



Depression after SCI

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include

- Sadness
- Loss of interest or pleasure in activities you used to enjoy
- Change in weight
- Difficulty sleeping or oversleeping
- Energy loss
- Feelings of worthlessness
- Thoughts of death or suicide

Depression can run in families, and usually starts between the ages of 15 and 30. It is much more common in women.

There are effective treatments for depression, including antidepressants and talk therapy. Most people do best by using both.

Source: MedlinePlus <http://www.nlm.nih.gov/medlineplus/depression.html>

Websites

University of Alabama at Birmingham's Depression: Questions from the Clinic

www.spinalcord.uab.edu/show.asp?durki=21413&site=1021&return=24467

University of Alabama at Birmingham's Adjustment to Spinal Cord Injury

www.spinalcord.uab.edu/show.asp?durki=45578

University of Washington: Depression and Spinal Cord Injury Pamphlet

http://sci.washington.edu/info/pamphlets/depression_sci.asp

University of Washington: SCI Update Winter 07 "Landmark Study of Depression in SCI"

http://sci.washington.edu/info/newsletters/articles/07_win_depression.asp

International Foundation for Research and Education on Depression (iFred)

www.ifred.org

2017-D Renard Ct.

Annapolis, MD 21401

410-268-0044

American Psychological Association's Nov. 1999 article "Guidelines for spinal cord injuries don't go far enough"

www.apa.org/monitor/nov99/pi4.html

American Association on Health and Disability's Health and Disability News

http://www.aahd.us/page.php?pname=publications/fact_sheets/prevalance

"Depression Prevalence: Depressive Symptoms and Clinical Depression and People with Disabilities"

http://www.aahd.us/page.php?pname=publications/fact_sheets/treatment

"Depression Treatment: Depressive Symptoms and Clinical Depression and People with Disabilities".

National Institute of Mental Health's Depression and Other Illnesses

<http://www.nimh.nih.gov/topics/topic-page-depression.shtml>

American Association of SCI Psychologists and Social Workers promote research to improve quality of care and works to improve skills and techniques of members.

Publications: SCI Psychosocial Process (quarterly journal) at www.aascipsw.org/.

Chat Rooms

NeuroTalk Communities--Depression

<http://neurotalk.psychcentral.com>

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Lending Library tab.

Books

- **Depression and Physical Illness.** Cambridge, UK: Cambridge University Press, 2007. Clinical book on various physical illnesses and depression.
- **Depression Following Spinal Cord Injury: A Clinical Practice Guideline for Primary Care Physicians.** Washington, DC: Paralyzed Veterans of America, 1998. Available for free download from PVA.
http://www.pva.org/site/PageServer?pagename=pubs_generalpubs

- **Depression: What You Should Know (A Guide for People with Spinal Cord Injury).** Washington, DC: Paralyzed Veterans of America, 1999. Available for free download from PVA
http://www.pva.org/site/PageServer?pagename=pubs_generalpubs
- Kramlinger, Keith. **Mayo Clinic on Depression.** Philadelphia: Mason Crest Publishers, 2002.
- Smith, Laura L. and Charles H. Elliott. **Depression for Dummies.** Hoboken, NJ: Wiley Publishing, 2003.

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