

# I. Current Perspectives in the Treatment of Depression

## Overview

Remission has become the goal of treatment in depression, not only in clinical trials but in clinical practice as well. Treatment must be sufficient in dosage and in duration and tailored to the needs of each patient in order to achieve remission. Patients who reach remission not only enjoy the obvious benefits of decreased disability and improved functioning in work, family, and social life, they also have a lower risk of relapse and disease progression. Long-term pharmacologic or psychosocial treatment can also prevent the recurrence of depression.

Depression is twice as prevalent in women as in men. Clinical trial data in subpopulations of women are increasingly available, allowing for better treatment options for women with depression across the life cycle. In this educational activity, prominent psychiatrists discuss remission and relapse, as well as treatments specifically tailored for women.

## Learning Objectives

Upon completion of this activity, participants should be able to:

- Recognize the difference between response and remission and identify remission as the goal of treatment for depression.
- Identify the risk factors and discuss methods for preventing relapse or recurrence of depression.
- Discuss strategies for treating patients who respond but do not remit, as well as patients with treatment resistance.
- Identify gender differences in depression and in response to antidepressants, and describe disorders specific to women, including premenstrual dysphoric disorder, postpartum depression, and perimenopausal and postmenopausal mood disturbances.

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## Target Audience

This activity is specifically designed for psychiatrists and primary care physicians who treat depression and anxiety disorders.

## Accreditation Statement

The Strategic Institute for Continuing Health Care Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Strategic Institute for Continuing Health Care Education designates this educational activity for a maximum of 2.5 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent on the activity.

## Date of Release, Expiration, and Review

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## CME Activity Description

This educational activity is a self-study journal supplement. To receive credit for this activity, participants must read this section of the supplement and complete the posttest and evaluation that appear on pages 30–32. Estimated time for completion is 2.5 hours. Completed posttests and evaluations must be returned no later than November 25, 2004. A score of at least 70% is required in order to receive a CME certificate for this activity.

## Disclosure of Unlabeled or Unapproved Uses of Drugs

Please note that this activity may contain discussions of unlabeled uses of FDA-approved pharmaceutical products. Please refer to the official prescribing information for approved indications, contraindications, and warnings.

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