

Depresyona Evrimsel Bakış Açısı

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Özet

Majör depresif bozukluğun tek bir bozukluk olmadığını öne sürüyoruz. Bunun yerine, farklı tetikleyici faktörler düşük duygudurum dönemlerine neden olan farklı ve hatta bazen birbirine zıt belirti örüntülerine yol açabilir. Depresyon belirtilerinin bazıları maladaptiftir; diğerleri ise depresif dönemi tetikleyen uyumsal sorunu çözmeye yönelik psiko-davranışsal adaptasyonlar olabilir. Bu nedenle depresif dönemleri tetikleyici faktörlerine göre alt tiplere ayırmak mantıklıdır. Evrimsel psikiyatride depresif epizodlar enfeksiyon, uzun süreli stres, yalnızlık, travmatik deneyim, hiyerarşi çatışması, yas, romantik ilişki sonlanması, doğum sonrası sıkıntılar, mevsim, kimyasallar, somatik hastalıklar ve açlık tarafından tetiklenen ayrı alt tipler halinde sınıflandırılabilir. Avcı toplayıcılarda ve geleneksel yaşam tarzına sahip kişilerde düşük duygudurum dönemleri nadiren majör depresif bozukluk tanı kriterlerini karşılayan ataklara dönüşür. Modern yaşam tarzları düşük dereceli enflamasyona ve kronik strese karşı artan bir duyarlılığa neden olur ve bu da hastalık davranışının semptomlarını reaktif kısa vadeli duygudurum değişikliklerine dönüştürür. Bu nedenle, çağdaş ortamların özellikleri, olumsuz yaşam olaylarından sonra duygudurumunun normalleşmesini engelleyerek majör depresif bozukluğa yol açabilir. Depresyona evrimsel bir yaklaşım, çevremizde ve yaşam tarzlarımızda bu zayıflatıcı bozukluğa daha fazla yatkınlığa katkıda bulunan faktörlerin belirlenmesine yardımcı olur ve bu da depresyonun hem önlenmesi hem de tedavisi için bilgi sağlayabilir. Ayrıca, majör depresif bozukluğun tedavisinin, hastanın depresyon alt tipine göre uyarlanması gerektiğini öneriyoruz.

Anahtar kelimeler

kronik stres, evrimsel psikiyatri, evrimsel psikoloji, barsak mikrobiyotası, majör depresyon (MDB), uyumsuzluk hipotezi, duygudurum değişikliği, nöroenflamasyon, stres duyarlılığı.

Anahtar Noktalar

- Depresyonu 12 alt tür olarak sınıflandırıyoruz.
- Farklı olumsuz yaşam olayları farklı belirti şekillerine yol açar, bu da farklı depresyon alt türlerinin tetikleyici faktörlere dayalı olarak ortaya çıktığını gösterir.
- Majör depresyon, sosyal izolasyon, sınırlı fiziksel aktivite, kronik stres ve sağlıksız besinler gibi çağdaş Batı yaşam tarzının özelliklerinden kaynaklanan bir hastalıktır.
- Majör depresyon nöroenflamasyon ile ilişkilidir

8.1 Giriş

Majör depresif bozukluk (MDB), en yaygın psikiyatrik bozukluktur. Son zamanlardaki evrimsel psi-

kiyatri alanındaki gelişmelerle, MDB'nin evrimsel kökenlerini anlamak ve belirtilerinin olası adaptif fonksiyonlarını (örn. Andrews ve Thomson, 2009; Badcock vd., 2017; Nesse, 2019; Nettle, 2004) açıklamak için çeşitli evrimsel açıklamalar önerildi. Ancak, hiçbir açıklama tam olarak kabul görmemiş ve tedavilerin etkinliği konusunda iyileştirme sağlanamamıştır. Örneğin, mevcut farmakoterapötik girişimlere yanıt vermeyen %30-60 oranında MDB hastası vardır, remisyon oranı genellikle %50 altındadır ve tek bir depresif dönemden sonra 10 yıl içinde depresyonun tekrarlama oranı %85'in üzerindedir (Sim vd., 2016).

Görüşümüze göre, daha önceki evrimsel açıklamaların MDB oluşumuna yönelik yeterli açıklama sağlayamama ve farmakolojik tedavilerin o kadar düşük etkinliğe sahip olmalarının nedeni MDB'nin tek bir bozukluk olmamasıdır (Rantala vd., 2018). Depresyona sebep olan belirtilerin evrimsel açıkla-

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