7.1: Introduction

Learning Objectives

- Apply the nursing process to clients with depressive disorders
- Describe nursing assessments related to depressive disorders
- Identify common nursing problems/diagnoses related to depressive disorders
- Establish a safe environment
- Apply evidence-based practice when planning and implementing nursing care
- Describe common treatments for depressive disorders
- Identify appropriate referrals to community resources
- Evaluate the effectiveness of interventions
- Provide patient education to clients and their family members

Depression is a common illness affecting an estimated 8% of adults in the United States annually.\(^1\) Approximately 280 million people in the world have depression.\(^2\) This chapter will discuss causes and types of depression, treatments for depression, and steps for applying the nursing process when caring for clients with depressive disorders.

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