

## FROM THE MOADD APP: DEPRESSION

THE MOADD MOBILE APP PROVIDES CLINICIANS WITH BEST PRACTICE GUIDELINES AND APPROACHES IN SUPPORTING INDIVIDUALS WITH CO-OCCURRING INTELLECTUAL, DEVELOPMENTAL AND BEHAVIORAL HEALTH DIAGNOSES. THE APP CAN BE DOWNLOADED FROM GOOGLE PLAY OR ITUNES, FOLLOW THE LINKS BELOW.

[Google Play Store](#)    [iTunes Store](#)

### DEPRESSION

Major Depression is episodic. Remission and relapse are common and part of the natural course of the illness. When developing an approach to the management of depression in a client with I/DD consider:

- biological and medical factors,
- psychological and social factors,
- unresolved trauma; and/or
- comprehensive intervention.

### RECOGNITION

A key principle of recognition for depression is a change in mental state, mood, and/or behavior. For individuals with I/DD, depression may be most often recognized through externally observed changes in level of functioning, motivation to engage in typical activities of daily life, enjoyment in previously enjoyed activities and/or changes in behavior that are maladaptive.

### TREATMENT APPROACH

Management of depression for an individual with I/DD must be tailored to the individual's communication and cognitive abilities as well as their interests and strengths.

Regardless of verbal/cognitive ability, treatment will likely include a combination of efforts to bolster environmental supports as well as encourage productive and prosocial activities.

### DATA

The pooled estimation of current and lifetime prevalence for adults with Autism Spectrum Disorder (ASD) were 23% and 37% for depressive disorders. Two-year incidence of depression in adults with I/DD is 7.2%. See MOADD App for citation.

### PSYCHOSOCIAL INTERVENTIONS

- Positive Behavior Support
- Cognitive Behavioral Therapy
- Support Psychotherapy
- In-home Therapeutic Support