

Emerging Pharmacotherapy for the Treatment of Psychological Treatment for Depression

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Abstract

Pharmacotherapy is defined as a treatment procedure for a specific health condition by using pharmaceutical products as medicine and developing a drug dependency with the help of legal prescribing institutions. This process helps to maintain the functional capacity of patients and reduce the cost of treatment procedures in depression treatment efficiently. This factor helps to identify the way meditation is used for treatment and to prevent mental disease with the help of effective drugs. The treatment procedure follows strategic treatment through the application of antidepressants for continuation and maintenance in resolving depression-related problems among patients. Pharmacotherapy of depression helps to provide a compressive review of anti-depression therapy that is used in the clinical process and constructed sessions with therapists and counsellors appropriately. The main goal of depression treatment is to achieve dimension and restore the functionality of the individual and develop the quality of mental health efficiently.

The aim of the study is to recognize the impact of different types of antidepressants on the health condition of individual patients and identify the root cause of depression among the individuals. Pharmacotherapy guides patients to achieve remission from the symptoms and restore their baseline of psychological functions with the help of clinical administrative depression treatment.

Keywords: Pharmacotherapy, psychological, Depressive disorders, psychological treatment

Introduction

Depressive disorders are a common factor in young people and adults due to the impact of workload and stress to maintain their life cycles. This factor highlights that disabling and costly disorders are linked with a considerably diminished role in functioning and preserving the quality of life that increases medical comorbidity and mortality rate [1]. Psychological treatment includes behaviour therapy, interpersonal therapy, behavioural activation problem therapy, and psychodynamic, and supportive psychotherapy in the treatment procedure of depression of individuals. These therapies identify and resolve the unstable beliefs that are related to patients with depressive symptoms. In Europe, more than 40 million people are suffering from depression as of the 2017 report that creates a direct impact on their families, community, and the healthcare system [2]. The lack of treatment for depression can lead to complex issues social isolation premature death and affect the individual's life negatively.

On the other hand, the pharmacotherapy treatment process you also applied for treating depression with the help of medication for relieving the patients suffering from depressive symptoms. In this process, the analysis of the patient's history plays an important role in prescribing medication to achieve a successful treatment procedure and develops a quality of life. The drug-assisted psychotherapy guide in developing a dedicated session with the help of a trained therapist before prescribing any drugs to the patients. Selective serotonin reuptake inhibitors (SSRIs) are used in pharmacotherapy due to their efficiency and reliability in tolerating the side effect profile for developing the impact of serotonergic activity in the brain of the individual [3]. This factor helps to improve depressive symptoms with the help of restoration of pre-existing chemical imbalances for developing the efficiency of the treatment procedure effectively. The objective of the study is to analyse the influence of pharmacotherapy in the psychological treatment procedure of depression and its effectiveness on the individuals

Literature review

Significance of the psychological and pharmacotherapy treatment

Psychological treatment assists to relieve the symptom of depression and lower the risk of facing depressive symptoms through dealing with negative thoughts among individuals. This treatment procedure helps to identify the root causes of depression in the patient and analyse its impact on the behaviour, personality, and current circumstances of the individual effectively. The therapist helps to provide valuable emotional support to the patients and resolve their challenges related to depression that encourages them to develop mental stability in their life. Cognitive behaviour therapy helps to change the behaviour and attitude of the patients and resolve the current problem that helps to provide proper solutions to maintain mental stability [4]. This factor helps the patient to work on their behaviour in their personal and professional life to maintain communication with other people and encourage them to express freely about their emotions. Depth psychotherapy guides in resolving the current issues related to depression and improving the relationship with others that enhance the level of mental stability in the treatment process.

On the other hand, the clinical process performs a comprehensive medical examination, includes laboratory tests, and performs a check of mental status examination for determining

the pattern and symptoms of depression. The pharmacotherapy includes medication SSRIs, serotonin-norepinephrine reuptake inhibitors (SNRIs), and norepinephrine and dopamine reuptake inhibitors for dissolving the hormonal imbalance [5]. The SSRI drugs such as citalopram, escitalopram, and sertraline, and SNRIs such as duloxetine and venlafaxine are used as the antidepressants for overall balancing of neurotransmitters in the brain. This factor helps to regulate emotions and control the stress and physical drivers of sleep, appetite, and sexuality in the patients with the help of proper medication. Moreover, anxious patients are treated with SSRIs and SNRI drugs for developing the hormone management system and norepinephrine and dopamine drugs for promoting the release of energy and happy hormones in the patient's body.

Importance of pharmacotherapy in depression treatment

Pharmacotherapy assists to observe the signs and symptoms of depression such as insomnia, loss of energy, weight loss, suicidal thoughts, reduce sex drive, and withdrawal from social activities. The risk factor includes the lack of family support and social support, the death of a close one, and other stressful events that cause the development of the symptoms of depression. This factor helps to measure the patient's depressive symptoms such as delusion, hallucination, and psychosis and reported somatic complaints such as headaches and digestive problems among the individual. The neural circuits of the brain are responsible for regulating the mode of thinking, sleep, appetite, and behaviour, and in depression, critical neurotransmitters are out of balance due to hormonal imbalance [6]. The depression causes include psychological, sociological, hereditary, and biological factors that indicate decreased serotonin activity and affect the neurotransmitter system in a negative way. It has been seen that 30% of the people are seeking medical treatment and the other 30% are getting remission with the help of meditation regimens.

SSRIs assist to develop the selective blocking of serotonin uptake for increasing the amount of serotonin available in the synapses of the brain in regulating the emotion and behaviour of the individuals. The application of SNRIs guides to resolving the problem of the specific patient suffering from neuropathic pain and musculoskeletal pain and provides relaxation in their nervous system [7]. This type of drug is utilized for solving hypertension in the initial stage of depression treatment and measuring the blood pressure of the patient as the side effect of this drug. Tricyclic antidepressants (TCAs) include drugs such as nortriptyline, imipramine, desipramine, and doxepin assist to enhance the treatment of depression in the clinical therapy process. These drugs help to go through 16 to 20 weeks of clinical treatment to minimize the chances of recurrence of symptoms of depression among the patients.

Strategies to enhance pharmacotherapy among depressive patients

The treatment process for depressive patients can be developed with the help of pharmacotherapy and monitoring its impact on the patient's behaviour and examining the clinical report effectively. The treatment algorithm assists to provide guidance to the physicians for creating effective treatment and decisions to improve the chance of developing a response towards the treatment approach. The mirtazapine drug helps to develop central noradrenergic and serotonergic activity for enhancing neurotransmitter activities in the brain of the patients [8]. This factor helps to get rapid improvement in the symptoms of depression with the help of minimal serotonin-related effects that indicate the dual mode of noradrenergic and specific serotonergic antidepressants. Usage of "Bupropion" assists to block the brain from absorbing neurotransmitters such as dopamine and norepinephrine for increasing their level and developing their ability for a longer time. This drug helps to develop the mood, attention, and focus of the patients in the treatment period of depression.

The application of herbal therapy helps to reduce the symptoms in people with middle to moderate depression with the help of "*selective serotonin inhibitors reuptake inhibitors*" in treating depression. This factor helps to develop the activities of neurotransmitters for regulating the secretion of the hormone in the brain that guides to improve the overall good

effect on the individual behaviour. This herbal product helps to reduce the emotional discharge caused by the extreme focus on the physical symptoms such as somatic symptoms disorders such as headaches and stomach pain and develops the quality of mental health [9]. This medication allows for providing relaxation to the nervous system for controlling the anxiety among the patients with the help of recommended medication and positive thinking in the depression treatment. On the other hand, the application of cognitive behaviour therapy helps to control the behaviour of the individual with the help of the counselling process in depression treatment.

Materials and methods

Study design

In the study, the cross-sectional study design is utilized for investigating the influence of pharmacotherapy in the depression treatment process and analysing its effects on the patients. This factor has to measure the mental health outcome of the depressive patient and describe their sign and symptoms in healthcare procedures of the individual patients. This study design allows for the identification of the representative of the treatment procedure on the depressive patient and enhances the mental health of individuals effectively [10]. This factor guides to measure of psychological development in the healthcare service and promotes awareness about the health process of depression.

Data sources

The secondary qualitative data is used in this research for gathering data related to depression therapy and pharmacotherapy for the individuals. Online resources such as journals and articles assist to examine the different types of pharmacotherapies in the depression treatment and response of the patient. The gathering of data related to depression treatment guides the understanding of the influence of therapists in the clinical treatment procedure. This factor also leads to identifying the root causes of depression among individual patients and examining their clinical reports for further treatment procedures. The effective data collection process assists to get accurate data about the medication and doses of pharmacotherapy and its impact on the neurotransmitters in the patients. This factor helps to recognize the characteristic of depressive treatment by the guidance of the case history of the individual patient and measuring the signs and symptoms of the individual [11]. The secondary data related to depression among the patient's guides to implement the clinical treatment procedure and getting recommendations from the therapist for enhancing the treatment procedure.

Data analysis

The secondary data analysis guides the development of the sorting process that is utilised in this study of pharmacotherapy in depression treatment. This factor helps to indicate the positive and negative aspects of pharmacotherapy on the patient's body and analyse the risk effectively. The analysis of the risk related to pharmacotherapy allows the therapist to recommend effective medicine for the patient according to the clinical analysis of the patient's record. This factor helps to understand the effect of the medicine on the patient's mental health and develop the quality of health care services for individuals [12]. The secondary data analysis provides effective strategies for developing communication with the patients for understanding the signs and symptoms related to depression and anxiety among the patients. This factor guides the understanding of the pattern of depressive patients' treatment and constructs the treatment procedure as per the clinical analysis.

Result and Discussion

Result

The National Institute for Health and Care Excellence, 2009 (NICE) assists to recommend the initiative of pharmacological treatment of depression with the help of analysis of historical records. This factor helps to analyse the recommendation of using pharmacotherapy for patients with mild depression that helps to reduce the risk of depression with help of

medication. The treatment procedure includes interpersonal therapy and behavioural activation for resolving their current issues and past problems related to trauma and depression that affected the treatment procedure efficiently [13]. The application of medication guides the maintenance of the healthcare environment in depressive patients effectively and motivates the treatment procedure. This factor assists to improve the quality of mental health of individuals and improves the approaches in the treatment procedure. The effectiveness of "selective serotonin inhibitors reuptake inhibitors" guides the management of healthcare services for developing the efficiency of emotional approach effectively. The efficiency of neurotransmitter influence in the patient's treatment and measuring the quality of mental health that serotonin and dopamine inhibitors enhance the treatment process.

Pharmacotherapy allows for understanding the impact of serotonergic antidepressants in enhancing the mood and behavioural approach of individual patients. On the other hand, past studies show that most of the UK are facing the signs and symptoms of depression due to the stressful work life and disrupting their mental stability effectively [14]. Proper application of medicines for regulating hormone stimulation through the utilization of medication assists to deliver quality mental support to the patients with the help of therapists and counsellors.

Discussion

The above literature shows that the treatment pattern of depression assists to establish the relationship between the mental health and behavioural activity of individual patients. The application of SNRIs, TCAs, SSRIs, and other antidepressants for providing stability in hormone regulation that helps to reduce the impact of depression on patients. This factor indicates that therapists and counsellors are recommended medicine according to the clinical analysis of the patient depression type for a formulated treatment plan. Construction of the treatment plan helps therapists to identify the impact of antidepressants on the health condition of the patients for changing the dose or the medication [15]. On the other hand, the implementation of herbal therapy guides for reducing the influence of hyperactivity of neurotransmitters among individuals. This factor helps to develop the behaviour approach of the individuals and develops your communication with others that creates a positive impact on society and community.

Moreover, combination therapy helps to overlap the drug doses in the period of 30 days in the treatment process, discontinue the previous drugs, and continuity after 30 days. This process helps therapists to understand the impact of individual drugs as the influence of the antidepressant on the neurotransmitter's relaxation process on the patient's health condition. This factor helps to develop the depression treatment process and provides awareness to get the guidance of specialists in resolving the hormonal imbalance among the patients [16]. Pharmacotherapy makes it easier for depressive patient to discuss their life problem and get proper results to resolve their behaviour issue in maintaining their living circumstances.

Conclusion

The treatment procedure for depression includes antidepressant drugs for promoting the mental stability of the individuals and identifying the root cause of depression in adults and young people. These drugs directly impact the neurotransmitters for regulating the hormonal balance in the brain of individual patients and control the behaviour through therapy sessions. This factor helps to spread awareness about mental health among the common people and generalize depression as the other common disease of the patient. Understanding the factors related to depression of the individual access to resolve that cause for providing relaxation to enhance the quality of mental health of a patient. The application of SNRIs, TCAs, and SSRIs helps the therapist to provide the proper dose to the individual as per the clinical report analysis of the patient. This factor helps to provide quality in the healthcare services and develop the managerial process of depression treatment that enhances the pharmacotherapy approach effectively.

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