

Contents

	List of patient vignettes	page ix
	Preface	xi
	Acknowledgments	XV
1	Melancholia: a conceptual history	1
	Origins of the concept	2
	The psychodynamic interruption	6
	The recognition of melancholia in psychiatric classification	7
	Notes	10
2	Melancholia defined	15
	Melancholy	15
	Manic-depressive illness	18
	Psychotic depression is melancholia	24
	Depression with catatonia or stupor is severe melancholia	30
	Melancholia defined by a specific event	32
	Notes	37
3	Defining melancholia by psychopathology	45
	DSM depression categories and diagnostic criteria	46
	Consensus and empirical approaches defining a syndrome	51
	Psychopathology data supporting the validity of melancholia	53
	The nature of melancholia	56
	Conclusions	58
	Notes	59
4	Defining melancholia: laboratory tests	62
	Neuroendocrine measures in mood disorders	62
	The hypothalamic-pituitary-adrenal axis	64
	The hypothalamic–pituitary–thyroid axis	72
	Electrophysiologic measures	72

V



VI	Contents	
	Conclusions	76
	Notes	78
5	Examination for melancholia	85
	Examination strategy	86
	Examining mood	87
	Examining psychomotor functioning	88
	Examining for vegetative signs	88
	Examining for psychotic features	89
	Examining for suicidal thoughts	90
	Examining cognition	90
	Examining for personality disorder	91
	Rating scales of depression	91
	Notes	95
6	The differential diagnosis of melancholia	97
	Non-melancholic depressive mood disorders	97
	Melancholia in children and adolescents	103
	Melancholia in the elderly	104
	Melancholia in a patient with a psychotic disorder	106
	Distinguishing melancholia from anxiety and	
	obsessive-compulsive disorders	108
	Distinguishing melancholia from drug-related depressive-like states	109
	Melancholia associated with general medical illnesses	110
	Avolitional, apathetic, and bradykinetic syndromes	112
	Neurologic disease associated with apathy and	
	depression-like syndromes	113
	Notes	118
7	Suicide in melancholia	125
	Errors in suicide prevention	126
	Suicide risk assessment	134
	The effect of specific treatments on suicide rates	139
	Management of the suicidal melancholic patient	143
	Notes	146
8	Electroconvulsive therapy for melancholia	153
	ECT in melancholia	155
	ECT for psychotic depression	157
	ECT and suicide risk	159
	ECT for catatonia and depressive stupor	161
	ECT in pregnancy and postpartum depression	163
	ECT in children and adolescents	165
	ECT in the elderly	170
	ECT and characterological conditions	171



VII	Contents	
	ECT in unipolar and bipolar depression Conclusion	172 174
	Notes	174
9	Achieving effective ECT	181
	Patient selection	181
	Technical considerations	183
	Conclusions	190
	Notes	190
10	The validity of the pharmacotherapy literature in melancholia	196
	Industry influence undermines conclusions about newer agents	197
	Head-to-head comparisons are biased to favor newer drugs	199
	Antidepressant drug efficacy: TCA versus pure SSRI	201
	Antidepressant drug efficacy: pure SSRIs compared to non-TCA agents	204
	Conclusions	206
	Notes	207
11	Basic pharmacotherapy for melancholic patients	211
	Acute treatment	212
	Combining drugs and psychotherapy	218
	Continuation and maintenance treatment	219
	Pharmacotherapy for melancholia	220
	Treatment of severe melancholia	222
	Optimizing treatments for manic-depressive illness	229
	Notes	231
12	Pharmacotherapy for melancholic patients in	
	complicating circumstances	239
	Melancholia in pregnancy and breast-feeding	239
	Melancholia in childhood and adolescence	244
	Melancholia in old age	250
	Melancholia with co-occurring alcohol or drug abuse	255
	Melancholia with co-occurring neurologic disease	257
	Melancholia co-occurring with general medical conditions	261
	Melancholia with co-occurring personality disorder	265
	Summary recommendations	266
	Treatment-resistant depression	268
	Notes	273
13	Proposed treatments for melancholia	284
	Light therapy	284
	Transcranial magnetic stimulation	286
	Magnetic seizure therapy (MST)	288
	Vagal nerve stimulation (VNS)	289



viii	Contents	
	Glucocorticosteroid receptor agonists	289
	Targeted neurotransmitter system agents	290
	Hormones	290
	Herbal remedies	292
	Notes	294
14	The pathophysiology of melancholia	298
	Genetic predisposition	299
	Environmental factors	303
	Abnormal stress response	307
	Abnormal neurochemical functioning	311
	Abnormal brain structure	317
	Abnormal brain metabolism	318
	Electrophysiologic abnormalities	320
	Cognitive deficits	327
	Why some melancholic patients have manic episodes	328
	Conclusions	330
	Notes	333
15	Future directions	346
	Changing the DSM classification of depression	347
	Changing the DSM diagnostic criteria for melancholia	348
	Changing the standards of pharmacotherapy research	349
	Changing treatment guidelines: endless drug trials elicit chronicity	351
	Improving the education of medical practitioners in mood disorders	351
	Studies of the mechanism of convulsive therapy	353
	Preventive approaches to reduce the burden of melancholia	354
	Pharmacogenetics	359
	The pathophysiology of melancholia	360
	Coda	364
	Notes	365
	References	371
	Index	522