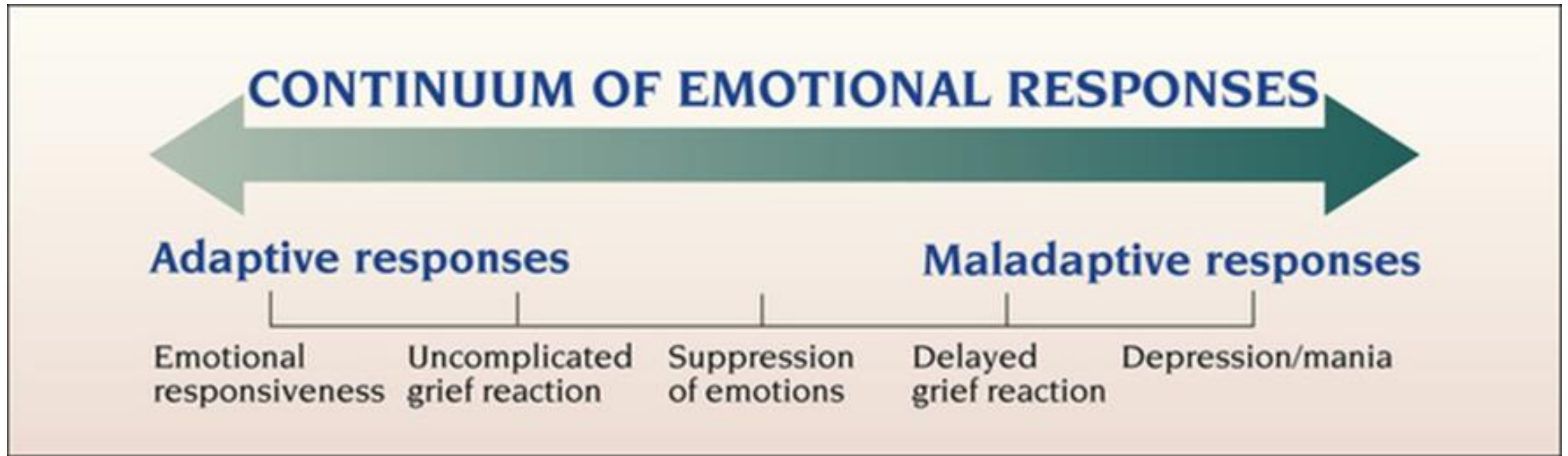
Uncomplicated
grief reaction

Suppression
of emotions

Delayed
grief reaction

Depression/mania

WHAT IS “NORMAL” AND WHAT IS NOT?



什麼是“正常”,什麼不是正常?



What is a Symptom?

- A sign that something is not right, that someone is not feeling well
- It can be a red flag
- A symptom can be many things
- It does not mean that something is wrong



什麼是 症狀?

- 感到不對勁或不舒服的跡象
- 這可能是一個危險信號
- 症狀可以指很多種狀態
- 而這並不意味著有問題



What is a Syndrome?

- A set of symptoms that occur at the same time
- The set of symptoms are associated with a disease
- May vary over time
- They can disappear and not become a disorder



What is a Syndrome?

- A set of symptoms that occur at the same time
- The set of symptoms are associated with a disease
- May vary over time
- They can disappear and not become a disorder



什麼是綜合症候群?

- 一組同時出現的症狀
- 一組與疾病相關的症狀
- 可能隨時間變化
- 症候群可以消失，並不會演變成一種疾病



What is a Disorder?

- Set of symptoms associated with a mental illness
- They cause difficulties in the functioning of daily living and social relationships that prevent the person from being as productive as they usually are when they are not experiencing symptoms



什麼是障礙或疾病？

- 與心理疾病相關的一組症狀
- 它們會導致日常生活和社交運作上出現困難，讓人們不能像沒有出現症狀時那麼有生產力（效力）。



**Is it sadness
or
depression?**



是悲傷
還是憂鬱?

Mood Thermometer 情緒溫度計



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

How can I understand the continuum from sadness to depression?

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

我如何理解從悲傷過渡到憂鬱的連續性問題?



What is Clinical Depression?



什麼是臨床憂鬱症？



Major Depressive Disorder

Two of the symptoms:

- Feeling depressed or down most of the day, almost every day for more than two weeks
- Losing pleasure in things you used to enjoy



嚴重憂鬱症

兩種主要症狀：

- 每天大部分的時間感到憂鬱或情緒低落，持續兩個星期左右。
- 對以前享受的事情失去興趣。



Major Depressive Disorder

Additional symptoms:

- **Changes of sleep**
- **Change in appetite**
- **Loss of energy**
- **Lack of concentration**
- **Feeling agitated or like you are in slow motion**
- **Feeling worthless or guilty**
- **Thoughts of death or preferring to be dead**



嚴重憂鬱症

Major
Depressive
Disorder

其他症狀：

- 睡眠改變
- 食慾改變
- 沒有精力（力氣）
- 無法專心
- 易激動，或處在慢動作中
- 感覺沒用或者內疚
- 有死亡的念頭或寧願死掉



What is missing for it to be a Major Depressive Disorder?

Symptoms of Clinical Depression



Changes in normal sleeping patterns



Random outbursts of tears or anger



Frequent thoughts of death or suicide



Intense feelings of despair & sadness



Loss of interest in enjoyable activities



Extreme tiredness or lack of energy



Appetite increase or decrease



Trouble focusing & concentrating



重度憂鬱症 會讓你失去 什麼?

臨床憂鬱症的症狀



睡眠習慣的改變



突然大哭或亂發脾氣



經常有死亡或自殺的念頭



感受到強烈的絕望和悲傷



對讓你愉快的活動失去興趣



極度疲勞或沒有經力



食慾增加或減少



難以集中注意力



Major Depressive Disorder can be....

NOTE: You can only classify **single episodes** of depression as mild-severe

Mild Depression

- At least 2 of:
 - *Depressed mood; loss of interest and enjoyment; increased fatigue*
- PLUS at least 2 more of the other symptoms
- **Minor functional impairment**
- **Episode lasts at least 2 weeks**

Moderate Depression

- At least 2 of:
 - *Depressed mood; loss of interest and enjoyment; increased fatigue*
- PLUS at least 3 to 4 of the other symptoms
- **Considerable difficulty continuing with social, work, & domestic activities**
- **Episode lasts at least 2 weeks**

Severe Depression

- All 3 of:
 - *Depressed mood; loss of interest and enjoyment; increased fatigue*
- PLUS at least 4 of the other symptoms
- **Unlikely to continue with social, work, & domestic activities (significant functional impairment)**
- **Episode may last less than 2 weeks if symptoms are severe enough**
- ****Can occur with or without psychotic symptoms**



重度抑鬱症 可能是……

注意：若是單次的抑鬱症發作，則會被歸類為輕度-重度

輕度抑鬱

- 至少 2 個以上：
情緒低落；失去興趣和樂趣；感到更加疲勞
- 加上 2 個以上的其他症狀
- 輕微的功能障礙
- 症狀持續 2 週以上

中度抑鬱

- 至少 2 個以上：
情緒低落；失去興趣和樂趣；感到更加疲勞
- 加上 3 到 4 個以上的其他症狀
- 進行社交、工作和家庭活動時有相當大的困難
- 症狀持續 2 週以上

重度抑鬱

- 至少 3 個以上：
情緒低落；失去興趣和享受；感到更加疲勞
- 加上 4 個以上的其他症狀
- 不太可能繼續進行社交、工作和家庭活動（嚴重的功能障礙）
- 如果症狀足夠嚴重，則不需要持續 2 週被診斷
- **可伴隨（或不伴隨）精神病症狀



Women and Depression

Women suffer more depression for social, biological and hormonal reasons:

- *-Premenstrual Dysphoric Disorder*
- *-Perinatal Depression (childbirth & Postpartum)*
- *-Perimenopausal Depression*

-It is different in all women



女性和憂鬱症

由於社會、生物及荷爾蒙因素，女性感到憂鬱症的人更多：

- Premenstrual Dysphoric Disorder* 經前綜合症
- -*Perinatal Depression (childbirth & Post-Partum)*- 懷孕期憂鬱症(分娩和產後憂鬱症)
- -*Perimenopausal Depression* 更年期憂鬱症

-每個女性的感受都不一樣



What does depression look like in children?



-Depression in children can present with additional symptoms such as **irritability** and **aggression**.

-Those who are depressed lose interest in children's activities and homework, appear tired, give up easily and withdraw from friends and family.



兒童憂鬱症是什麼情況？



- 兒童憂鬱症可能會出現其他症狀，例如易怒及表現出侵略性。
- 憂鬱的兒童會對孩童的活動及功課失去興趣。會出現疲倦、放棄，並且遠離家人及朋友的行為。



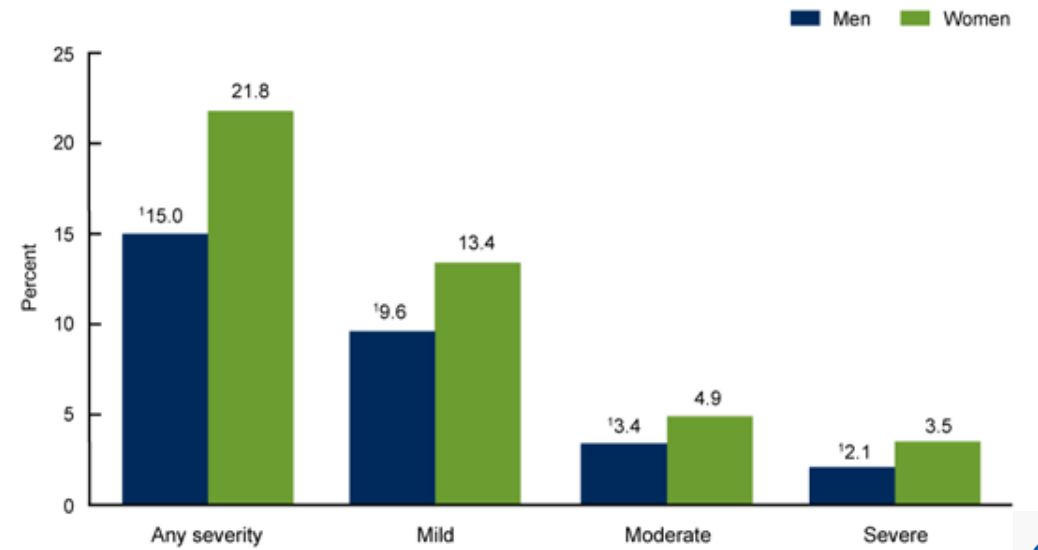
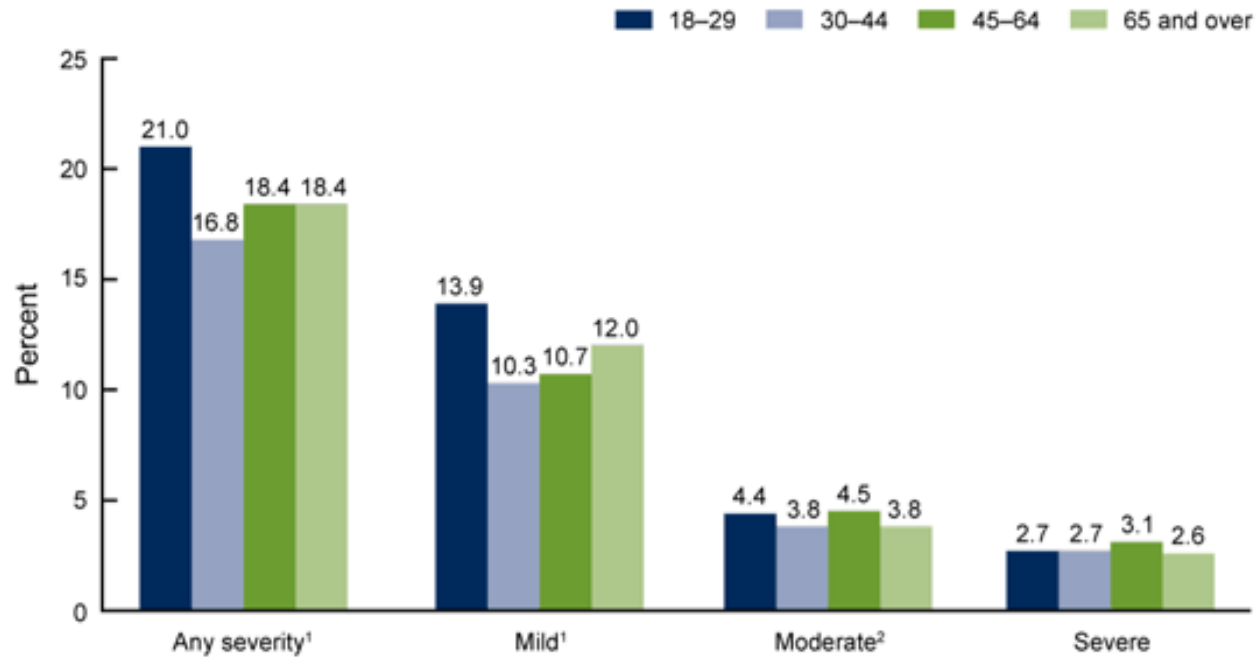
What was depression like in
our communities before
COVID-19?



疫情前,我們社區的憂鬱症是
什麼樣?

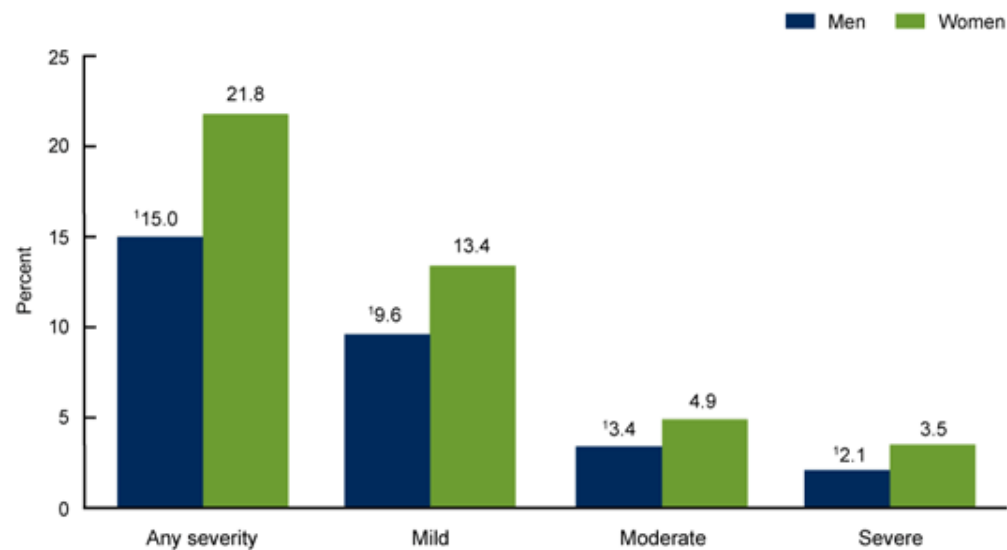
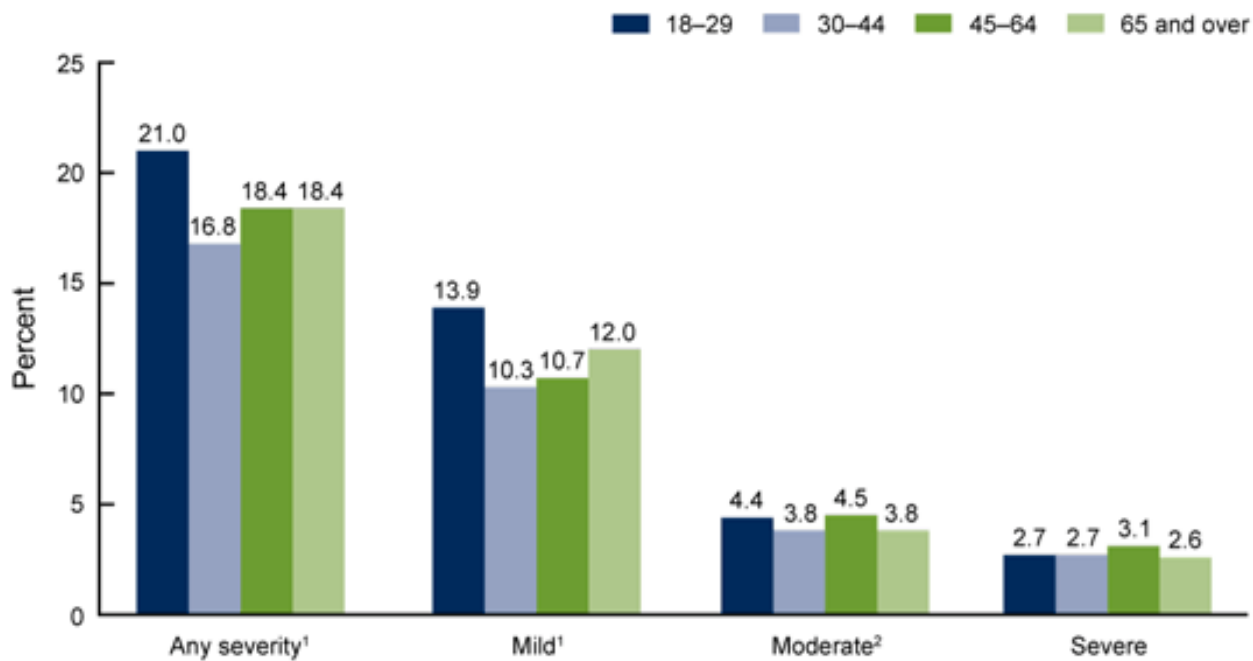


Depressive Disorder Among General Population: Pre COVID-19



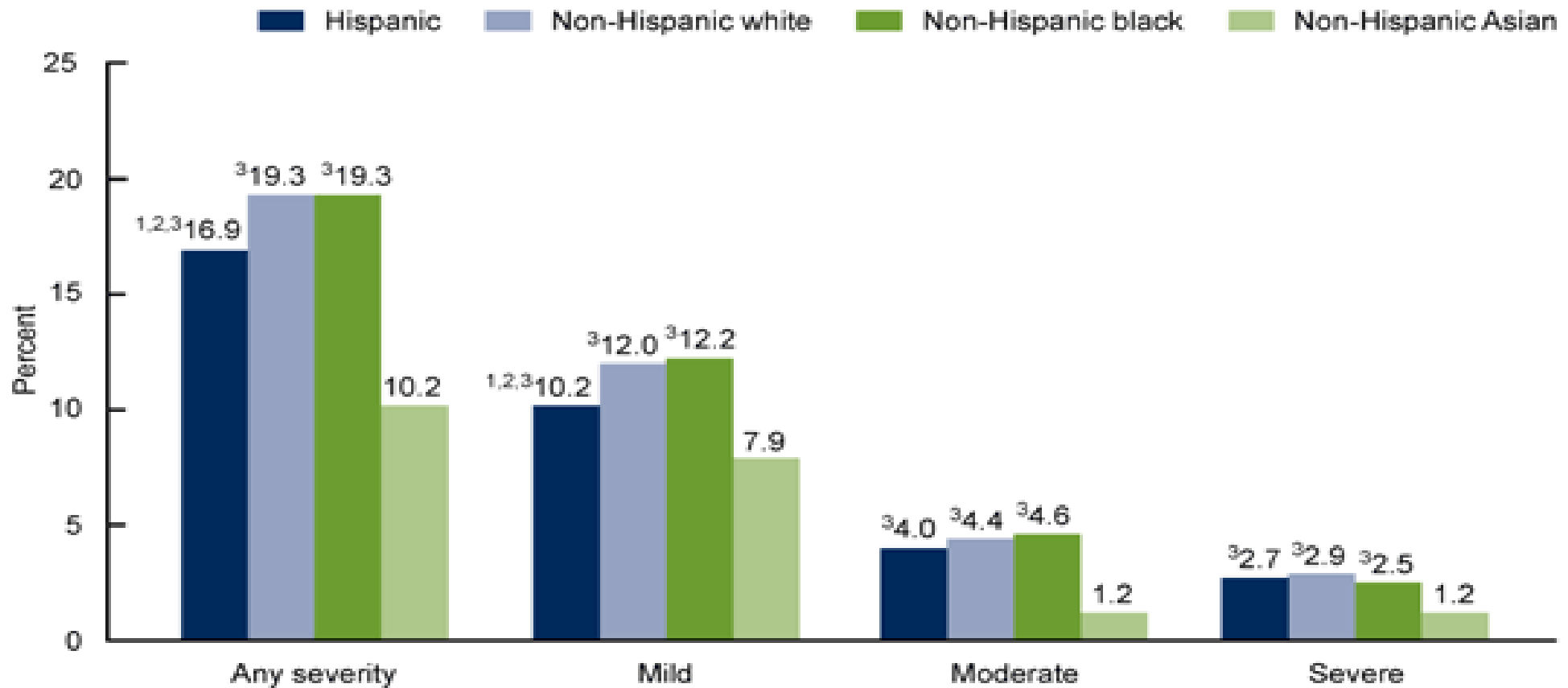


疫情前,大眾的憂鬱症數據



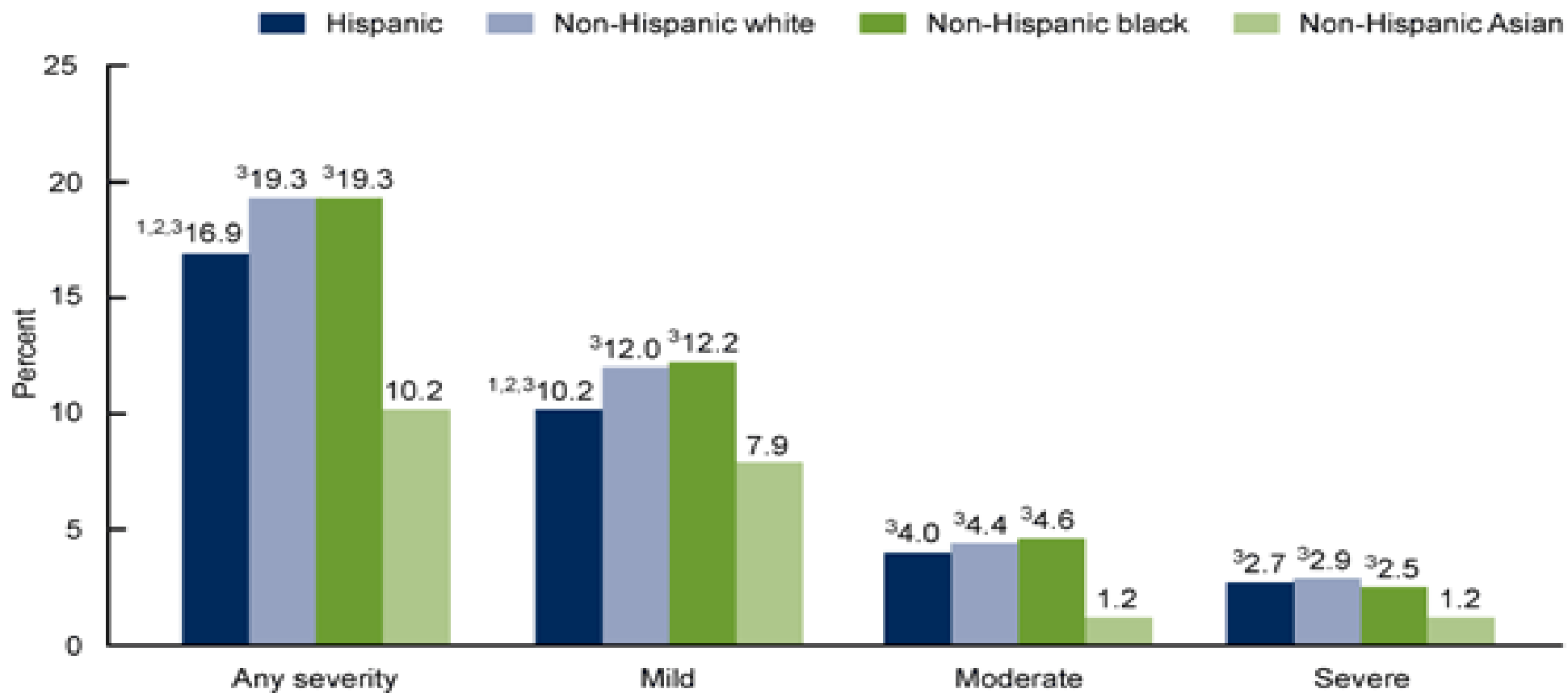


Depressive Disorder Among Underserved Communities in the United States: Pre COVID-19



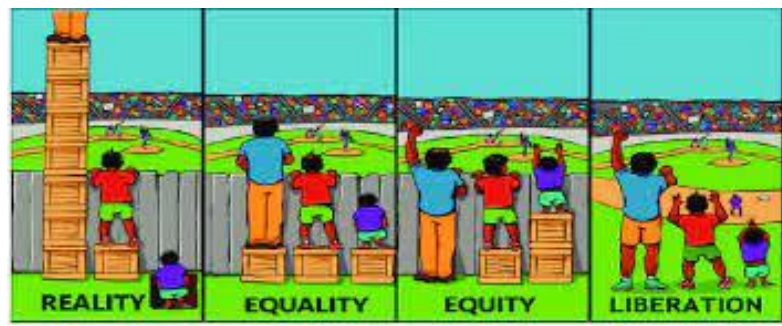
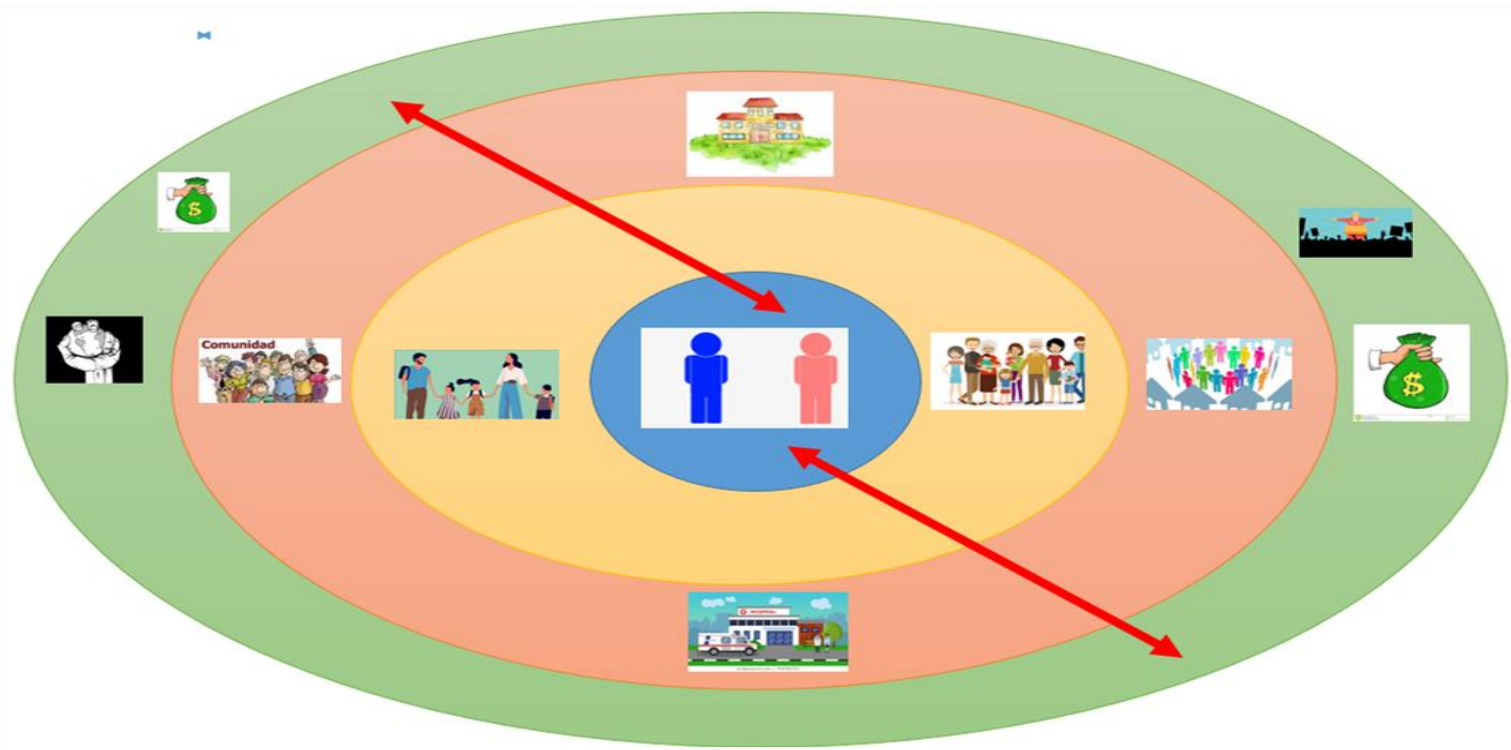


疫情前: 服務不足社區的憂鬱症數據





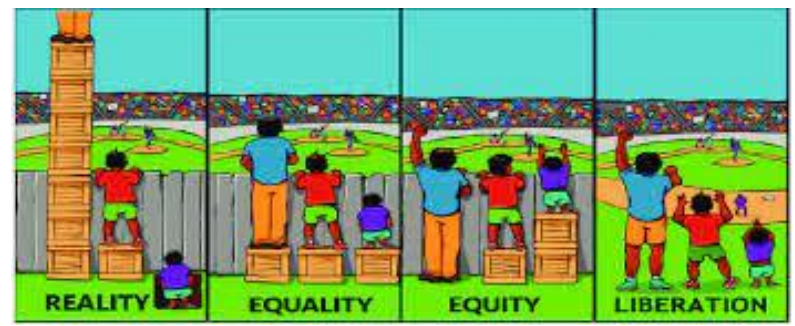
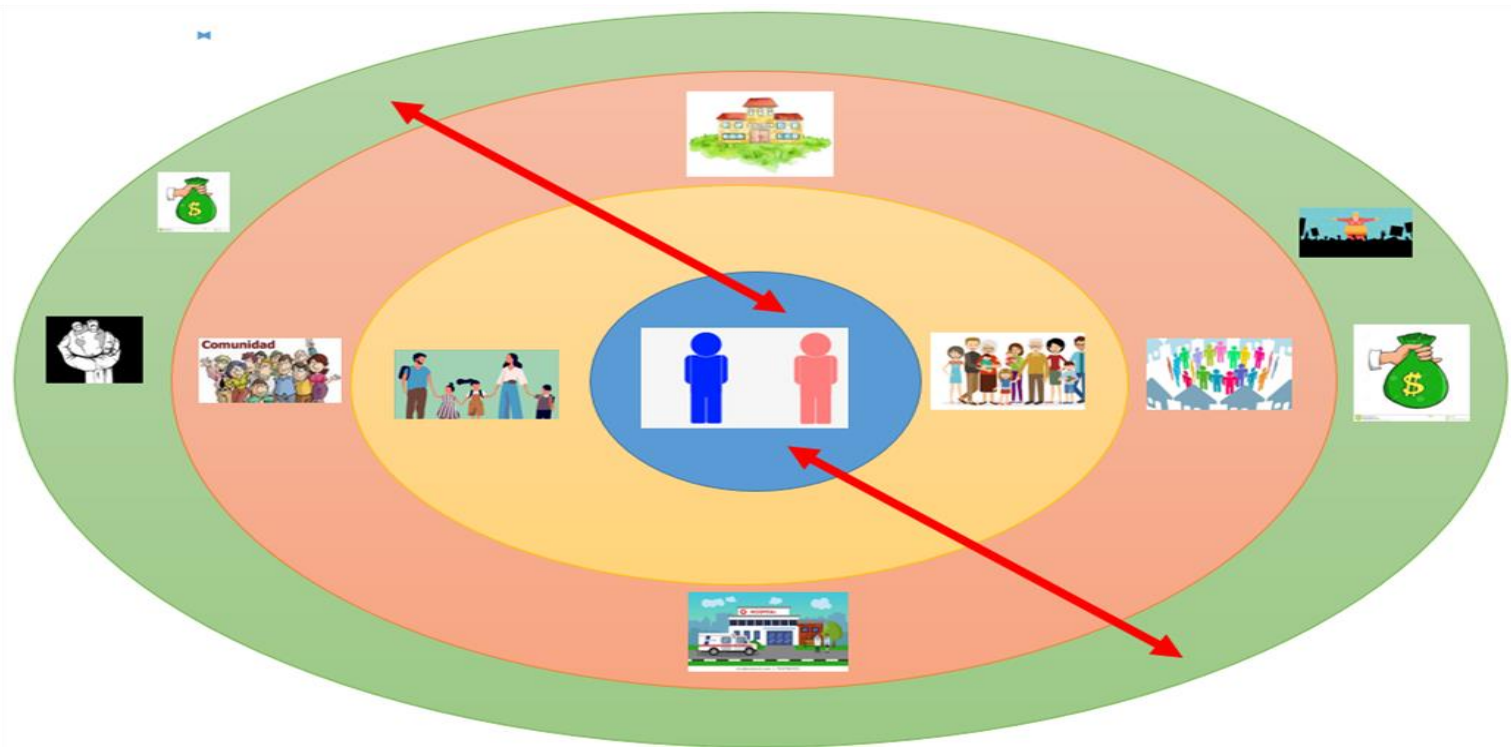
Our Structures Lead to Poor Mental Health Outcomes for Some



<https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>



我們的社會結構導致 一些人的心理狀況不佳

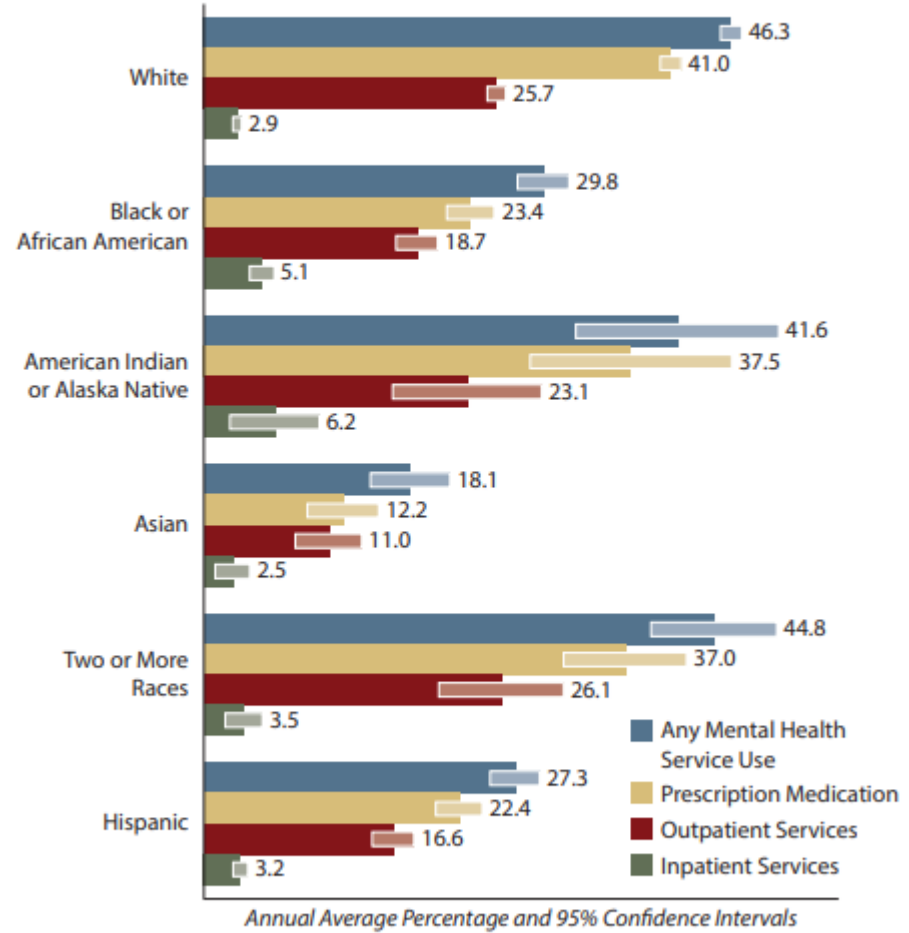


<https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>



We do not have easy access to adequate treatment...

FIGURE 4.2 Mental Health Service Use in the Past Year among Adults with Any Mental Illness, by Race/Ethnicity and Service Type, 2008-2012²⁹



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2008-2012 (2008-2010 Data – Revised March 2012).

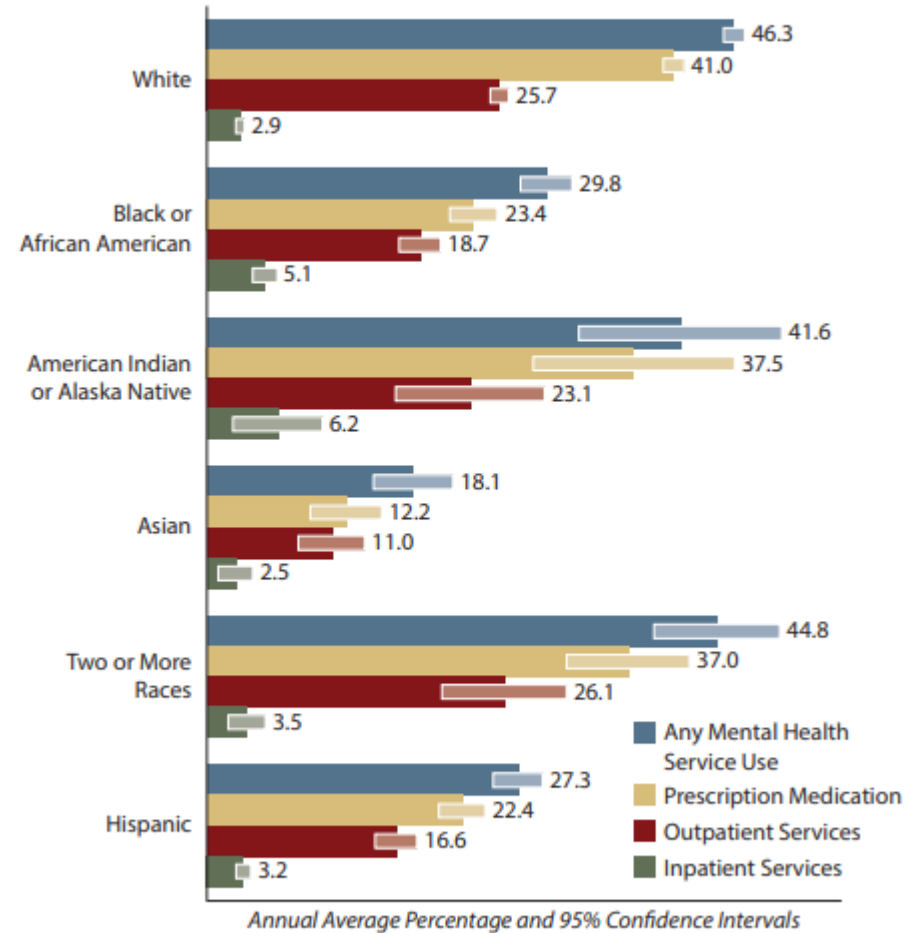
Racial/Ethnic Differences in Mental Health Service Use among Adults
(samhsa.gov)



我們不容易獲得適當的治療

...

FIGURE 4.2 Mental Health Service Use in the Past Year among Adults with Any Mental Illness, by Race/Ethnicity and Service Type, 2008-2012²⁹



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2008-2012 (2008-2010 Data – Revised March 2012).

[Racial/Ethnic Differences in Mental Health Service Use among Adults \(samhsa.gov\)](http://samhsa.gov)



The Sad Reality: Barriers to Mental Health Care

- Lack of insurance or inadequate insurance
- Lack of knowledge/awareness about health problems and available services
- Cultural stigma associated with mental illness
- Language for some communities
- Lack of culturally tailored services
- Shortage of bilingual or linguistically trained mental health professionals
- Difficulty recognizing sudden signs of mental illness
- ***Difficulty identifying psychiatric symptoms when the main symptom is a physical symptom for some cultures***



可悲的現實:獲得心理保健的障礙

- 沒保險或保險不足
- 缺乏健康方面和健康服務的知識/意識
- 與心理疾病相關的文化污名
- 有些社區語言不通
- 文化性的服務
- 缺乏雙語, 或接受過語言培訓的心理健康專業人員
- 難以識別突發的心理疾病徵兆
- ***對某些文化來說,當主要症狀出現在生理上時,精神疾病的症狀更加困難***

MENTAL
HEALTH
IS
HEALTH.



Our Mental Health during these times of COVID-19

MENTAL
HEALTH
IS
HEALTH.



疫情期間，
我們的心理健康



Depressive Symptoms Among Underserved Communities in the United States: COVID-19

Current depression, **initiating or increasing substance use**, and **suicidal thoughts/ ideation** among U.S. adults aged ≥ 18 years were 28.6%, **18.2%**, and **8.4%**, respectively.





疫情間在美國服務不足的社區中的憂鬱症狀



在美國十八歲以上的成年中, 目前患有憂鬱症、開始使用藥物, 或更嚴重的藥物濫用, 以及有自殺念頭/意念分別佔 28.6%、 18.2% 和 8.4%。



Your Role!

“Addressing psychosocial stressors, mental health conditions, and substance misuse among U.S. adults during the COVID-19 pandemic is important, as are interventions tailored for racial and ethnic minority groups”

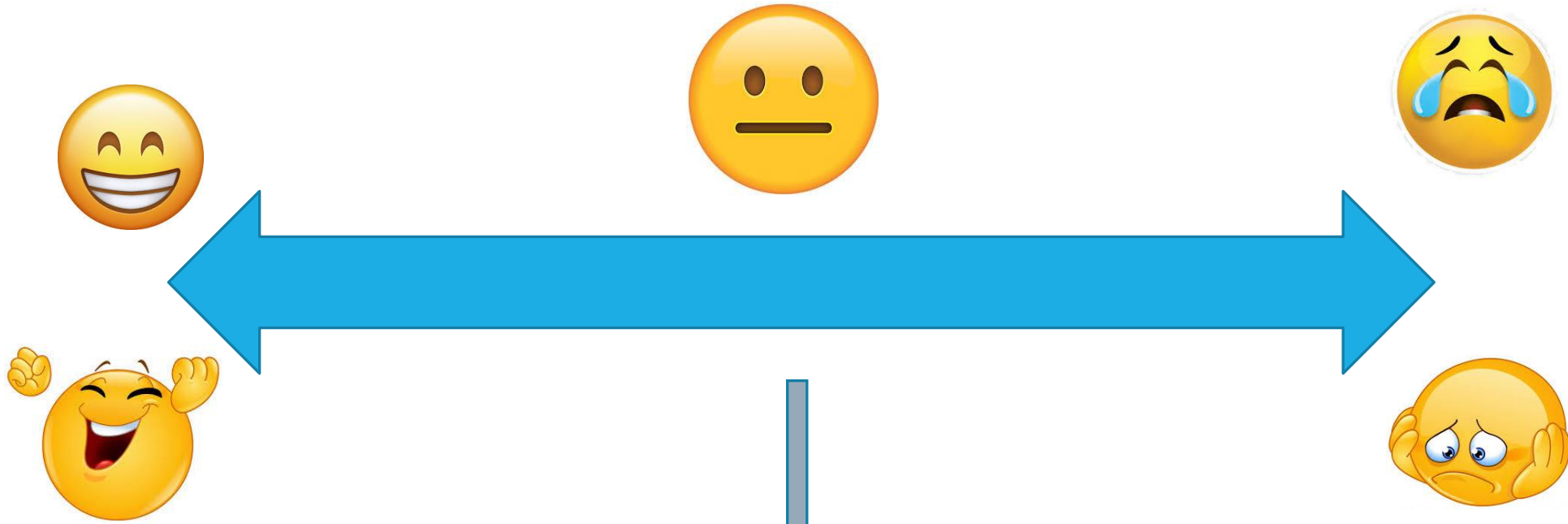




你的角色!



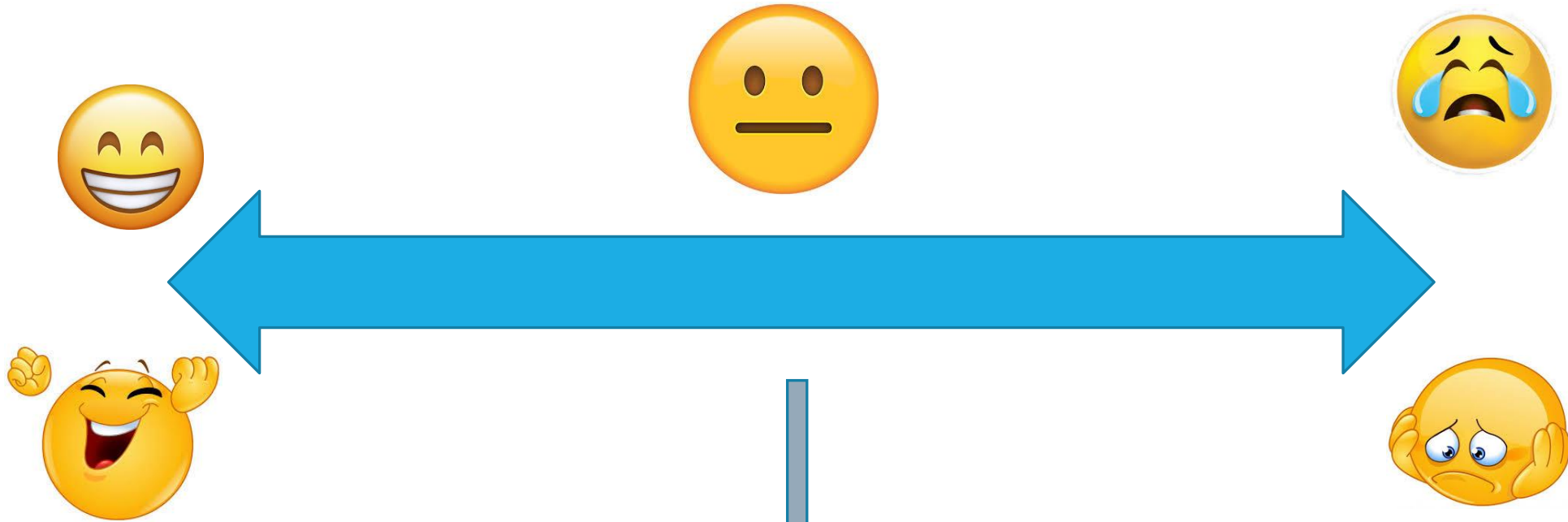
“在疫情期間，解決美國成年人心理社會壓力來源、心理健康狀況和藥物濫用很重要。同時為少數族裔量身訂製的干預措施也很重要。”



What is happening in a person's life?

Context matters

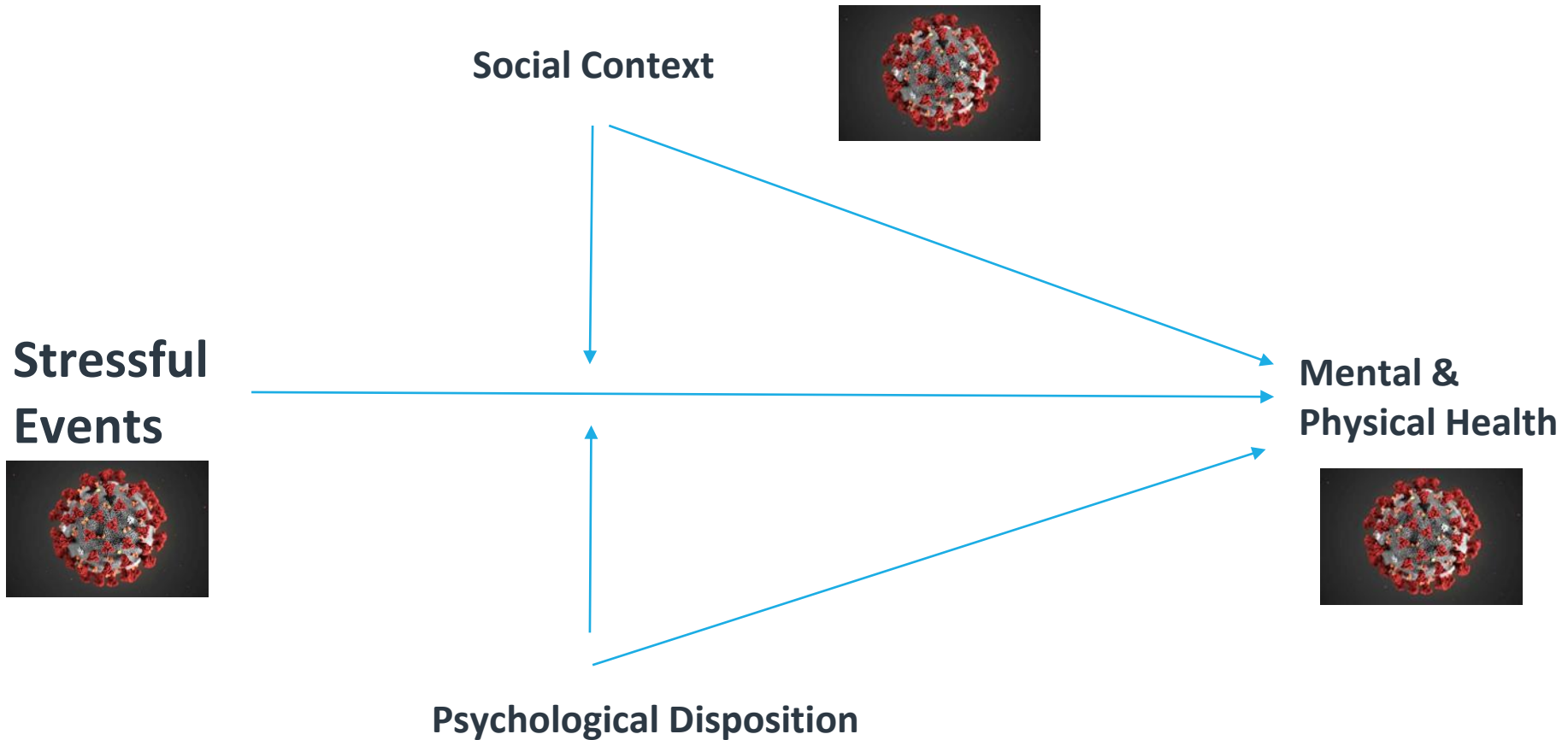
Current COVID-19 context



一個人的生活發生了什麼?
背景很重要Context matters
Current COVID-19 context

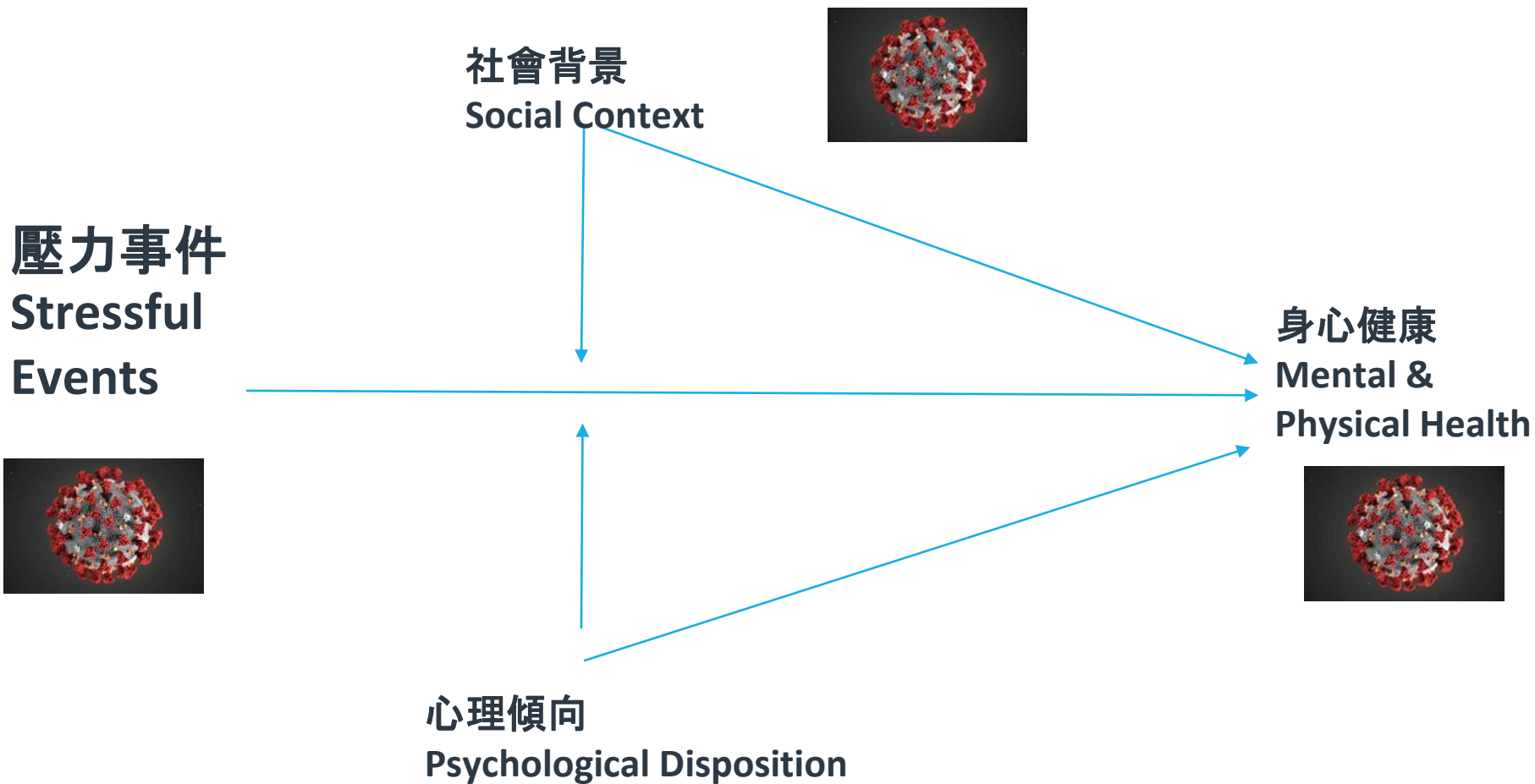


When a challenge (situation) turns depression symptoms or syndrome into a disorder





當困難的情況將憂鬱症狀或綜合症候群 轉變為疾病時





What can cause depression in the time of COVID-19?

- Losses due to COVID-19
- Loss of job or home
- Changes in household schedules and the stress that comes with it





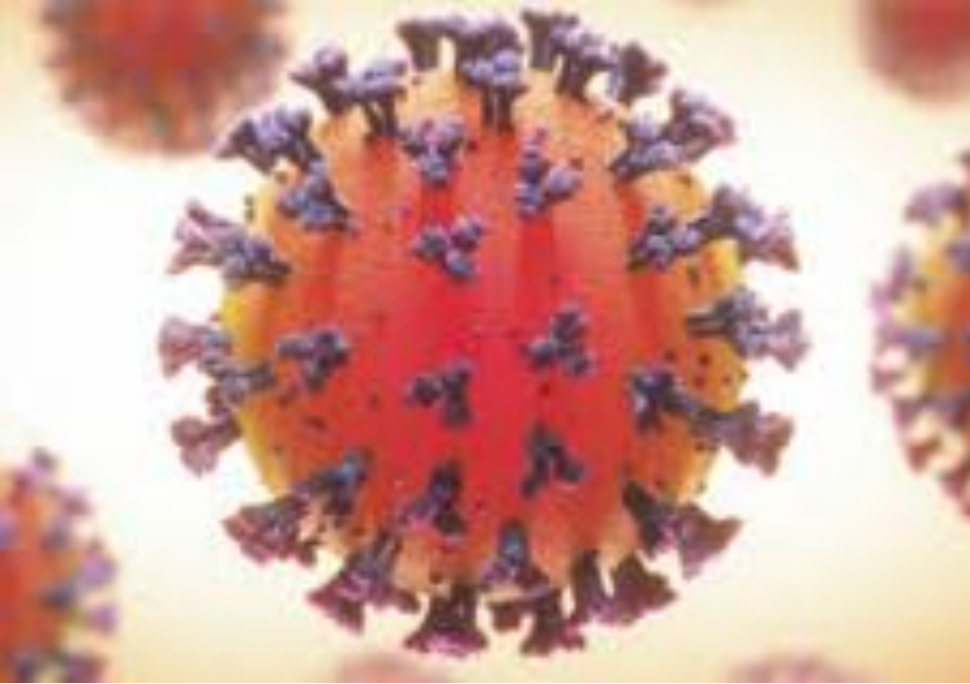
疫情間,什麼會導致憂鬱症?

- 由於COVID-19造成的失落
- 失去工作或住家
- 家庭日程的變化以及隨之而來的壓力



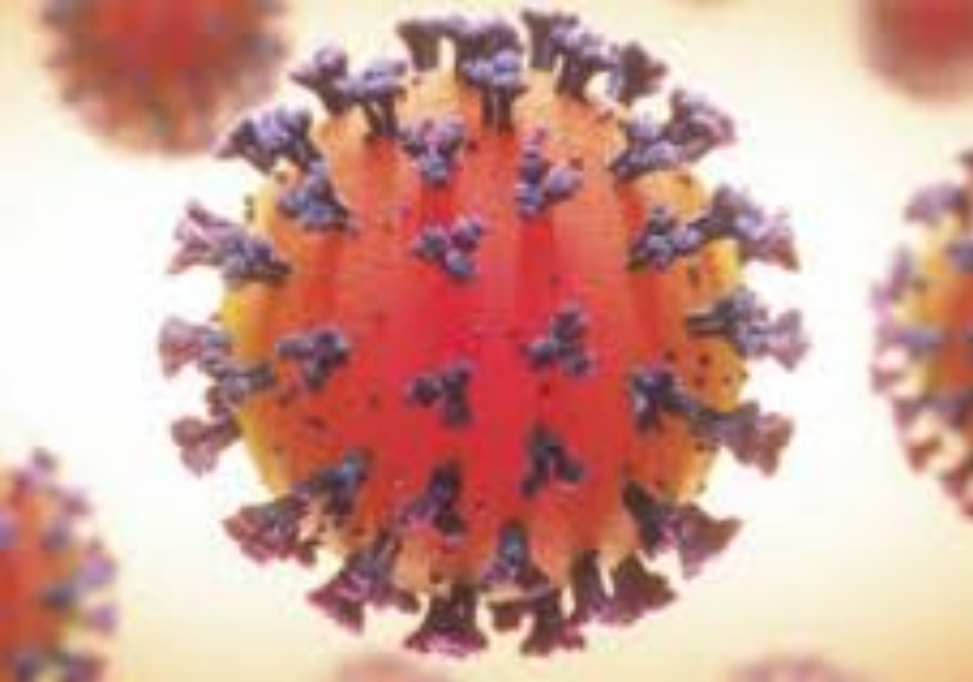
Other factors that can cause a depressive disorder

- Runs in families (genetic)
 - 10% in general US population
 - ~20-30% in people with family members who suffer from depression
- Medical illness
- Medication (side effects)



造成憂鬱症的其他因素

- 基因遺傳
 - 一般人群中患有憂鬱症的人約占 10%
 - 家庭成員患有憂鬱症的人中約有~20-30%
- 身體疾病
- 一些藥物的副作用





WE WERE
SUFFERING BEFORE
THE PANDEMIC,
AND NOW WE ARE
SUFFERING EVEN
MORE!

What is the
message?



疫情前我們受苦，
現在我們受更多的苦！

透露什麼訊息？



What can we do?

LET'S TALK A LITTLE ABOUT THE SKILLS WE HAVE AND THE THINGS THAT WE CAN DO AND WHEN IT IS IMPORTANT TO GO TO A MENTAL HEALTH PROFESSIONAL



我們能做什麼？

讓我們談談我們所擁有的技巧和可以做的事情，並且知道何時該去看心理健康專業人士



Sadness and Symptoms of Depression: Things we can do

- There are many excellent techniques, such as meditation, deep breathing and others that can effectively reduce stress and increase well-being. Regular practice can give your mind a much needed sense of calm.
- These techniques can be used for both children and adults
- Individual or family prayer
- Maintain contact with your social circle in your home and/or community
- Write your thoughts in a notebook



悲傷和憂鬱症的症狀： 我們可以做的事情有哪些

- 有許多很棒的技巧、例如:冥想、深呼吸等、可以有效地減輕壓力、增加幸福感。經常練習可以讓你的大腦獲得所需要的平靜。
- 這些技巧可以用於兒童和成人身上
- 個人或全家禱告
- 與你的家人和社交圈保持聯繫
- 寫下你的想法



When should we ask for help?

- If suicide is mentioned. Never handle it yourself.
- The person feels very sad and has other symptoms for more than 2 weeks.
- The person does not want to talk to anyone and/or go to work.





什麼時候我們應該尋求協助?

- 如果有人提到自殺時，千萬不要自己一個人處理。
- 有人連續兩週以上感到非常悲傷並且伴有其他症狀。
- 不想與任何人交談或上班





Practical ideas when a friend or family member has Depression

- Be understanding
- Avoid criticism or a “guilt trip”
- Listen without judgement
- Show empathy and respect for their feelings of loss, sadness, pain, etc.
- Advocate for needed services
- Seek professional help
- Support them through recovery

Empathy Statements

“Is there anything I can do for you today, big or small?”

“You’re absolutely correct, Sir/Madam”

“I want to make sure that I really have an understanding of what you’re telling me. I’m hearing that...”

“What I’m currently doing to help you is...”

“I will contact you as soon as we have had an update”

“Is there anything else that I can help you with today?”



當朋友或家人患有抑鬱症時， 可以實用的想法

- 理解他們
- 避免批評或讓他們內疚
- 不帶入自己想法的傾聽
- 對他們的失落，悲傷，以及痛苦表示同情和尊重
- 倡導所需服務
- 尋求專業幫助
- 支持他們康復

表述同理心（共情）的話語：

-“今天有什麼能夠幫到你嗎”

-“你說的對”

-“我想確認我有沒有明白你說的意思，聽起來好像。。。 ”

-“我現在在幫你做。。。 ”

-“當我得到回復時，我會立刻告訴你”

-“今天還有別的可以幫到你嗎”



If you feel depressed...



- See the Doctor for a general checkup.
- Go to a center where they offer profesional mental health help



如果你感到抑鬱...



- 看醫生進行檢查
- 去可以提供心理健康服務的診所



Major Depressive Disorder: Treatments depend on severity



Psychotherapy can help depressed people understand their symptoms and find positive ways to cope with or face life's challenges

Medication

- Antidepressants can help reduce symptoms of depression. It is important to see a Doctor or Psychiatrist and not self-medicate.



重度抑鬱症 ：治療方法 取決於狀況 的嚴重性



心理治療可以幫助抑鬱症患者了解他們的症狀並找到積極的方法來應對或面對生活中的挑戰

藥物

- 抑鬱症藥(Antidepressants) 可以幫助減輕抑鬱症狀。重要的是去看醫生或精神科醫生，而不是自行用藥。

Resources from the Department of Mental Health for COVID-19

You can stay updated on COVID-19 developments

on our website: <https://dmh.lacounty.gov/covid-19-information/>



The number for our DMH Access line is: 1-800-854-7771



**Need to be
connected to
mental health
services?**

Call 800-854-7771
(ext. 1) for mental health referrals
and crisis services.



**Your emotional
wellbeing is
our top priority.**

Call 800-854-7771



**Need
resources for
veterans and
their families?**

Call 800-854-7771
(ext. 3)



心理健康部門COVID-19資源

欲知新冠病毒最新發展情況，可查閱洛縣心理部門網站

<https://dmh.lacounty.gov/covid-19-information/>



尋求情緒協助以及心理健康資源請打

心理健康部門熱線：**1 (800) 854-7771**



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Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



To help us improve, please tell us what you think!

- SDR is anonymous and voluntary
- Please click on the link in the chat box and fill in:

Program:

“COVID-19 Symptoms & Treatment of Depression”
(5th on dropdown list)

Presenters:

My name is ...

Date:


Today is ...

All other questions are optional. Feel free to skip any questions you do not wish to answer.



減少污名和歧視 (SDR) 調查

請協助我們改進,並請告訴我們您的想法!



SDR Program Questionnaire (Chinese)

屈辱歧視減降計畫與者問卷

- SDR問卷是以自願性、不記名方式進行的
- 請您在聊天室裡按下問卷的連結鍵, 並且回答問卷內容:
- Program:

“後疫情憂鬱症的症狀及治療”
(選擇項的第三個)

Presenters: 講員:
我的名字:

Date: 日期:
今天是:



tinyurl.com/SDR-Chinese

所有問卷的問題都可自由回答。如果有哪些問題您不想回答, 歡迎您隨時跳過。



Resources

-Video:

[5 Types of Depressive Disorders - YouTube](#)

-Read:

[Depression: MedlinePlus](#)

-Web Page:

[Depression and Anxiety in Children and Teens on the Rise Amid COVID-19 \(checkupnewsroom.com\)](#)

[Mental Health Conditions: Depression and Anxiety | Overviews of Diseases/Conditions | Tips From Former Smokers | CDC](#)



相關資料

-視頻

[5 Types of Depressive Disorders - YouTube](#)

-閱讀

[Depression: MedlinePlus](#)

-網頁

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