Medication, Meditation & Psychotherapy

Some Research Facts

Research Facts

‘ Drug therapy is not always necessary. ..... Do not be tempted to prescribe a drug simply to end a consultation. If a patient expects drug therapy, discuss the pros and cons. Try to estimate the balance of benefit and harm and prescribe only if it seems favourable.’

- Davidson’s Principles an Practices of Medicine. 20th Edition. Page 22.

Research Facts

‘Stress may precipitate Type 1 diabetes by stimulating the secretion of counter-regulatory hormones & possibly by modulating immune activity’.

- Davidson’s Principles & Practices of Medicine. 20th Edition. Page 812.

Research Facts

‘Methodologically reliable research has shown that:

- There is a six fold excess of adverse life events in the months before the onset of depressive disorder.
- An excess of similar events has also been shown to precede suicide attempts.
- Generally, ‘loss’ events are associated with depression and ‘threat’ events with anxiety.’

- Shorter Oxford Textbook of Psychiatry. Fifth Edition. Page234.

Research Facts

‘ Recent studies suggest that events that lead to feelings of entrapment and humiliation may be particularly relevant to the onset of depression.’

- Harris T. (2001) Recent developments in understanding the psychological aspects of depression. *British Medical Bulletin. 57. 17-32.*

Humiliation

Research Facts

‘... The literature over the past 50 years on PTSD among refugees has revealed that they are at great risk for developing psychiatric illness.’

- Westermeyer, J. (1986), Migration and psychopathology. In: *Refugee Mental Health Issues in Resettlement Countries*. New York: Hemisphere.

Research Facts

‘……that after the development of PTSD, respondents were:

26 times more likely to develop affective illness

37 times more likely to develop generalized anxiety disorder

28.6 times more likely to develop panic disorder

6.5 times more likely to develop alcohol abuse

(Contd.)

Research Facts

(contd.)In total, 89.5% of affective disorders in men and 65.5% of affective disorders in women occurred after development of PTSD. Also 62.5% of anxiety disorders in men and 50% of anxiety disorders in women occurred after the development of PTSD.

-Henderson S, Andrews G, Hall W. *Australia's mental health: an overview of the general population survey*. Aust N Z J Psychiatry. 2000;34:197-205.

Research Facts

‘: Service in the 1991 Gulf War is associated with increased risk of psychological disorders and these are related to stressful experiences.’

-Ikin J. Sim MR. *War-related psychological stressors and risk of psychological disorders in Australian veterans of the 1991 Gulf War.* Br J Psychiatry. 2004; 185:116-26 (ISSN: 0007-1250)

Research Facts

'..... exposure to war-related events increased the risk of developing an anxiety, mood, or impulse-control disorder by about 6-fold, 3-fold, and 13-fold, respectively.'

- Ellie G, Zeina M. *Lifetime Prevalence of Mental Disorders in Lebanon: First Onset, Treatment, and Exposure to War.* PLoSMed. 2008;5(4):e61. ©2008 Public Library of Science.

Research Facts

‘Depression, anxiety, irritability with unpredictable explosions of aggressive behaviour, impulsivity, suicidal actions and substance abuse have been repeatedly observed among ex-servicemen from World War II in psychiatric treatment settings’.

- Boman B. *Post-traumatic stress disorder (traumatic war neurosis) and concurrent psychiatric illness among Australian Vietnam veterans. A controlled study.* J R Army Med Corps. 1985; 131(3):128-31 (ISSN: 0035-8665)

Research Facts

‘By comparison with a control group, the rate of ‘independent’ events in the schizophrenics was increased in the 3 weeks before the onset of the acute symptoms.’

- BrownGW, BirleyJL.(1968). Crises and life changes and the onset of schizophrenia, *Journal of Health and Social Behaviour*,9,203-14.

Research Facts

'.....experiencing a life event doubles the risk of developing schizophrenia over the subsequent 6 months'.

- Paykel ES.(1978) Contribution of life events to causation of psychiatric illness. *Psychological Medicine.* 8, 245-53.

Stressful Life Event?

Research Facts

‘ Adverse early life experiences also shape personality and limit subsequent attachment behaviour and ability to access social support. Early adverse experience may also affect development of the HPA axis and neurobiological responses to stress in adulthood.’

- Shorter Oxford Textbook of Psychiatry. 5th edition. Page 232.

Research Facts

‘ ..Chronic stress accelerates Alzheimer’s Disease.’

‘Chronic stress leads to dementia’.

- Sara Bengtsson, Research Student. Umea University, Sweden.

Press Release dated 14.03.13

Research Facts

‘ From a medical perspective, knowledge of a person encompasses both biological and biographical perspectives. The latter includes significant events and experiences throughout the person's lifespan, from conception to the present, in which epigenetic influences play an important role. In practice, we believe personalized medicine should emphasize the development and maintenance of a healthy nervous system.’

- McEwen BS, Getz L Lifetime experiences, the brain and personalized medicine: An integrative perspective METABOLISM-CLINICAL AND EXPERIMENTAL 2013 JAN; 62(1):S20-S26

Research Facts

‘ There is no question that the incidence of stressful life events and addiction is strongly correlated. As a group “alcoholics” experience more frequent, more severe, and more prolonged stress than nonalcoholics”.

-Pohorecky, L.A.(1991), Stress and alcohol interaction: An update of human research. *Alcohol: Clin.&Experiment.Res.*,15:438-459.

Research Facts

‘Physicians are more likely to commit suicide than the general public, as well as those in other professions. Psychiatrists are the most suicidal but surgeons and other specialists in frequent contact with suffering or dying patients also have high rates compared to radiologists and pediatricians who are at the low end of the scale. ’

- The American Institute of Stress website

Research Facts

'It has long been recognized that widowed and divorced individuals die at much higher rates for all the leading causes of death including cancer. Over the past two decades, a variety of studies have demonstrated that following loss of a spouse there is a prompt and impressive decline in immune system defenses, and possibly, this is aberrant adaptive response is a mechanism that may explain some stress related malignancies.'

- Dr Paul Rosche. The American Institute of Stress. http://www.stress.org/stress-and-cancer/

Research Facts

‘...stress interferes with the system’s physiological and psychological homeostasis and is thus seen as a critical variable in a multitude of models of psychopathology’.

- Monroe,SM.& Simons AD.(1991) Diathesis-stress theories in the context of life stress research: Implications for the depressive disorders. *Psychological Bulletin, 110,406-425*.

Research Facts

‘ Brain damaged patients who do not have a bodily felt or intuitive feeling but whose rational functioning remains fully intact are severely impaired in real life decision making situations that are dynamic and multidimensional’.

- Damasio, A.(1994). *Descartes’ error: Emotions, reason and the human brain*. New York: Putnam.

Research Facts

‘Emotions therefore clearly influence cognition and action and are essential to real-life decision making.’

- Greenberg,LS.& Webster,M.(1982). Resolving decisional conflict by means of two-chair dialogue and empathic reflection at a split in counselling. *Journal of Counseling Psychology,*29, 477-478.