

# 우울증의 진단과 정신치료

## Diagnosis and Psychotherapy of Depressive Disorders

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### Abstract

Depressive disorders are very common and serious illness in many psychiatric practices. We are accustomed to normal depression in everyday life, but the pathologically depressive conditions are regarded as a seriously urgent illness by the majority of psychiatrists because of the high risk of suicidal or self - destructive behaviors. Diagnosis of depressive disorders is not a hard task with the exception of the cases of masked depression and secondary depression. Nonetheless we have experienced many unpredictable psychiatric accidents during the course of treatment for the depressives. Generally speaking, major depression shows a good response to antidepressants, but a chronic course is the rule in dysthymic condition, and consequently we need psychotherapeutic intervention. Although psychiatry today is biologically - oriented, the necessity for psychotherapy is now accepted in practice. Bio - psycho - social model in modern psychiatry helps to understand the depressives with the multi - modal therapeutic approaches. Presumably I think we have to practice psychotherapy for the depressives at all times even when the biological cause of depression is clear. Depression is like a mixture of psychological and biological phenomena.

**Keywords :** Depression; Diagnosis; Psychotherapy

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major depressive episode

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<b>Cardiac &amp; Antihypertensive Drugs</b>		
clonidine, bethanidine, guanethidine, methyl dopa, reserpine, digitalis, lidocaine, prazosin, veratrum, oxprenolol, methoserpidine, procainamide, propranolol, hydralazine,	가	.
<b>Steroids &amp; Hormones</b>		
corticosteroids, prednisone, triamcinolone, danazol, oral contraceptives		
<b>Analgesics &amp; Anti - inflammatory Drugs</b>		,
indomethacin, phenylbutazone, ibuprofen, phenacetin, pentazocine, opiates phenoprofen, benzydamine	가	가
<b>Psychotropics</b>		,
phenothiazines, butyrophenones	,	,
<b>CNS Stimulants &amp; appetite spressants</b>		.
amphetamine, fenfluramine, diethylpropion, phenmetrazine		
<b>Neurological Agents</b>		
amantadine, bromocriptine, baclofen, levodopa, tetrabenazine, phenytoin		
<b>Antibacterial &amp; Antifungal Drugs</b>		,
ampicillin, griseofulvin, sulfamethoxazole, metronidazole, clotrimazole, nitrofurantoin, cycloserine, sulfonamides, streptomycin, tetracycline,		
<b>Antineoplastic Drugs</b>		가
vincristine, bleomycin, trimethoprim, mithramycin, zidovudine, 6 - azauridine		
<b>Anticholinesterases</b>		.
cimetidine, diphenoxylate, lysergide, metoclopramide, salbutamol, mebeverine		

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