

# **DEPRESYON**

## **Tanıdan Tedaviye Klinik Süreç**

Prof. Dr. Vahdet GÜL



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## TEŐEKKÜR

Bu kitabın hazırlanmasında teŐvik ve desteklerini gördüğüm eşim Deniz ile kızlarım Buket ve Melisa'ya teŐekkür ederim, onların katkıları olmadan bu çalışma mümkün olmazdı.

## ÖNSÖZ

Ruhsal hastalıklar, tarih boyunca çeşitli inanç ve uygulamalarla ilişkilendirilmiş ve bu hastalıkların tedavisinde çeşitli ritüeller kullanılmıştır. Eski çağlarda, ruhsal bozukluklar doğaüstü güçler ve kötü ruhlarla bağlantılı görülmüş, bunların giderilmesinde, kötü ruhları uzaklaştırmaya yönelik ritüeller uygulanmıştır.

Zamanla, ruhsal hastalıkların, sağlık sorunlarıyla ilişkili olduğu düşüncesi gelişmiş ve dini inançlar çerçevesinde çözümler aranmıştır. 19. yüzyılın başlarına kadar ruhsal bozukluklar, tıbbi bir hastalık olarak kabul edilmemiş ve bu hastalıkların gerçek nedenleri tam anlamıyla anlaşılamamıştır. Ancak, son yarı yüzyılda gerçekleştirilen bilimsel araştırmalar, birçok ruhsal bozukluğun patolojisini aydınlatmış ve psikopatoloji alanını geliştirmiştir. Bu gelişmelerle birlikte, ruhsal hastalıklar, psikiyatri biliminin temel konusu haline gelmiştir.

Depresyon, ruhsal hastalıklar arasında en yaygın görülen ve geniş bir belirti yelpazesine sahip olan ciddi psikiyatrik rahatsızlıklardan biridir. Tedavi edilmediğinde kendiliğinden iyileşmeyen, kişinin yaşam kalitesini olumsuz etkileyen ve engelleyici özellikler taşımaktadır. Epidemiyolojik veriler, ülkemizde her yıl yaklaşık %13 kadın ve %8 erkek olmak üzere, nüfusun önemli bir bölümünün depresyonda olduğunu göstermektedir.

Günümüz psikiyatri pratiğinde, birçok ruhsal hastalığın neden-sonuç ilişkileri bilimsel verilerle desteklenmekte ve tanı ile tedavi süreçleri bu temele dayandırılmaktadır. Bu bağlamda, depresyon da dahil olmak üzere, ruhsal hastalıkların tedavisinde, kanıta dayalı tıp ve uzman konsensusu temel alınmakta, ilaç tedavisi ve psikoterapi yöntemleri başarıyla uygulanmaktadır.

Kitabın çeşitli bölümlerinde kullanılan “Majör Depresyon”, “Klinik Depresyon” veya sadece “Depresyon” terimleri, birbirlerinin yerine kullanılmakta ve farklı anlamlar taşımamaktadır. Bazı ülkelerde, örneğin ABD’de majör depresyon, Avrupa ve Birleşik Krallık’ta klinik depresyon, Türkiye ve diğer Avrupa ülkelerinde ise sadece “depresyon” terimi tercih edilmektedir. Bu farklılık, dil ve terminoloji tercihlerine bağlıdır.

Depresyon, duygusal, zihinsel, sosyal ve bedensel belirtilerle karakterize edilen bir hastalık olup, toplumda uzun süredir var olan bir stigma ve önyargı ile karşılaşmaktadır. Bu olumsuz algılar nedeniyle, depresyon hastalarının yaklaşık yarısı, tedavi için doktora başvurmadan kaçınmaktadır. Tedavi edilmediğinde, klinik tablo giderek ağırlaşmakta ve hastayı kısır döngüye sokarak, depresyonun ağır sonuçlarına katlanmasına neden olmaktadır. Bu durum, hastanın yaşam kalitesini düşürmekte ve aile, iş ve sosyal yaşamını olumsuz etkilemektedir. Toplum ruh sağlığı açısından kabul edilemez bir durumdur.

“**Depresyon -Tanıdan Tedaviye Klinik Süreç**” başlıklı kitabımız depresyon konusunu, teşhisten tedaviye, çeşitli yönleriyle ele almış kapsamlı bir yayındır. Bu kitaptan, tıp ve hemşirelik öğrencilerinin, uzmanlık eğitimindeki asistanların, aile hekimlerinin, psikologların ve sosyal hizmet uzmanlarının yararlanabileceklerini düşünüyorum. Ayrıca bu kitapta, birçok kişinin depresyon konusunda ilgiyle okuyabilecekleri bölümlere yer verilmiştir.

Prof. Dr. Vahdet Gül  
Özel A-Life Ankara Hastanesi  
Psikiyatri Uzmanı  
Ankara, Nisan 2026

## LATİNCE BAŞLIKLAR VE KARŞILIKLARI

ENDİKASYON:	Hastalıkların Tedavisinde Seçilen Tedavi Uygunluğu
EPİDEMİYOLOJİ:	Toplumsal Hastalık İstatistikleri
ETYOLOJİ:	Hastalık nedenleri
KOMORBİDİTE:	Eş Tanı
PATOLOJİ:	Hastalığın Vücutta Oluşturduğu Olumsuzluklar
PROFİLAKSİ:	Hastalığın Önlenmesi
PROGNOZ:	Hastalığın Klinik Seyri ve İyileşme Olasılığı

## KISALTMALAR (Türkçe veya İngilizce açıklamaları)

5-HT	5-Hidroksi Triptamin (Serotonin)
ACTH	Adrenokortikotrofik Hormon
AMPA	$\alpha$ -amino-3-hidroksi-5-metil-4-izoksazolpropiyonat- reseptörleri
ATP	Adenosintrifosfat
BBB	Blood Brain Barrier
BDNF	Brain Derived Neurotrophic Factor
BDT	Bilişsel Davranışçı Tedavi (Cognitive Behavioural Therapy)
CNS	Merkezi Sinir Sistemi (Central Nervous System)
CRH	Corticotropin Releasing Hormon
DA	Dopamin
DBS	Deep Brain Stimulation
DEHB	Dikkat Eksikliği Hiperaktivite Bozukluğu
DRD2	The dopamine receptor DRD2
DSM-5	Diagnostic Statistical Manuel, 5th Edition
E1/E2/E3	Estron/Estradiol/Estriol
EKG	Elektrokardiyografi
ER	Oestrogen receptor / östrojen reseptörü
FADS	Flavin Adenin Dinükleotids
FDA	ABD Gıda ve İlaç Dairesi (USA Food and Drug Administration)
FTBT	Farkındalık Temelli Bilişsel Terapi
GABA	Gama Amino Bütirik Asit
GC/ GR	Glucocorticoids, Glucocorticoid receptors
GS/ GLT-1	Glutamin Sentetaz / Glutamin taşıyıcı
GTP	Guanozin Trifosfat Glutamat bağlayıcı protein
HPA	Hipotalamus-Hipofiz-Adrenal Korteks eksenini ifade eder.
ICD-10/ICD-11	Uluslararası Hastalık Sınıflandırması, International Classification of the Disease, 10. ve 11. ed. WHO
IL-1 $\beta$	Interleukin-1 Beta
IFN- $\gamma$	İnterferon gama
IPT	Interpersonal Therapy/ Kişiler Arası Terapi
LPS	Lipopolysaccharides
MAOI	Mono Amin Oksidaz İnhibitörler
MBCT	Mindfulness-Based Cognitive Therapy /Farkındalık Terapisi
MC	Mineralocorticoids

MDB/ MDE	Majör Depresif Bozukluk, Majör Depresif Episod
GluR	Metabotropik ve heterotrimerik bağlantılı glutamat reseptörleri
MPT/TPT	Medical Psychotherapy/ Tıbbi Psikoterapi
MRI	Manyetik Rezonans Görüntüleme
mRNA	Messenger Ribonucleic acid
MS	Multiple Skleroz
MSS / CNS	Merkezî Sinir Sistemi / Central Nervous System
NAT	Noradrenalin Taşıyıcısı protein
NMDA	N-metil-D-aspartat
NO	Nitrogen oxide
OKB	Obsesif Kompulsif Bozukluk
OS	Oxidative Stress
OTC	Over The Counter (Reçete gerektirmeyen ilaçlar)
PET	Pozitron Emisyon Tomografisi (Positron Emission Tomography)
PFC	Prefrontal Cortex
AÖDB	Premenstrual Dysphoric Disorder/ Âdet Öncesi Disforik Bozukluk
PMS	Premenstrual Syndrome
ROS	Reactive Oxygen Species – Reaktif Oksijen Türleri
SERT	Serotonin Taşıyıcısı protein
SNRI	Seçici Noradrenalin Geri Alım İnhibitörü (Selective Noradrenalin Reuptake Inhibitor)
SSRI	Seçici Serotonin Geri Alım İnhibitörü (Selective Serotonin Reuptake Inhibitor)
SST	Somatostatin
T3/T4/TSH	Triiodothyronine / thyroxine / Thyroid-Stimulating Hormone
TCA	Trisiklik antidepressanlar (Tricyclic Antidepressant)
TGF-β1	Dönüştürücü büyüme faktörü-beta 1, Transforming Growth Factor
TMS	Transkraniyal Manyetik Stimülasyonu
TNF- α	Tumor necrosis factor alpha
TPT	Tıbbi Psikoterapi (Medical Psychotherapy)
TRH	Thyrotropin-Releasing Hormone
TSSB/PTSD	Travma Sonrası Stres Bozukluğu (Post Traumatic Stress Disorder)
VNS	Vagus Nerve Stimulation
YAB	Yaygın Anksiyete Bozukluğu
YDDB	Yıkıcı Duygudurum Düzensizlik Bozukluğu

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