Symptoms of Depression

- Sadness or crying
- Lack of interest and motivation and pleasure
- Appetite changes
- Sleep problems
- Fatigue
- Feelings of guilt or worthlessness
Symptoms of Depression

- Feelings of helplessness or hopelessness
- Thoughts of being better off dead
- Problems with concentration and memory
- Decrease in libido
- Thoughts that life lacks meaning or purpose

Symptoms of Depression

- Physical Complaints
  - Headaches
  - Chronic pain
  - Digestive problems

***It is important to note that anxiety (feelings of nervousness, tension, worry etc.) Co-occurs frequently with depression.
Red Flag Thinking Patterns:
“Stop, Pause and Rewind.”

- **Mindreading:** “My partners symptoms make my friends uncomfortable.”
- **Fortunetelling:** “I won’t enjoy the ball game.”
- **Labeling:** “I am useless.”
- **Unfair Comparisons:** “I can’t work as efficiently as I used to, so my contributions are insignificant.”
- **What If:** “What if I am unable to speak at the fundraiser?”
- **Catastrophizing:** “I can’t handle this.”
- **Emotional Reasoning:** “I feel anxious so I need to stay home.”

Red Flag Thinking Patterns:
“Stop, Pause and Rewind.”

- **Overgeneralizing:** “Everybody in the restaurant is staring at us.”
- **Shoulds:** “I should be able to do it all, and if I can’t, I am a failure.”
- **All or Nothing Thinking:** “The seminar was a complete waste of time.”
- **Blaming:** “I can’t exercise because I have PD.”
- **Personalizing:** “My spouse was grumpy last night because my condition is too much for her to handle.”
- **Discounting the Positive:** “Exciting PD research is being funded, but that doesn’t matter since there is still no cure.”
Self-Assessment Questions

- Is your mood as good as you would like it to be?
- Please describe your average day, step by step.
- Which of these activities are you currently engaged in?
  - Socializing with family members and friends?
  - Exercising?
  - Engaging in hobbies?
  - Engaging in other leisure activities?
  - Volunteering?
  - Working?

Self-Assessment Questions

- Please describe activities that you engage in that bring you meaning, joy, and pleasure.
- Since the diagnosis of PD, are you as actively involved in things you used to enjoy? Please describe
- Have you decreased the time you spend on any of your activities? Have you stopped any activities altogether? Please describe
- What does the PD diagnosis mean to you?
- What strategies are you using to cope with the daily challenges that PD presents?
Self-Assessment Questions

• Does worrying take up a lot of time, interfere with other activities or weigh heavily on your mind?
• Does worrying take away from your enjoyment of life?
• Does fear often guide what you do or don’t do?
• Do you overestimate the probability of danger in many situations?
• Are you frequently anxious about the unknown?
• Do you predict the future negatively?
• Do you often focus on the worst case scenario?

(Leahy and Holland, 2000; Foa and Wilson, 2001)

Themes to Guide Self-Assessment

• Newly diagnosed and early PD
  • Are you overestimating the extent of your physical disability and functional limitations?
• More advanced PD
  • Are you underestimating your ability to cope effectively with the challenges PD presents?
Resources

- National Institute of Mental Health
- American Psychological Association
  - Health Psychology
  - Rehabilitation Psychology
  - Psychology of Women
- Local Psychological Associations (excellent contacts for mental health referrals)
  - State
  - County
- Association for the Advancement of Behavioral and Cognitive Therapies
- Society of Behavioral Medicine

Self-Help Books

- When Panic Attacks - *Burns*
- Feeling Good Together - *Burns*
- The Mindful Way Through Anxiety - *Orsillo and Roemer*
- The Mindful Way Through Depression - *Williams et al.*
- The Feeling Good Handbook - *Burns*
- The Anxiety and Worry Workbook - *Clark and Beck*
- Overcoming Depression One Step at a Time - *Addis and Martell*
Select References


