

Depression and hopelessness – similarities and differences

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Outline

- Depression vs hopelessness
 - Meanings of the terms
 - Definitions
 - Measurements
- Hopelessness vs depression in psychiatry in general
 - Predictor of suicide / suicidal ideation / negative health events
- Hopelessness vs depression in pall care
 - Predictors of wishes for hastened death
 - Construct validity – the Demoralization syndrome
- Part of the EPCRC work on depression in pall care
 - Improve assessment and classification of depression in pall care

Depression vs hopelessness I

- Hopelessness – *loss of meaning* - used differently
 - A diagnosis (N American Nursing Diagnosis Association 1987)
 - A symptom of depression (NIMH)
 - A subtype of depression – double depression
 - A model for development of depression
 - A risk factor for depression
 - A trait - pessimistic personality trait
 - A predictor of various negative health events
 - A state
 - A way of coping / mental adjustment
 - A colloquial term – an expectation of a negative future outcome

Depression vs hopelessness II

- Depression – *loss of pleasure* - is used as:
 - An affect – depressed mood
 - A disorder of affect – a syndrome as defined by the DSMIV / ICD-10
 - Partly a colloquial term – feeling down

The bulk of evidence – Publications in Medline

- Cancer & hopelessness: 94 articles
 - After year 2000: 56
- Cancer and depression: 918 articles
 - After year 2000: 498
- Refer to some selected publications

Definitions and measurement of hopelessness

- Different definitions
 - Pervasive pessimism about the future
 - Cognitive (negative expectations), affective (lack of faith, enthusiasm), motivational (inability to change) aspects
- Less variation in measurements
 - Uni-dimensional phenomenon: single & double items
 - Multidimensional phenomenon: Beck Hopelessness scale (BHS)
 - BHS: 20 items – 3 factors (cognitive, affective, motivational)
 - 3 factors questioned: 1 or 2 factors & fewer items

Beck Hopelessness Scale – some comments

- Published 1974
 - Predicts suicide / suicidal ideation
 - Developed in psychiatric populations
 - 20 true-false statements
- Limited face validity when used in palliative care
 - *I can't imagine what my life would be in 10 years*
 - *In the future, I expect to succeed in what concerns me most*
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- Item reduction when used in palliative care *Abbey, JG et al 2006*
 - 3 abbreviated versions (3-item 7-item, 13-item) tested
 - 7-item & 13-item outperformed the original in the prediction of suicidal ideation and desire for hastened death
 - New instrument presented here in Trondheim (*B Rosenfeld*)

DSMIV- criteria for depression vs NIMH

DSM IV -Criteria¹

Lowered mood²

Anhedonia²

Anorexia / weight loss

Insomnia / hypersomnia

Agitation / retardation

Fatigue

Feeling of guilt

Lowered concentration

Recurrent thoughts of death / suicide

NIMH <http://www.nimh.nih.gov/index.shtml>

-Persistent sad, anxious or empty feelings

-Loss of interest in activities or hobbies once pleasurable

-*Feelings of **hopelessness** and/or pessimism*

-Overeating, or appetite loss

-Insomnia, early-morning wakefulness, or excessive sleeping

-Irritability, restlessness

-Fatigue and decreased energy

-Feelings of guilt, worthlessness and/or helplessness

-Difficulty concentrating, remembering details and making decisions

-Thoughts of suicide, suicide attempts

-*Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment*

1: 5 or more criteria present for last 14 days and a change from previous functioning

2: One must be present

Hopelessness – a predictor of “negative health outcomes” in general

- Suicidal ideation / intent / attempts / completed suicide
 - In different psychiatric conditions
 - Independent predictor - controlled for the level of depression
 - In specific groups only? Elderly, somatically diseased...
- Other negative health-related events
 - Coronary disease, hypertension, discontinuation of life-prolonging treatments....
- Supports the differentiation between depression and hopelessness
 - But strength of evidence vary

Depression and hopelessness in pall care

- Three major directions in research:
- I. Hopelessness – predictor of wishes for hastened death
 - HM Chochinov et al
 - W Breitbart et al
- II. Demoralization
 - Concept – proposed as a syndrome including hopelessness
 - Measurement – development of a demoralization scale
 - DW Kissane, DM Clarke et al
- III. Development of new therapies
 - Focusing meaning and hope

Hopelessness - predicts suicidal ideation

- Included 200 palliative patients
 - Advanced cancers
- Two measures of depression
 - Structured interview and Beck Depression Inventory
 - Hopelessness & suicidal ideation by 2x2 single items
- By different correlation & regression analyses
 - Hopelessness a stronger predictor of suicidal ideation than depression
- A mediational hypothesis supported
 - Hopelessness=intervening variable between depression & suicidal ideation

HM Chochinov et al 1998

Hopelessness & wishes for hastened death

92 terminally ill cancer patients *Breitbart et al 2000*

- Two measures of depression + BHS
 - Main outcome: Schedule of attitudes toward hastened death
- Depression, depression severity + Hopelessness
 - Independent predictors of wishes for hastened death

224 patients at cancer centre - mixed cancers *Jones et al 2003*

- Two measures of depression + BHS
 - Main outcome: Schedule of attitudes toward hastened death
 - DHD more seldom than in palliative patients
- Depression + Hopelessness
 - Independent predictors of wishes for hastened death
 - Hopelessness the strongest – also the mediator
 - Moderate correlation depression and hopelessness

Demoralization scale – correlations *Kissane DW 2004*

Item	Factor 1 Loss purpose/meaning	BDI	PHQ	BHS	SAHD
Life no longer worth living	.83				
I'd rather not be alive	.80				
My life seems pointless	.76				
My role in life lost	.60				
No purpose of activities	.58				
Factor 1	-	.56	.61	.69	.66

BDI=Beck Depression / PHQ=PrimeMD / BHS=Beck Hopelessness / SADS= S Hastened death

Demoralization syndrome – proposed criteria

- Complaints of life' meaningless, pointlessness or loss of purpose
- Sense of pessimism, helplessness and stuckness in the predicament
- Loss of hope for improvement or recovery
- Associated isolation, alienation or lack of support
- Potential to develop suicidal thought or plans
- Phenomena persisting over more than two weeks

From hopelessness as a continuous phenomenon to a categorical disorder.

A disorder of hopelessness & meaningless.

In the absence of a depressive disorder? Hierarchical status?

DW Kissane 2008

A need for differentiation i.e. two constructs?

- The traditional concept of depression
 - Mood and affect - too narrow in palliative care?
 - Does not capture hopelessness and loss of meaning
 - Does not sufficiently predict wishes for hastened death
 - *Lloyd Williams et al 2008*
- Hopelessness – demoralization – different therapy
 - Dignity- conserving therapy
 - Meaning-centered therapy
- Reflections of different traits?
 - The concept of double-depression

Hope vs. hopelessness

- One dimension – or two dimensions?
- One dimension
 - Hopelessness = the absence of hope
- Two dimensions
 - Hope related to optimism
 - Hopelessness related to pessimism
 - Hopelessness = attachment to a form of hope that is lost
- At present unresolved

Conclusions

- Hopelessness and depression often co-occur
 - Both concepts used in different meanings - overlap
 - Reciprocal risk factors?
- Hopelessness and depression are different constructs
 - Hopelessness independent predictor of DHD
 - Construct validity of two constructs demonstrated
- Clinically meaningful differentiation – a need for a both terms? Yes
 - Wishes for hastened death
 - Demoralization syndrome – loss of meaning and purpose
 - Choice of therapy – dignity / meaning-centered therapy