

Biological Rhythms as Key Mediators in Major Depressive Disorder: Implications for Symptomatology and Treatment

Tuesday, September 24, 2024 6:00 PM (10 minutes)

Major Depressive Disorder (MDD) is a complex mental health condition characterized by persistent feelings of sadness, loss of interest, and impaired daily functioning across cognitive, social, and occupational domains. Research has consistently highlighted dysregulation of biological rhythms in individuals with depression, exacerbating depressive symptoms and impairing overall functioning. This preliminary study aims to investigate the role of biological rhythms in the heterogeneous symptomatology of Major Depressive Disorder. The sample consisted of 53 MDD patients (34 male and 19 female) who underwent comprehensive neuropsychological evaluation. The results shown significant correlations between affective symptoms of depression (HDRS) and psychosocial functioning (FAST), as well as biological rhythms (BRIAN), particularly regarding sleep, activity, and social rhythms. Additionally, affective symptoms were associated with sleep patterns (PSQI), including latency, effectiveness, and subjective sleep quality. Moreover, biological rhythms appear to mediate the causal relationship between HDRS and FAST, serving as a partial mediator in the relationship between these two variables.

Understanding the complex interplay between depression and biological rhythms is crucial for developing more effective treatment strategies. Targeting interventions to restore circadian rhythm stability, such as light therapy, sleep hygiene practices, or pharmacological agents, may alleviate depressive symptoms and enhance overall functioning in individuals with MDD.

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No

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No

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