

Depression in the elderly

Course director:

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Abstract:

Depression is the most frequent mental disorder also in the elderly population and it is often unrecognized and untreated. Compared to other age groups, there are differences in risk factors, symptomatology, comorbidity, differential diagnosis and management. In the course epidemiology and risk factors will be presented. Diagnosis will be discussed with special focus on the differential diagnosis to grief, dementia and anxiety disorders. Screening instruments will be discussed and trained. Sleep problems and suicidality will deserve special attention. Regarding therapy, relevant modifications of psychoactive drug and psychological therapies will be presented as well as sport and ECT. The management in the presence of physical disability or in special settings shall be discussed. Last but not least prevention of depression will be highlighted. Case vignettes are used.

Audience :

(early career) psychiatrists, psychological psychotherapists, other physicians e.g. geriatricians, family physicians

Recommended reading :

Pruckner N, Holthoff-Detto V: Antidepressant pharmacotherapy in old-age depression-a review and clinical approach. *Eur J Clin Pharmacol.* 2017;73(6):661-667.

Gournellis R, Oulis P, Howard R : Psychotic major depression in older people: a systematic review. *Int J Geriatr Psychiatry.* 2014;29(8):789-96.

Mulsant BH, Blumberger DM, Ismail Z, Rabheru K, Rapoport MJ: A systematic approach to pharmacotherapy for geriatric major depression. *Clin Geriatr Med.* 2014;30(3):517-34.

Lapierre S, Erlangsen A, Waern M, De Leo D, Oyama H, Scocco P, Gallo J, Szanto K, Conwell Y, Draper B, Quinnett P; International Research Group for Suicide among the Elderly. A systematic review of elderly suicide prevention programs. *Crisis.* 2011;32(2):88-98.

Wolitzky-Taylor KB, Castriotta N, Lenze EJ, Stanley MA, Craske MG. Anxiety disorders in older adults: a comprehensive review. *Depress Anxiety.* 2010;27(2):190-211.