

# Bölüm 3

## YAŞLILARDA DEPRESİF BOZUKLUKLAR

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Yaşlılık depresyonu terimi, hem depresif bozukluğu daha erken yaşlarda ortaya çıkan ve yaşlılık döneminde tekrar eden hastaları hem de depresyonu yaşlılık döneminde ilk kez ortaya çıkan hastaları tanımlamaktadır. Hastalığı ilk kez yaşlılık döneminde ortaya çıkan hastaları geç başlangıçlı depresyon olarak isimlendirmek uygun olacaktır. DSM-5'e göre "Depresif Bozukluklar" başlığı altında Yıkıcı Duygudurum Düzenleme Bozukluğu, Major Depresif Bozukluk, Kronik (Persistent) Depresif Bozukluk, Premenstrüel Disforik Bozukluk, Maddenin-İlacın Yol açtığı Depresif Bozukluk, Başka Bir Tıbbi Duruma Bağlı Depresif Bozukluk, Tanımlanmış Diğer Depresif Bozukluk, Tanımlanmamış Depresif Bozukluk" alt başlıkları yer almaktadır.

Mental Bozuklukların Tanısal ve İstatistiksel El Kitabı, Beşinci Baskı (DSM-5), major depresif bozukluğu (MDB), depresif ruh halinin varlığı veya aktivitelerde belirgin ilgi veya zevk kaybı ile karakterize bir durum olarak tanımlar. Birlikte olan semptomlar arasında iştah veya kilo (toplam vücut ağırlığının %5'i), uyku, enerji, konsantrasyon ve psikomotor aktivite değişiklikleri, aynı zamanda uygunsuz suçluluk veya değersizlik duyguları ve tekrarlayan ölüm veya intihar düşünceleri sayılabilir. Ek olarak, bu belirtiler sosyal, mesleki veya diğer işlevsellik alanlarında klinik olarak önemli sıkıntılara veya bozulmalara neden olmalıdır. Ayrıca, depresyon epizodu, maddelerin psikolojik etkilerine veya başka bir tıbbi duruma bağlı olmamalıdır. Bir MDB kriterlerini yerine getirmek için, depresif duygudurumun yanı sıra aktivitelere ilgi veya zevk kaybı gibi bireyin dört ilişkili semptomu olması gerekir. Bu semptomların aynı 2 haftalık dönemde mevcut olması gerekir.

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ların daha düşük dozda başlanması ve mümkünse daha düşük dozda devam edilmesi önerilmektedir. Tedavinin süresine ve devamına hastanın klinik özellikleri ve epizod sayısına göre karar verilmelidir.

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