



Depression in Older Adults

Last reviewed November 2019

National Guidelines for Seniors' Mental Health: The Assessment and Treatment of Depression https://ccsmh.ca/wp-content/uploads/2016/03/NatlGuideline_Depression.pdf

The aim of these guidelines is to improve the assessment, treatment, management and prevention of key mental health issues for seniors, through the provision of evidence-based recommendations. (OPEN ACCESS)

National Guidelines for Seniors' Mental Health: The Assessment of Suicide Risk and Prevention of Suicide https://ccsmh.ca/wp-content/uploads/2016/03/NatlGuideline_Suicide.pdf

The purpose of this practice guideline is to provide clinical practice recommendations for clinicians who encounter people 65 years of age and older who are at high risk for suicide because they are thinking about it, are planning it, or have recently tried to harm or kill themselves. (OPEN ACCESS)

Tool on Depression: Assessment and Treatment for Older Adults

http://www.nicenet.ca/files/Folding_NICE_depression_tool_combined.pdf

This brochure aims to guide health care professionals assess if their older adult patient is at risk of depression. It highlights recommended assessment options, diagnostic criteria, suicide risk, guidelines on when to treat, when to refer and monitoring and long-term treatment. (OPEN ACCESS)

Depression in the Elderly

<https://www.sciencedirect.com/science/article/pii/S0140673605666652?via%3Dihub>

The author provides a review of the available published work on diagnosis, pathophysiology, prevention and management of late-life depression. (OPEN ACCESS)

Pharmacotherapy of Depression in Older Adults

<https://www.healthplexus.net/files/content/2005/September/0808cme.pdf>

This article reviewed the literature and outlined basic therapeutic strategies. (OPEN ACCESS)

A Review of Brain Stimulation Treatments for Late-Life Depression

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4938011/pdf/nihms798934.pdf>

Considering the challenges with pharmacotherapy and the high incidence of treatment resistance in this population, brain stimulation treatments are an important clinical consideration. Given the concern of cognitive side effects the authors suggest that older adults should be included in future transcranial direct current stimulation and magnetic seizure therapy clinical trials. (OPEN ACCESS)

Depression in Older Adults

Bright Light Treatment Decreases Depression in Institutionalized Older Adults: A Placebo-Controlled Crossover Study

<https://academic.oup.com/biomedgerontology/article/56/6/M356/526433>

This study found that Geriatric Depression Scale (GDS) scores were positively correlated with months of institutionalization and that scores on the GDS decreased significantly during the 10,000 lux treatment. The authors concluded that this may be an effective nonpharmacological treatment for institutionalized older adults. (OPEN ACCESS)

The Efficacy of Electroconvulsive Therapy in the Treatment of Depression in the Elderly

<https://imed.pub/ojs/index.php/iam/article/download/1193/847/>

This publication overviews the evidence that was available at the time. (OPEN ACCESS)

Transcranial Magnetic Stimulation for Geriatric Depression: Promises and Pitfalls

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4473489/pdf/WJP-5-170.pdf>

The authors reviewed the evidence related to the safety and efficacy of repetitive transcranial magnetic stimulation (rTMS) in the elderly. (OPEN ACCESS)

Anorexia due to Depression in the Elderly from the Viewpoint of Primary Care

<https://www.journalmc.org/index.php/JMC/article/view/2794/2124>

The authors discuss how anorexia is one of the major symptoms of depression in the elderly. Many elderly patients visit primary care physicians prior to seeking psychiatric help and therefore greater awareness and screening in the primary care setting is needed. A case study is included and discussed. (OPEN ACCESS)

Clinical Depression in Diabetic Geriatric Population

<https://www.omicsonline.org/open-access/clinical-depression-in-diabetic-geriatric-population-2167-0870-1000e121.php?aid=59959>

In a study of nursing home residents with diabetes it was found that those of African American descent were three times more likely to be depressed than other races in the study. (OPEN ACCESS)

Antidepressants and Suicidal Behaviour in Late Life: A Prospective Population-Based Study of Use Patterns in New Users Aged 75 and Above

<https://link.springer.com/content/pdf/10.1007%2Fs00228-017-2360-x.pdf>

The investigators examined the associations between antidepressant use patterns and the risk of fatal and non-fatal suicidal behaviours in older adults who had initiated antidepressant therapy. (OPEN ACCESS)

A Systematic Review of Social Factors and Suicidal Behaviour in Older Adulthood

<https://www.mdpi.com/1660-4601/9/3/722/htm>

The aim of this review was to conduct a systematic analysis of studies with comparison groups that examined the associations between social factors and suicidal behavior (including ideation, non-fatal suicidal behavior, or deaths) among individuals aged 65 and older. (OPEN ACCESS)

Medically Serious and Non-Serious Suicide Attempts in Persons Aged 70 and Above

<https://www.mdpi.com/2308-3417/1/3/23/htm>

The aim of this study was to compare clinical and psychosocial characteristics of older adults aged 70 and over who attempted suicide. (OPEN ACCESS)