

# 노인 우울증의 진단과 치료

## Diagnosis and Treatment of Elderly Depression

696 - 6

Byoung Hoon Oh, M.D.

Department of Psychiatry

Yonsei University, College of Medicine

Severance Mental Health Hospital

E - mail : drobh@chollian.net

### Abstract

The diagnosis and treatment of elderly depression has gained growing importance because of its major impact on the patients's wellbeing, personal, social, and familial achievements. Depressive disorders are characterized by mood - affect, thought - cognition, psychomotor activity and somatic manifestations. Especially geriatric depression is more represented by thought - cognition and somatic manifestations. And it is also associated with comorbid mental or physical conditions that may lead to a decrease in life expectancy. Diagnosis of geriatric depression consists of history taking, laboratory, neurocognitive test, brain imaging technique and genetic study. As for its treatment, physical treatment such as pharmacological treatments, electroconvulsive therapy, and phototherapy have been emphasized but should also include psychosocial intervention such as supportive, family and cognitive - behavioral psychotherapy.

**Keywords :** Elderly depression; Diagnosis; Treatment

(WHO)

society)

(aged society)

(aging

가

ICD - 10

DSM - IV



- 1.
- 
- Tricyclics
    - Amitriptyline
    - Clomipramine
    - Doxepin
    - Imipramine
    - Nortriptyline
  - RIMA
    - Moclobemide
  - 5-HT<sub>2</sub> Receptor Blockers
    - Trazodone
    - Nefazodone
  - Selective NRI
    - Reboxetine
- 
- SNRI
    - Venlafaxine
  - SSRI
    - Fluoxetine
    - Fluvoxamine
    - Paroxetine
    - Sertraline
    - Citalopram
  - NASSA
    - Mirtazapine
  - Other
    - Mianserine
- 

diomil), amoxapine(asendin) trazodone(desyrel)  
 . Trazodone  
 TCA  
 가  
 (15).  
 3)  
 (Monoamine Oxidase Inhibitor : MAOIs)  
 Isocarboxazid(marplan) phenelzine(nardil)  
 . MAOI

serotonin

(12, 13)( 1).

가 MAOIs moclobemide  
 (16).

1)

(Tricyclic Antidepressants : TCA)

Amitriptyline(elavil) imipramine(tofranil)

가

가

4)

(SSRIs : Selective Serotonin Reuptake Inhibitors)

fluvoxamine, fluoxetine, sertra-

가 line, paroxetine

5-HT

TCA가

6 가

가

(17).

(14).

5) Bupropion

2) 2

1980

maprotiline(lu-

가

가 (18). 가 .

6) Venlafaxine (2).  
 , , 3) (Light Therapy)  
 . (19). . , ,

7) Nefazodone 'seasonal affective disorder'  
 ven- (SAD)' . 가  
 lafaxine . 2,500 lux full spectrum light  
 , 가 1~3 .  
 (20). 2~4 ~

8) Mirtazepine circadian rhythm (6).  
 4 가 ,  
 alpha2 4) (Sleep Deprivation Treatment)  
 . 1966  
 가 가 1~2  
 (2).

9)  
 Methyphenidate, dextroamphetamine 2.  
 가 ,

2) (Electroconvulsive Treatment) (brief  
 dynamic psychotherapy), (supportive psy-  
 chotherapy), (cognitive therapy),  
 (behavior therapy), 가 (marital and  
 family therapy)  
 가 가

가 . . . . .

가 (therapeutic drug monitoring, TDM)

가

(1, 2).

30

가

10

가 2~3

가

SSRIs fluoxetine, sertraline, paroxetine  
SSRIs TCA therapeutic index가 , 가

tianeptine, SNRI(vvnlafaxine), NaSSA(mirtazapine)

1980

1990

1. Blazer D. Depression in the elderly. *N Engl J Med* 1989 ; 320 : 164 - 6
2. American Psychiatric Association. Practice guideline for the treatment of patients with major depressive disorder (revision). *Am J Psychiatry* 2000 ; 157 : 1 - 45
3. . . . .  
*1998 ; 2 : 176 - 86*
4. . . . .  
*1999 ; 3 : 174 - 83*
5. Salzman C, Satlin A, Burrows AB. Geriatric psychopharmacology, In : Schatzberg AF, Nemeroff CB. eds. *Textbook of Psychopharmacology*, 2nd Edition. Washington DC : American Psychiatric Press, 1998 : 961 - 77
6. Baldwin R. Depressive disorders. In : Jacoby R, Oppenheimer C, eds. *Psychiatry in the elderly*, 3rd Edition. New York : Oxford University Press, 2002 : 627 - 76
7. Salzman C. Mood disorders. In : Coffey CE, Cummings JL, eds. *Textbook of geriatric neuropsychiatry*. Washington DC : American Psychiatric Press, 2000 : 313 - 28
8. Alexopoulos GS, Meyers BS, Young RC, Campbell S, Silbersweig D, Charlson M. The "vascular depression" hypothesis. *Arch Gen Psychiatry* 1997 ; 54 : 915 - 22
9. Kalayam B, Alexopoulos GS. Prefrontal dysfunction and treatment response in geriatric depression. *Arch Gen Psychiatry* 1999 ; 56 : 713 - 8
10. Alexopoulos GS, Meyers BS, Young RC, Kaloupek T, Gabrielle M, Hull J, et al. Executive dysfunction and long - term outcomes of geriatric depression. *Arch Gen Psychiatry* 2000 ; 57 : 285 - 90
11. Amado - Boccaro I, Gougoulis N, Poirier Litte MF, Galinowski A, Loo H. Effects of antidepressants on cognitive functions : A review. *Neurosci Biobehav Rev* 1995 ; 19 : 479 - 93
12. Schneider LS. Pharmacologic considerations in the treatment of late - life depression. *Am J Geriatr Psychiatry* 1996 ; 4(Suppl I) : S51 - 65
13. Flint A. Choosing appropriate antidepressant therapy in the elderly : A risk - benefit assessment of available agents. *Drugs & Aging* 1998 ; 13 : 269 - 80
14. Perry PJ. Pharmacotherapy for major depression with melancholic features : relative efficacy of tricyclic versus selective serotonin reuptake inhibitor antidepressants. *J Affect Disord* 1996 ; 39 : 1 - 6
15. Spina E, Scordo MG. Clinically significant drug interactions with antidepressants in the elderly. *Drugs Aging* 2002 ; 19 : 299 - 320
16. Rockwell E, Lam RW, Zisook S. Antidepressant drug studies in the elderly. *Psychiatr Clin North Am* 1988 ; 11 : 215 - 33
17. Stahl SM. *Essential psychopharmacology of depression and bipolar disorder*. New York : Cambridge University Press, 2000

18. Reding MJ, Orto LA, Winter SW, Fortuna IM, Di Ponte P, McDowell FH. Antidepressant therapy after stroke. A double-blind trial. Arch Neurol 1986 ; 43 : 763 - 5

19. Small GW. Treatment of geriatric depression. depression and anxiety 1998 ; 8(Suppl I) : 32 - 42

20. Nutt D. Early action of nefazodone in anxiety associated with depression. J Psychopharmacol 1996 ; 10(Suppl I) : 18 - 21

21. Nemeroff CB, DeVane CL, Pollock BG. Newer antidepressants and the cytochrome P450 system. Am J Psychiatry 1996 ; 153 : 311 - 20

( ) ?  
 ?  
 ?

**해답을 알려드리겠습니다**

**(02) 796 - 9413 ~ 5**

**醫師                      醫術**

月刊誌 月刊誌 學習誌	(媒體)
대한 의사협회는 .....	
· ·	
<p><b>商品</b></p>	

**(02) 796 - 9413 ~ 5**