Chapter 6: Depressive Disorders

**Video Title:** Ketamine as a Treatment for Depression and Can Dosing with Psilocybin Treat Depression?
**Video URL:** <https://youtu.be/d5cHVqaHLIU> and <https://youtu.be/x_ggKsXBqWU>

**Run Time:** 4:05 and 5:39
**Source:** Healthcare Triage/YouTube
**Closed Caption Available:** Yes

Summary of Video:

Chapter 6 covers depressive disorders, include the various treatments for depression. While cognitive-behavioral therapy and anti-depressant medications are still some of the most widely used treatments, recent research has focused on the potential benefits of ketamine and psilocybin. The first video above provides a brief overview of ketamine treatment and the second reviews psilocybin. As you watch the two videos, please answer the following questions:

1. In order to be eligible for ketamine, what must a patient/client have tried before?

2. Ketamine has been shown to reduce depression overall. What particular symptom of depression, that is often difficult to target, is noted as especially responsive to ketamine?

3. Explain the theory that possibly contributes to why ketamine reduces symptoms of depression. What specific neurotransmitter is particularly important in how ketamine works?

4. What has made the research of psilocybin for depression especially difficult?

5. What changes in the brain are hypothesized to happen when a person is treated with psilocybin?

6. Researchers ***DO NOT*** suggest using psilocybin independently to treat yourself. Describe the typical course of treatment. Why do you think medical support is needed?

7. What is publication bias? Is this unique to psilocybin research or other types of research as well? How does this influence our data?

8. Based on the mixed research on psilocybin, what conclusions would you draw about the potential efficacy of psilocybin? What research and treatment recommendations might you make and why?