Evidence-Based

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3/07/2019

Major Depressive Disorder

Summary

Major Depressive Disorder has high potential mortality that leads to suicide, drug abuse, attempted suicide and develops numerous personal problems among others. Major Depression Disorder is a common issue among adolescents in the USA today. This problem has a number of signs and symptoms that one can use to determine if one suffered from MDD. However, it is a challenge to identify the problem since the patient appears normal in his or her physical appearance (McIntyre, Cha & Soczynska, 2014). However, major depression disorder makes causes persistent sad feelings and makes one lose interest in many things. It also affects the way people feel and think. Patients usually experience some issues in daily activities. The major symptoms of the MDD include increased sadness feeling, emptiness and hopelessness. The patient feels very angry, high frustrations and irritated because of very minor issues. The patient also experience some sleep disturbances and at times the patient can sleep for too long.

MDD patient lacks energy making him or she feels tired after carrying out small tasks. One also experiences a high level of anxiety and restlessness. Such patient is slow in thinking, speaking and in body movements. One faces difficulties in concentrating on anything. One also experiences a problem in decision making. One easily forgets things. Finally, one develops recurrent thoughts of death and suicide. This increases their chances of suicide (Haynes, Sackett & Guyatt, 2015).

As indicated above, MDD is common among adolescents in the country today. To identify the symptoms among these demographics, one can focus on symptoms such as irritability and sadness. Adolescents also develop a feeling of worthlessness and anger. Adolescents tend to skip school thus lowering their attendance at school. Adolescents become more sensitive to petty issues. They also tend to sleep too much or eat too much. They can do self-harm among others.

This is significant to nurse practices since it helps in understanding the problem in a broad way. As a nurse, I will have a clear understanding of the way such a health problem happens in my area of operation. It will also help in identifying the vulnerability of the areas of operation regarding the problem (Barton, 2015). This problem also helps in understanding the symptoms in different demographics so as to deal with different situations accordingly. Therefore, this problem is important to nurse practices and in understand the problem based on the evidence faced.

Five Questions

1. Who are commonly affected by MDD?
2. Why is this group vulnerable to MDD?
3. Are there solutions towards the problem?
4. What are the possible intervention programs available?
5. What extent can MDD affect the adolescent?

In the analysis of these questions, I considered the target population in the research on the major depressive disorder. Second, I considered the reasons behind the vulnerability of such a group and not others in the country today. Since this is a major problem among the demographic, I considered if there exists any method that can remedy this problem.

PICOT Questions

1. Describe the demographics of the patient?

2. Describe all possible intervention?

3. Is there any alternative to intervention?

4. What are the projected and desired results or outcome?

5. After how wrong is the result expected?

P: The demographics of the Patients

The problem is common with Adolescents suffering from the major depressive disorder. As indicated above major depressive disorder affects adolescents making them engage in negative behavior that affects their lives in a significant way. The problem also focuses on adolescents living in the USA. Adolescents are highly affected by this problem and put the population at risk since it is associated with some social and mental issues that could contribute to suicide or drug use.

I: Intervention

The best intervention method on the adolescent suffering from MDD is psychotherapy intervention. This method involves cognitive therapy, interpersonal psychotherapy, and behavioral activation. Health professionals consider this method as the most effective method in managing the major depressive disorder.

C: Comparison or Alternative intervention

Beside psychotherapy used in managing the major depressive disorder, one can consider using h medication. Doctors recommend Selective Serotonin Reuptakes Inhibitors. These include Celexa, Prozac, and Viibryd among others. One can also use Atypical antidepressants which include Vivactil, Surmontil and Pamelor. The medication orally taken can also substitute the psychotherapy method in treating MDD.

O: Outcomes

The outcome from the intervention in managing major depressive disorder includes reducing the severity of the problem on adolescents. It also focuses on making the symptoms of the problem visible and clear to the clinicians or the health providers.

T: Time

This defines the time the patient undergoes the treatment. This involves the time the patient is under medication or psychotherapy. The entire period depends on the way the patient will respond to medication or the number of days the patient stays in the hospital.

Keywords

PICOT Demographics

Evidence-Based MDD

Vulnerability Intervention

Adolescent Alternative interaction

Research Literature Review

Reference

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