

## Depression

### Definition List

Term	Definition
<b>Antidepressant Medications</b> Tricyclics Selective serotonin reuptake inhibitors (SSRIs), serotonin norepinephrine-reuptake inhibitors (SNRIs) Psychostimulants Other	Class of medications to treat depression; includes subgroups of tricyclic antidepressants (i.e., older drugs, those with a high incidence of anticholinergic effects, and drugs that are highly cardiotoxic in overdose) such as desipramine, nortriptyline, amitriptyline, imipramine, doxepin, and clomipramine; SSRIs; newer drugs with fewer severe side effects, including fluoxetine, fluvoxamine, sertraline, paroxetine, citalopram, and escitalopram; SNRIs such as venlafaxine (duloxetine is most common); psychostimulants (methylphenidate is most common); and other (e.g., bupropion, trazodone, mirtazapine, mianserin*). (Schwartz, Lander, & Chochinov, 2002) * Not available in the United States
<b>Aromatherapy</b>	A technique that uses perfumed scents to promote feelings of calmness. Often, this is accomplished when fragrant oils are applied to the skin during massage (Seaward, 2004).
<b>Behavior Therapy</b>	Methods focused on changing specific thoughts or behaviors or on learning specific coping skills; includes progressive muscle relaxation training, meditation, hypnotherapy, systematic desensitization, biofeedback, behavior modification or reinforcement, and cognitive therapy. (Barsevick, Sweeney, Haney & Chung, 2002)
<b>Complementary and Alternative Medicine or Therapy (CAM)</b>	Various disease-treating or disease-preventing practices that differ from conventional or traditional medicine. (Sadock & Sadock, 2003) Other terms include integrative or holistic medicine, and CAM therapies include hypnotherapy, massage therapy, relaxation therapy, guided imagery, yoga, nutritional and herbal supplements, acupuncture, and aromatherapy.
<b>Cognitive-Behavior Therapy</b>	Any specific psychological or psychosocial intervention that is relatively brief, goal oriented, based on learning principles of behavior change, and directed at effecting change in a specific clinical outcome. (Osborn, Demoncada & Feuerstein, 2006) This short-term, structured therapy uses active collaboration between client and therapist to resolve current problems. It poses the belief that cognitions are based on assumptions from previous experiences that can be identified, tested, and changed to more adaptive responses. (Sadock & Sadock, 2003)
<b>Counseling/Psychotherapy</b>	Interactive verbal interventions, including nondirective, psychodynamic, existential, supportive, general, or crisis intervention; no specific behavioral or coping skills are taught; includes social support by professionals. (Barsevick, Sweeney, Haney & Chung, 2002)
<b>Depression Diagnosis</b>	Symptoms including a depressed mood, markedly diminished interest or pleasure in activities that formerly were enjoyed, behavioral disturbances in eating, sleeping and social withdrawal, loss of

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	energy, feelings of worthlessness or excessive guilt, diminished ability to think or concentrate, and recurrent thoughts of death or suicide, present much of the time for > 2 weeks (DSM-IV-TR).(American Psychiatric Association, 2000)
<b>Depressive Symptoms</b>	Depressive symptoms are present in several psychiatric disorders common to patients with cancer, including major depressive disorder, adjustment disorder, and depression secondary to a medical condition; depressive symptoms can be present in the <i>absence</i> of a psychiatric disorder.(Pirl, 2004)
<b>Exercise</b>	Physical motion, classified as either anaerobic exercise, which is intense in power and strength yet of short duration, such as weightlifting, or aerobic exercise, which includes movements that are rhythmic, repetitive, varied, and/or continuous in nature, such as walking, swimming, or cycling (Seaward, 2004). Exercise may return one’s body to its normal equilibrium by releasing natural chemicals that build up during the stress response; therefore, it is one of the simplest means of stress reduction (Davis, Eshelman, & McKay, 2000).
<b>Hypnotherapy</b>	Hypnosis is a state between wakefulness and sleep (Rajasekaran, Edmonds & Higginson, 2005); a state of heightened focal concentration and receptivity; an altered state of consciousness. Hypnotherapy is a type of behavioral therapy that uses hypnosis as a method of investigation to help clients recover memories unavailable to them in the conscious state. It is useful in inducing relaxation.(Sadock & Sadock, 2003)
<b>Massage Therapy</b>	The manipulation of soft tissue areas of the body to assist relaxation, aid sleep, and relieve muscle tension and pain. (Cassileth & Vickers, 2004)
<b>Patient Education and Information</b>	Information provided by a professional about an illness or symptom(s), symptom management, and/or discussion of treatment options and may include the use of booklets, videos, or other educational materials. (Osborn, Demoncada & Feuerstein, 2006). Includes discussion of concerns and problem solving.(Barsevick, Sweeney, Haney & Chung, 2002)
<b>Relaxation Therapy</b>	Techniques that focus on inducing a relaxed physical and mental state; includes progressive muscle relaxation with or without guided imagery, hypnosis, and autogenic training. (Luebbert, Dahme & Hasenbring, 2001)