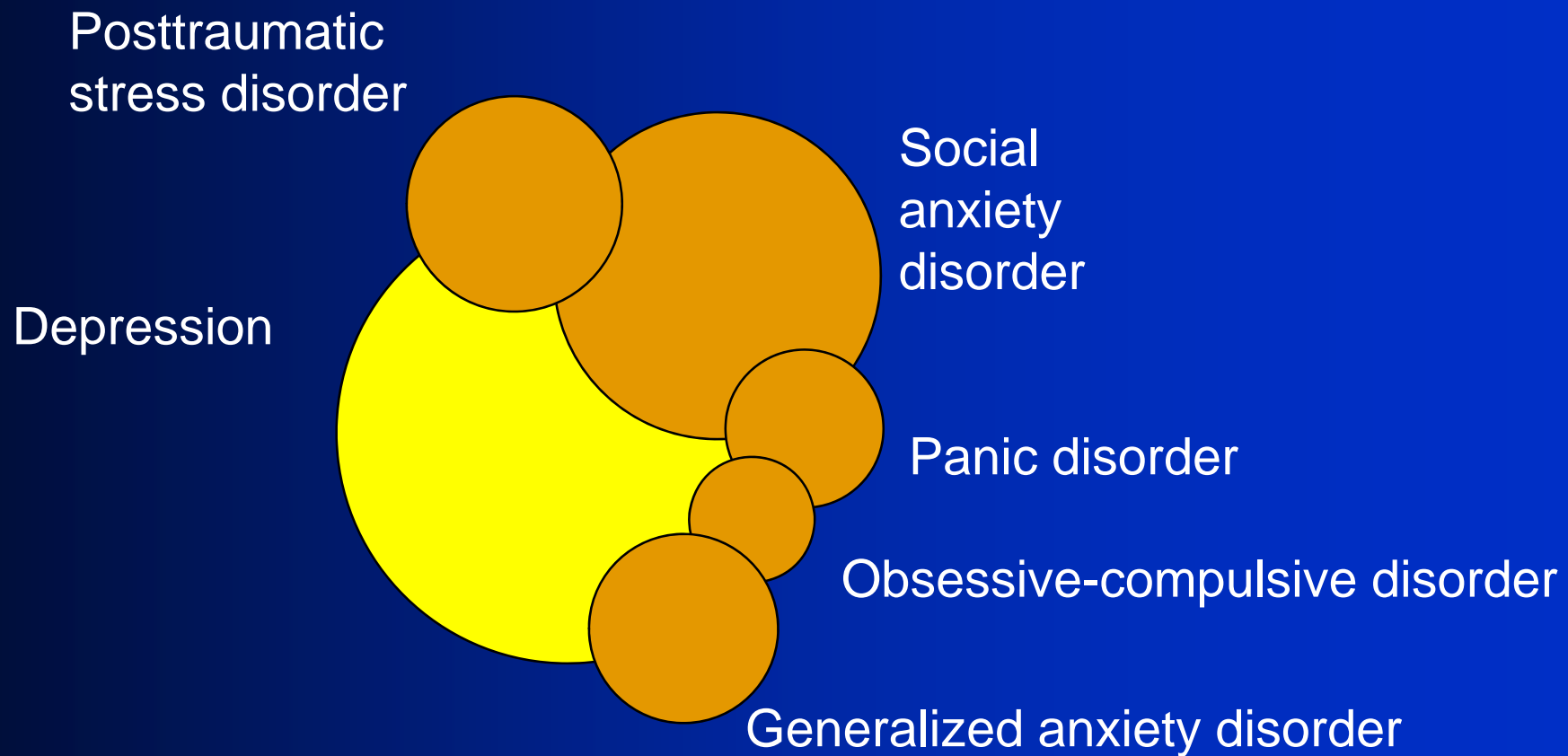


# ALI 336: Depression & Anxiety: Medical and Spiritual Approaches

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**December 12, 2015**

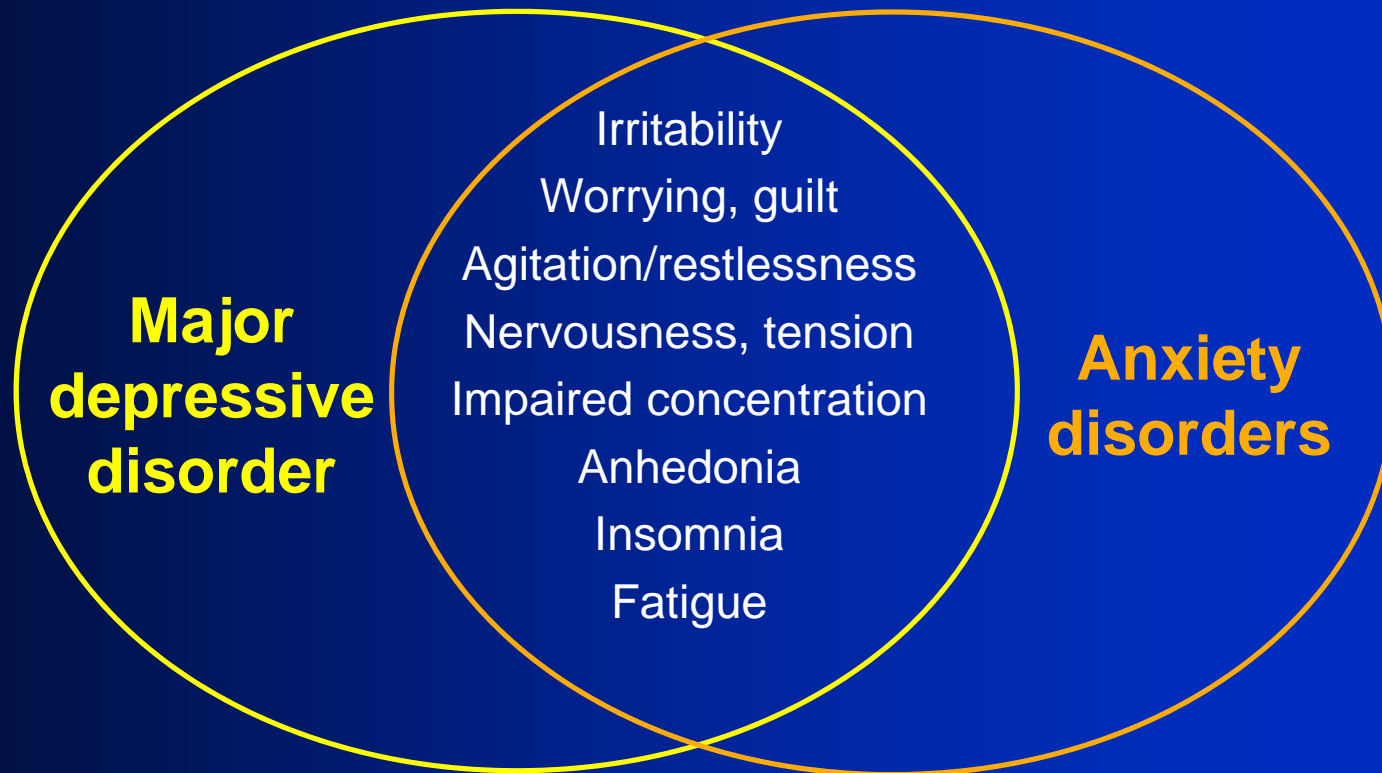
# Spectrum of Depression and Anxiety Disorders

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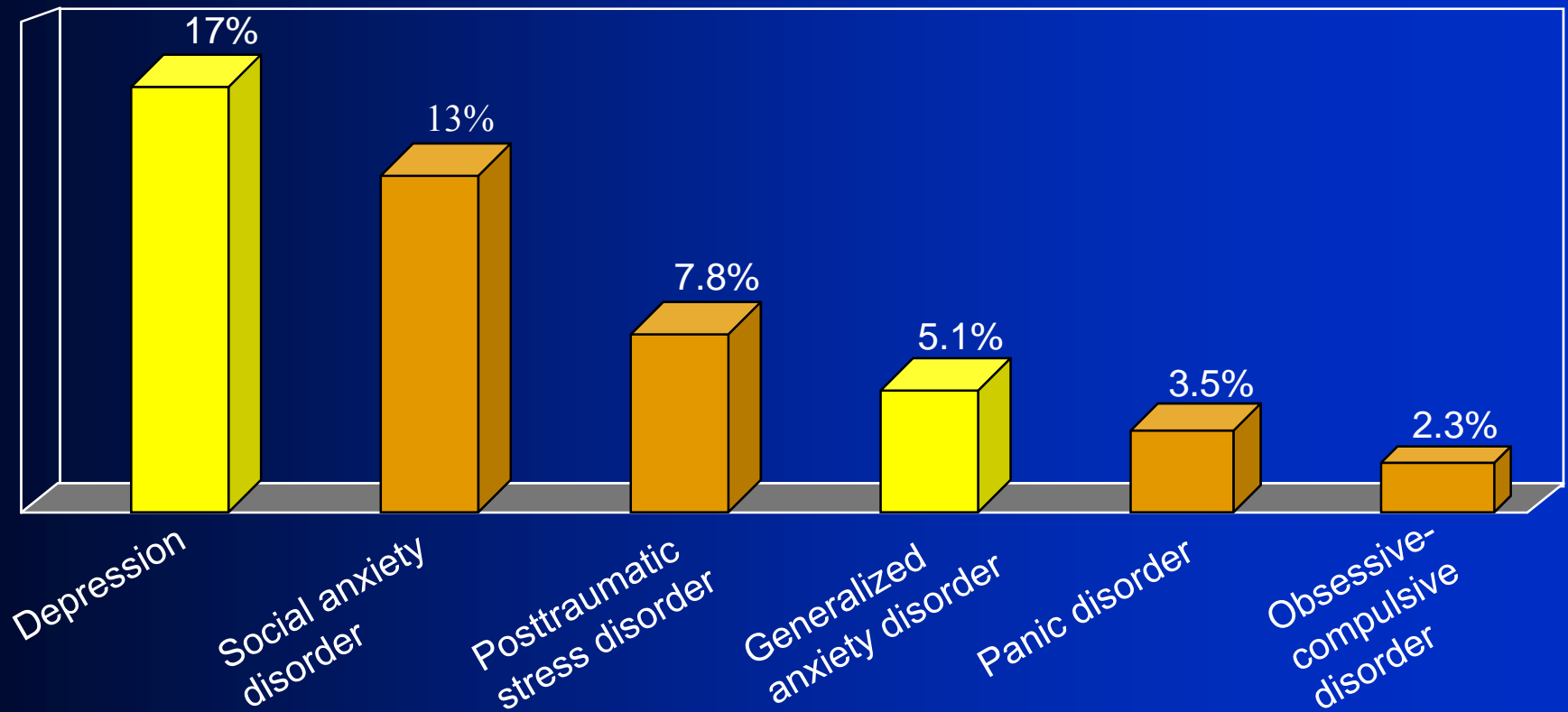


# Major Depression and Anxiety Disorders: Symptom Overlap

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# Spectrum of Depression and Anxiety Disorders: Lifetime Prevalence



National Comorbidity Survey, 1994

# Overlap Between Depression and Anxiety Disorders

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- ♦ Effective therapy for depression must include consideration of anxiety symptoms
- ♦ Because of the overlap in symptoms and comorbidity, it is helpful to think about depression and anxiety on a Spectrum
- ♦ The shared Spectrum has implications for common treatment approaches

# ANXIETY DISORDERS

- ♦ Primary
- ♦ Secondary

## Primary Anxiety Disorders

- ♦ Generalized (GAD)
- ♦ Post-Traumatic Stress (PTSD)
- ♦ Panic (PD)
- ♦ Obsessive-compulsive (OCD)
- ♦ Social Anxiety Disorder (SAD)

# Secondary Anxiety Disorders

- ♦ Medical conditions
- ♦ Psychiatric conditions:
  - depression
  - psychosis
  - dementia



# GAD, PTSD and Panic

- ♦ GAD

- ♦ Worry about what is going to happen

- ♦ PTSD

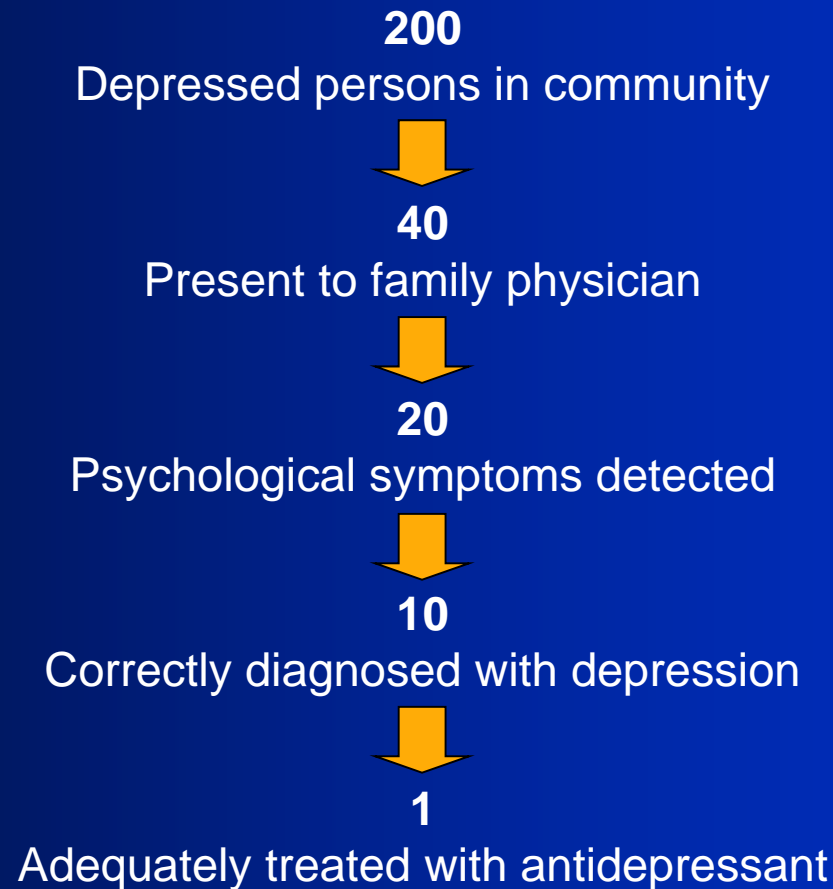
- ♦ Worry about what has happened

- ♦ Panic

- ♦ Worry about what is happening now

# Underdetection and Underdiagnosis of Depression

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# Presentation of Depression in Primary Care

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**Somatic symptoms are most common presentation**

- ♦ Pain
- ♦ Fatigue
- ♦ Sleep difficulties
- ♦ Anxiety

# Diagnosing Depression

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- S** – Sleep disorder
- A** – Appetite (i.e., weight gain or loss)
- D** – Dysphoria: bad mood, irritability, sadness
- A** – Anhedonia: lack of interest/pleasure in usual activities, loss of libido
- F** – Fatigue
- A** – Agitation/retardation
- C** – Concentration diminished
- E** – Esteem (low self-esteem, feelings of guilt)
- S** – Suicide

# Treatment of Anxiety

- Determine if primary or secondary
- If 2y, then treat underlying disease
- Nonpharmacological measures helpful but limited in longer term
- Anxiolytic chemotherapy

# Treatment

- ♦ Psychological – Cognitive Behaviour Therapy
- ♦ Medications – Many options are available
  - ♦ Is it Islamic to treat with medications?
  - ♦ Should we not just focus on dua?
  - ♦ Why is treating a mental illness so different from treating a medical illness
- ♦ Social supports and environment
- ♦ Spiritual approaches

# Spiritual approaches related to mindset

- ♦ Sura Ankaboot Ayat 1 & 2
- ♦ do people think that they will be left alone because they say: "We believe," and will not be tested.

♦ ألم ﴿١﴾ أَحَسِبَ النَّاسُ أَنْ يُتْرَكُوا أَنْ يَقُولُوا آمَنَّا وَهُمْ لَا يُفْتَنُونَ ﴿٢﴾

- ♦ Adversity is a reality of this world and a manifestation of this duniya
- ♦ **The issue is about the mindset and how you approach the calamities**

♦ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

- ♦ 5. So Verily, with the hardship, there is relief,
- ♦ 6. Verily, with the hardship, there is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs).

## Spiritual Approaches and mindset

- ♦ Focus on Allah and Trust in Allah
- ♦ Look at the story of YUSUF. The women of Egypt try to seduce him and he resists and abstains. Since he is disobedient to them, Yusuf is sent to prison by Zuleikha. Look at the mindset of Yusuf. Totally different

♦ قَالَ رَبِّ السَّجْنُ أَحَبُّ إِلَيَّ مِمَّا يَدْعُونِي إِلَيْهِ ۖ وَإِلَّا تَصْرِفْ عَنِّي كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُن مِّنَ الْجَاهِلِينَ ﴿٣٣﴾

- ♦ 12:33. He said: "O My Lord! the prison is more to My liking than that to which They invite Me: unless Thou turn away their snare from me, I should (in My youthful folly) feel inclined towards them and join the ranks of the ignorant."



## Spiritual Approaches – the mindset

- ♦ Take the example of our 7th Imam. 7th Imam was put from one jail to another. The jail was so small that he could not even stand and had to be in a crawling position. His first reaction was to thank Allah. He said that I had always wanted YOU to give me the opportunity so that I may worship you in my solitude alone the way you deserve to be worshiped. Now you have provided me with that opportunity

## Spiritual Approaches – the mindset

- ♦ When H. Yusuf became the King of Egypt and his brothers found out and then Yakub came and the Father and son met. After so many years and Yakub saw the power and kingdom of Yusuf. Yakub asked Yusuf. Tell me HOW DID YOUR BROTHERS BEHAVE WITH YOU? If someone asked us this, we just pour and vomit everything out. But Yusuf said o my Father, DO NOT ASK ME HOW THEY BEHAVED WITH ME. ASK ME HOW MY LORD FAVOURED ME

## Spiritual Approaches – the mindset

- ♦ In Kufa, Ibne Ziyad comes to Bibi Zainab (AS) and says in a very arrogant and cruel way that **what do you think about what Allah has done to your brother?**
- ♦ Zainab(a woman and a Lady) replies: : ***Maa ra'aytu illa jameela*** (“***I did not vision save beauty***”). I have not seen anything from Allah (SWT) but good things. Allah only does good.
- ♦ **She was able to see the consequences of this great sacrifice beyond this materialistic world in a completely different realm and all she witnessed was beauty**

## Conclusion

- ♦ Detect depression and anxiety throughout the life cycle
- ♦ Treatment is multifactorial
- ♦ Medical and spiritual approaches go hand in hand and should be used together
- ♦ Medical treatment effects are from Allah
- ♦ Mindset is important
- ♦ Duas and worships have a significant role especially in prevention
- ♦ This illness is one of the most treatable
- ♦ Many illnesses take away your life, depression and anxiety takes over your life