

EDITORIAL

Superar a Depressão em Tempos de Pandemia The Overcoming of Depression in Time of Pandemic

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I already wrote that the “instability of the mood”, more than the “depression”, is the real illness that the psychiatrists have to treat: the depressive phases of the mood are only “moments of an instable mood”.

Full understanding of the concept of mood instability will increasingly facilitate the psychiatrist in treating mood diseases. The current COVID-19 pandemic period has seen a significant increase in exacerbations of depressive episodes or anxiety, or even a new onset of these episodes. During this period, due to the restrictions and limitations resulting from the risk of contagion, cases of depression are increasing especially in those who had never previously treated themselves.

In these cases, especially in cases of “Maladaptation to a protracted stressful event”, it is essential to have a combined approach to the patient: pharmacology with supportive psychotherapy become the main way to make the patient feel better and bring him towards healing.

A scientific research last year¹ and psychiatric sequelae were observed after previous coronavirus outbreaks. The spreading of the Severe Acute Respiratory Syndrome Coronavirus

(COVID-19) conducted on 226 patients found that depression was closely linked to the intensity of the post-COVID systemic inflammatory state, even months after recovery. The data collected confirm the close relationship between immune system response, inflammatory state, and persistence of depressive symptoms: inflammatory cytokines are higher in the blood of depressed and inflammation reduces serotonin in the blood with risk of depression.

Depression and mood disorders as a whole are widespread diseases, poorly recognized, misdiagnosed, often poorly or badly treated: they are devious and infiltrate the daily life of those who suffer from it without being recognized.

In several European Countries we organise every year in the month of October, an event called “European Depression Day”, since the year 2004 (www.europeandepressionday.eu). Every year has a theme focusing the main topic we think to treat; the theme of the edition of this year 2021 has been “*The overcome of depression in time of pandemic*”: informing the population about depression and mood diseases in general must remain the primary preventive objective of the psychiatrist.

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Referências

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