


CLINICAL DEPRESSION

Clinical depression is a  medical illness which affects millions of people each year.

<http://www.medschool.pitt.edu/somsa/Depression.html>

Accessed 05 February 2016

2013



Dr. Tim Cantopher
British psychiatrist

PRIORY

theguardian

“Antidepressants do work, but only for real clinical depression,
✗ the type involving a chemical imbalance in the brain”. ✗

Dr. Tim Cantopher, in *The Guardian* special report on antidepressants, *The Guardian*,
21 November 2013.

Depression (also called major depressive disorder or clinical depression) is a common but serious mood disorder.

Used interchangeably



Depression (major depressive disorder)

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Terms used interchangeably
No specific meaning



Symptoms - Clinical depression

The symptoms of depression can be complex and vary widely between people.

Used interchangeably

No differentiation regarding meaning/definition



Major Depression (Clinical Depression)

Used interchangeably

Major Depression (Clinical Depression) Symptoms, Treatments, and More (webmd.com)

Accessed on 16th October 2022

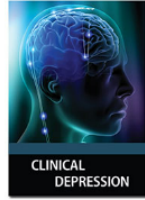


clinical depression
ma·jor de·pres·sion

Terms used interchangeably

“Clinical depression” has no discrete/specific meaning

HILARIS»



Clinical Depression

ISSN: 2572-0791

About the Journal

Depression is a medical illness causes persistent changes in behavior, feelings and mood of an individual. Clinical depression also called Major Depression or Major Depressive disorder and it is more severe form of Depression.

[Clinical Depression- Open Access Journals \(hilarispublisher.com\)](http://hilarispublisher.com)

Accessed on 16th October 2022

What Is Clinical Depression?

Clinical depression is the presence of depressive symptoms that rise to the level of major depressive disorder, a mental illness. Clinical depression defines the state in which the depression symptoms must be treated by a doctor.



Depression is a medical condition/situation
All other mental health professionals take note
“Don’t get ideas above your station/status”

Depression – Guide for the public

Key points about depression

Depression is often associated with feeling sad or tearful.

Clinical depression is one of the most common serious mental disorders, with about one in five people experiencing clinical depression at some point in their lives. Clinical depression lasts for at least two weeks and can be very disabling, affecting a person's emotions, thinking, behaviour and physical wellbeing. Someone who suffers clinical depression is often not able to get better without treatment.



What does the term "clinical depression" mean?

Depression ranges in seriousness from mild, temporary episodes of sadness to severe, persistent depression. Clinical depression is the more-severe form of depression, also known as major depression or major depressive disorder. It isn't the same as depression caused by a loss, such as the death of a loved one, or a medical condition, such as a thyroid disorder.

[Clinical depression: What does that mean? - Mayo Clinic](#)

Accessed on 16th October 2022

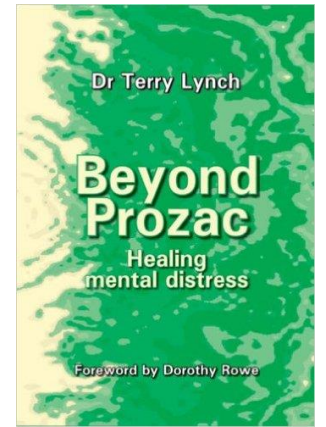


What does the term "clinical depression" mean?

To diagnose clinical depression, many doctors use the symptom criteria for major depressive disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published by the American Psychiatric Association.

“Clinical depression”

“The term ‘clinical depression’
is usually understood to mean that the person in question
is sufficiently depressed to ensure that the diagnosis
is **definite; unquestionable; a real biological illness.**



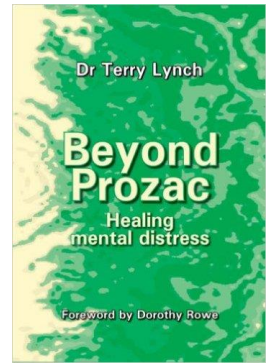
2004

The term ‘clinical’ conjures up images of doctors, hospitals and clinics.
The medical profession is known to approach health in a ‘clinical’ fashion.

The phrase ‘**clinical depression**’ immediately labels the sufferer
as having a **medical problem**, a definite ‘**mental illness**’”.

(For which doctors are now obviously the most expert group to consult/trust/rely on)

“Clinical depression”



2004

“People who question the medical profession’s approach to depression
are easily rebuffed.

Now that depression is (seen as) ‘**clinical**’,
how can non-medical people challenge the views of the medical clinicians
in their own field of expertise,
clinical medicine?”

“Clinical”



Medicalises



“Clinicians”

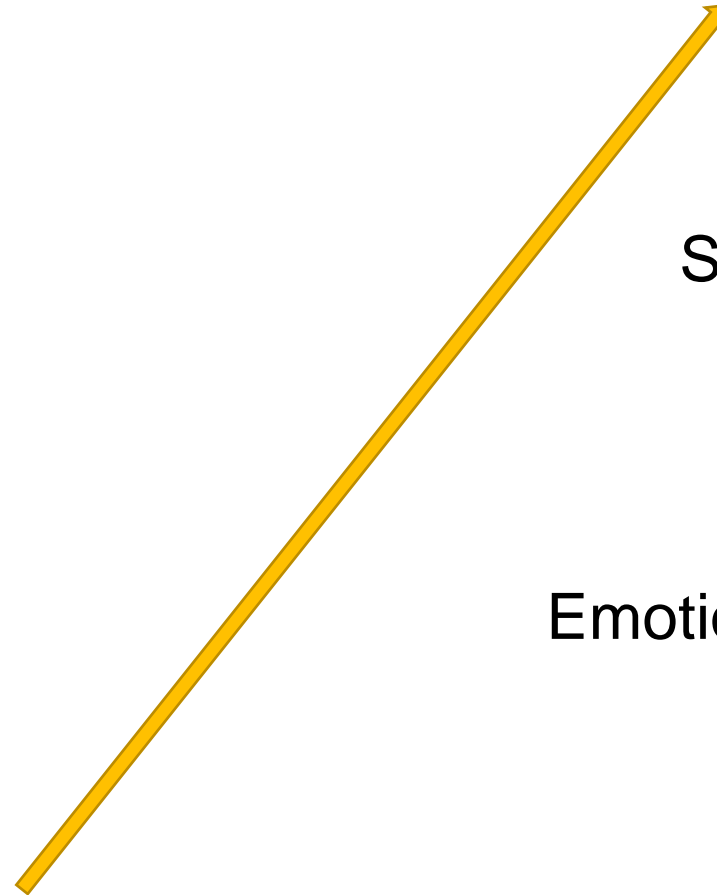
“Clinical depression”



Supremacy to “clinicians”



Emotional & mental health world



How could “non-clinicians”
understand “clinical depression” ?

2014



RCSI
@RCSI_Irl



8:28 PM - 29 Oct 2014



mental health difficulties are chemical imbalances in your brain - its not as simple as saying 'Im not feeling great'

#RCSIMiniMed

Reassuring

“You are safe in our hands”

“Everything we say/do is backed by science/”evidence-based”

“Clinical depression”

Clinical depression: → (Medical) diagnosis is → Beyond doubt
Trustworthy
Beyond questioning
Definite biological illness
Scientific/evidence-based

Concept of “clinical depression”

PRESENTED AS

Scientifically established
Totally valid and trustworthy

BUT

BENEATH THE SURFACE

Another picture emerges

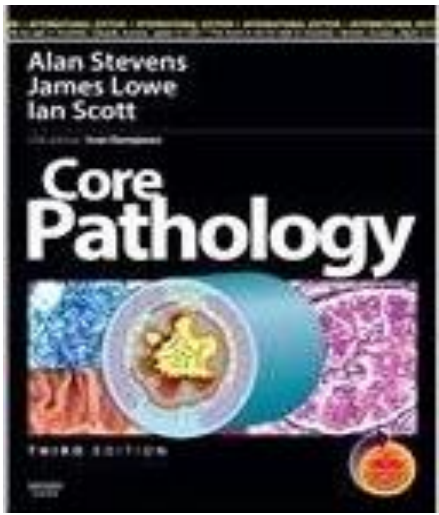
Confusion

Inconsistency

Contradiction

Inevitable

Pathology



“Pathology and laboratory medicine underpins much of clinical medical practice”

Depression
↓
PATHOLOGY
LABORATORY MEDICINE
↓
No part whatsoever

9 DSM depression criteria International Classification of Diseases

3 pillars of medical diagnosis



- 1. History
- 2. Physical examination
- 3. Investigations

- Biological pathological process

Yes ? Experiences
+ = ? Symptoms ?
No Behaviours
No
No

“Clinical depression”





Dr. Patrick McKeon

Prominent Irish psychiatrist

“Clinical depression
is simply a depression
bad enough to need medication”

Main determinant

OF

“Clinical depression”

“Depression
Bad enough”

“To need
medication”

A circular argument

Every person



Prescribed antidepressants



Adjudged by prescribing doctor



“Clinical depression”

Do doctors prescribe medication

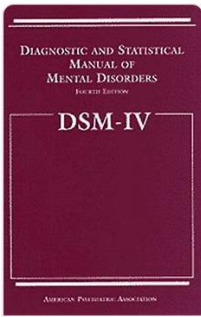


Non-clinical situations



Eg. non-clinical depression





Allen Frances @AllenFrancesMD · Feb 7

Be mindful 80% antidepressants prescribed by GP'S- usually after brief visit, w no clear diagnosis & no risk/benefit

IS THIS



A “clinical” approach



TO WHAT IS SUPPOSED TO BE

? “clinical” depression ?
?



Scots doctor claims anti-depressants are overused and may not work at all 23 JAN 2013

A SCOTS GP has claimed that anti-depressants are hugely over-prescribed – and may not work at all.

Dr Des Spence believes his colleagues are far too quick to give pills to patients who complain of feeling low.

Writing in the British Medical Journal, he says: “We use anti-depressants too easily, for too long, and they are effective for few people (if at all).”

? “clinical depression” ?
?

Scots doctor claims anti-depressants overused and may not work at all - Daily Record

Accessed on 16th October 2022



BMJ

TOO MUCH MEDICINE

Medicalising unhappiness: new classification of depression risks more patients being put on drug treatment from which they will not benefit



Christopher Dowrick
*professor of primary medical care*¹

(Published 9 December 2013)

Allen Frances
*emeritus professor of psychiatry*²

¹University of Liverpool, Liverpool L69 3GL, UK

²Duke University Medical Center, Durham, North Carolina, USA

Many patients report sadness or distress during consultations with primary care doctors. Such emotions may be related to grief and other life stresses, including the stress of physical illness.

Sometimes sadness appears out of the blue, without obvious relation to external causes.

Medicalising unhappiness: new classification of depression risks more patients being put on drug treatment from which they will not benefit (liverpool.ac.uk) accessed on 12th November 2022



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Over recent decades there has been an increasing tendency, especially in primary care, to diagnose depression (commonly major depressive disorder) in patients presenting with sadness or distress and offer them antidepressant medication.¹⁻³

Medicalising unhappiness: new classification of depression risks more patients being put on drug treatment from which they will not benefit (liverpool.ac.uk) accessed on 12th November 2022



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Many conditions currently diagnosed as major depressive disorder, especially those related to other forms of loss, are better understood within a model of grief that does not assume drug treatment.⁴²

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Turning grief and other responses to loss into a mental disorder is a medical intrusion into private emotions.⁴³ It substitutes a superficial medical ritual for deep and time honoured cultural ones and stigmatises the experience.³³ It leads people to act under the description of a psychiatric diagnosis, believing themselves to be and behaving as if they are someone with a mental illness and compromising their sense of agency.^{33 44}

Medicalising unhappiness: new classification of depression risks more patients being put on drug treatment from which they will not benefit (liverpool.ac.uk) accessed on 12th November 2022

2015 study

69% of people prescribed antidepressants had never met the criteria for Major Depressive Disorder/clinical depression

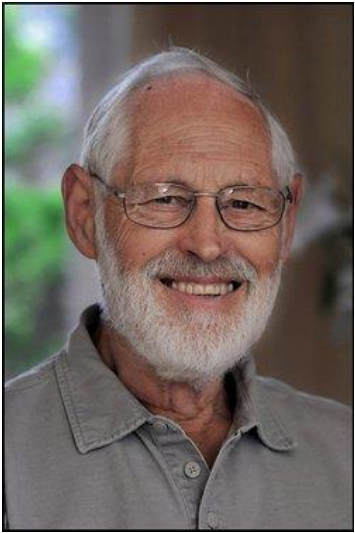
39% never met the criteria for any of the approved indications for antidepressants
“Many individuals who are prescribed and use antidepressant medications may not have met criteria for mental disorders.
Our data indicate that antidepressants are commonly used in the absence of clear evidence-based indications”.

This would never happen in a truly clinical situation.
Objective. Biological, identified, testable parameters.



Normal
Abnormal



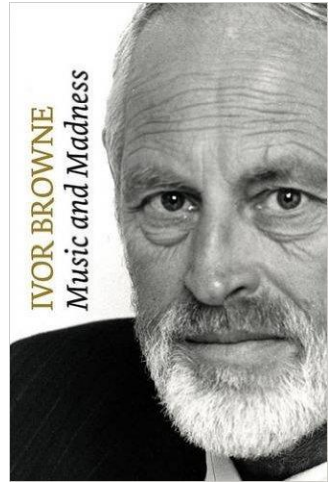


Professor Ivor Browne

Irish psychiatrist

FORMERLY

Professor of Psychiatry



“It was experiences like this which taught me how bogus is the concept of ‘clinical depression’.”

The idea that there is a chemically mediated form of depression which is an “illness”, quite separate from the sadness and depression which are part of the slings and arrows of ordinary life, is manifest nonsense.”



SundayTribune

Ali Bracken

“A pill for every ill”

August 30th 2009

“To establish how easy it would be to obtain a prescription for antidepressants under false pretenses”.

Five GPs **DIAGNOSED** → Mild depression

4 of the 5 GPs **PRESCRIBED** → Antidepressants



Niamh Drohan

Depressing truth about treating depression in the young

WED, 03 APR, 2013

Journalism student Niamh Drohan posed as a student at a college in Waterford and visited seven GPs as part of an investigation into the treatment of depression among young people.

[Depressing truth about treating depression in the young \(irishexaminer.com\)](http://irishexaminer.com)

Accessed on 16th October 2022



Niamh Drohan

Depressing truth about treating depression in the young

WED, 03 APR, 2013

I MADE appointments with seven doctors selected at random from the Waterford City area. I had consultations with four male and three female GPs.

I posed as a student from a local college suffering from stress and anxiety problems as a result of a hectic final year in college.

[Depressing truth about treating depression in the young \(irishexaminer.com\)](http://irishexaminer.com)

Accessed on 16th October 2022



Depressing truth about treating depression in the young

WED, 03 APR, 2013

I told each of the doctors that I was struggling to find motivation to do my college work; was having trouble sleeping; and that I was reluctant to go out and socialise. All of the GPs I visited diagnosed me with a mild form of depression, stemming from the stress of my final year in college.

Of the seven consultations with GPs, whom I have never met or had correspondence with before, seven prescriptions were issued to me for a variety of antidepressants.

[Depressing truth about treating depression in the young \(irishexaminer.com\)](http://irishexaminer.com)

Accessed on 16th October 2022



AntiDepAware

Niamh, the Waterford Seven & Dr Kelly



Dr Ciara Kelly a Wicklow GP, in a radio programme called “The Right Hook” on the Newstalk channel later that day. Dr Kelly’s position was that the doctors did *“nothing wrong whatsoever”*, whereas Niamh *“lied through her teeth”*.

Dr Kelly obviously does not appear to understand the concept of investigative journalism.

Niamh, the Waterford Seven & Dr Kelly – AntiDepAware
Accessed on 16th October 2022

Medical science



Scientific reliability ✓

11 out of 12



Incorrect diagnosis
of "clinical
depression"



Scientific reliability ✗

Diabetes

Cancer

Multiple Sclerosis

Heart disease

Etc.



Scientific reliability ✓

Other medical specialties

Psychiatry/GPs

✓ Trustworthy levels of objective scientific evidence ✗

✓ Diagnosis & treatment ✗

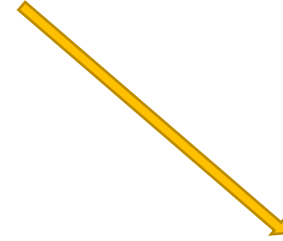
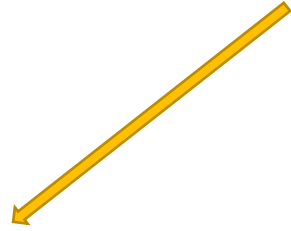
✗ Faith ✓

HOW DARE ANYONE QUESTION/EMBARRASS



Faith/dogma/doggedly-held beliefs

Psychiatrists & GPs



Clinical depression

Clinical diabetes

Clinical cancer

William Shakespeare

Clinical multiple sclerosis

Clinical heart disease



They doth protest too much

