

Table 7 -- Some Clinical Situations in Which Consultation With a Psychiatric Specialist May Be Helpful

- Bipolar depression
- Depression with comorbid alcohol dependency or substance abuse
- Depression with comorbid dementia
- Depression with suicide ideation
- Double depression (major depression and dysthymia)
- Dysthymic disorder
- Evaluation to determine if depression requires treatment
- Severe, uncomplicated, nonpsychotic unipolar depression
- Psychotic depression

Adapted from Alexopoulos et al, 2001⁵

Table 8 -- Definition of Terms in Major Depressive Disorder

| Term | Extent of Symptom Reduction | Impact on Prognosis |
|-------------------|--|---|
| Response | Positive effect from adequate treatment with at least a 50% reduction in signs and symptoms of acute depressive episode, provided that adequate medication, appropriate psychotherapy, or both are provided. | Relapse or recurrence of depression likely without ongoing treatment. |
| Remission | Complete resolution of all signs and symptoms of an acute depressive episode. | Risk of relapse or recurrence significantly reduced. |
| Recovery | Sustained remission of signs and symptoms of depression. | Risk of relapse or recurrence minimal. |
| Relapse | Return of signs and symptoms of an acute depressive episode that was brought to remission but not full recovery. | |
| Recurrence | Development of a new episode of depression. | |

Frank E. Prien RF, Jarrett RB, et al. Arch Gen Psychiatry 1991