

Psychological Well Being and Hopelessness in Depressive Patients: A Trial with SSRI & SNRI

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Background: National Institute of Behavioural Sciences (NIBS) has been working in the area of Mental Health at urban and rural areas of West Bengal. NIBS has been successfully running a Psychiatry Specialty Outdoor at the Salt Lake Government Hospital for the last three years. This endeavour is one of its kinds in eastern India. In this study, a group of patients who have come to the outdoor of the hospital with symptoms of depression has been treated with antidepressants. Two comparatively newer antidepressive drugs (escitalopram and duloxetine) have been used and the psychological well-being and hopelessness have been investigated in due course. These two dimensions are comprehensively important indicators of treatment outcome signifying recuperation. Depressive patients are often confronted with escalating problems at home and work. Thus, adverse mental health outcome lead to derogatory attitude toward the patients having this disorder. Successful integration at home and work atmosphere, which is imperative for these patients, largely depends on the perceived self-health status.

Aims: Present study focuses on the aspects psychological well-being and betterment of symptomologies in depressive patients in two treatment groups of Escitalopram and Duloxetine.

Methods:

A total of 75 patients from the patient pool with diagnosis of depression, had been assessed for demographics, psychological well-being (PGWB), hopelessness (BHS) and depression (MADRS). They were under active treatment for at least 4 months. The analysis outcomes were adjusted at baseline for socioeconomic and clinical differences.

Results:

These patients were followed up for at least 6 months and no significant differences in symptomatic outcome were identified in univariate analysis. Perceived anxiety was found to have significantly different ($p=0.05$) in two groups though depressive mood was not. Positive well being and general health concept were significantly different between two groups ($p=0.05$) as well as depression scores of MADRS. Better hopelessness measure may be

indicated in one group of patients with higher perceived social support factors.

Conclusions:

Knowledge and understanding of psychological well-being among treated depressive patients can lead to much better outcome in treatment expectations and adaptive functioning in community. While it may be still a long way to eradicate stigma about mental illness, emphasis on choice of drugs can be crucial for the depressed patients to provide better support and to bring a better disposition in expected treatment period. Our study indicates better positive well-being and general health in Duloxetine treated group and lesser anxiety and MADRS scores for Escitalopram group. Further study in on the way to supplement these findings.