

# Therapeutic Management in Resistant Depression

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**Abstract:**

*Background:* Depression is a major public health problem. Resistant depression occupying a growing share in psychiatric pathologies.

*Aim:* To identify the effectiveness of strategies to overcome resistant depression.

*Methods.* To determine the clinical outcome in patients with resistant depression was planned a descriptive cohort study on a group of 612 patients.

*Results and Discussion.* Subjects with resistant depression are a major therapeutic challenge for mental health experts. Assessing risk factors for treatment-resistant depression is equally important to guide mental health professionals on an appropriate management plan. In the treatment of these patients have taken a comprehensive attitude to the needs of patients, their individual ways of social functioning. These attitudes have allowed overcoming fears patient and his family on misconceptions about the disease and stigmatization. Since polymorphic psychopathology induced difficulties in choosing treatment, the multitude of symptoms was grouped into several major clinical syndromes. Therapeutic management was based on increasing the dose, strategies of switching, combining and augmentation.

*Conclusion:* The use of historical, clinical, psychological, analytical epidemiology, descriptive epidemiology, and mathematical methods, but also the calculation of RR (relative risk), CI (confidence interval),  $\chi^2$ , NNT (number needed to treat patients) and other indices indicated that the most significant reduction was observed in basal symptoms of patients: depressed mood, psychomotor slowness, weight loss, sleep disturbed.

**Keywords**

Mental Health, Resistant Depression, Therapeutic Management