

a series of fact sheets written
by experts in the field of liver
disease

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Important Note: If you have thoughts of suicide or hurting yourself or others, seek immediate professional help.

HCV and Mental Health: Medical Treatment for Depression

Lucinda Porter, RN

*Depression is a medical condition that can be treated. If you think you are depressed, talk to your doctor. He or she may be able to prescribe medication for you or suggest you see a specialist. The specialist may be a **psychiatrist**, which is medical doctor. Sometimes **psychotherapy** is recommended. Psychotherapy uses counseling tools to treat depression and other mental illnesses. Although some psychiatrists offer psychotherapy, patients may be referred to non-medical mental health professionals for this treatment. These can include psychologists, marriage and family counselors, licensed social workers or nurse specialists. These specialists are trained to help you talk about yourself and to find ways to manage your depression. Psychotherapy can be done individually or in a group. There are many types of psychotherapy and approaches vary widely. Shop around to find a therapist and style that suits you.*

Medication

Antidepressant medications are commonly used to treat depression. Some people have satisfying results with the first medication their doctor prescribes. If an antidepressant does not work well within a reasonable time, do not despair. There are different types of antidepressants, with new ones being introduced regularly. Try to be patient. Although it may be a frustrating process, the benefits can be astounding.

Caution: Liver problems have been associated with the use of nefazodone. These problems were significant enough that the manufacturer removed their product, Serzone (the brand name for nefazodone) from the market. Generic nefazodone is still available and should be avoided or used with extreme caution in patients with liver disease.

Antidepressant Side Effects

Antidepressant medications can cause side effects, usually these are mild, do not interfere with activities and often resolve over time. However, some side effects can be serious and those that are unusual, annoying or affect your activities should be reported to your doctor right away.

Common side effects include:

Headaches

Headaches may occur during the first one to two weeks, but usually go away soon after.

Nausea

Nausea can also occur during the first one to two weeks and usually resolves after a short time.

Nervousness

Nervousness may also occur early on and go away after a couple of weeks.

Agitation

Agitation, or a jittery feeling, occurs less frequently. Notify your doctor if it lasts longer than a day or two.

Sexual problems

Sexual problems may occur in both men and women. Although common, these are reversible. Tell your doctor if you experience any sexual problems after starting an antidepressant, as there may be ways for your doctor to help.

What to expect during antidepressant therapy

Antidepressants often take some time before they are effective. Some people may notice improvement in their depressive symptoms in the first one to two weeks, but, typically, the medications must be taken regularly for six to eight weeks before their full effect is felt. Antidepressants are usually prescribed for at least six to twelve months, but the length of treatment may vary.

Antidepressants are not “uppers” or “happy pills” and they are not addictive. In order to be used effectively, antidepressants need to be taken on a regular basis. If you miss a dose of the medication, take the next regularly scheduled dose; do not “double up” as this may cause increased side effects.

Important Note: Never stop a medication without talking to your doctor. Abruptly stopping an antidepressant can have serious consequences.

If you are taking antidepressants for depression associated with interferon treatment, you should work closely with a healthcare provider who is knowledgeable about hepatitis C and interferon treatment.

Important Note: Avoid alcohol, since it can worsen depression and may interact with antidepressants and reduce their effectiveness. Those with HCV should abstain from alcohol use.

All medications can cause allergic reactions. Tell your doctor about any allergies you might have.

Antidepressants can also interact with certain drugs or other conditions. Inform your doctor about any over-the-counter or prescription medications, drugs, or supplements you are using, since these may affect how the antidepressant works. Notify your doctor if you experience any unusual or worsening symptoms.

Although antidepressants are often very helpful and can significantly improve your symptoms and quality of life, treatment should be individualized. Studies have shown that the best results occur when antidepressants are used in conjunction with psychotherapy. However, you should discuss treatment options with your medical provider to find the best treatment for you.

Disclaimer: The diagnosis and treatment of psychiatric and other medical disorders requires a trained medical professional. Information contained in this factsheet is intended for educational purposes only. It should NOT be used as a substitute for professional diagnosis and treatment of any mental/psychiatric disorders. Please consult a medical professional if the information here leads you to believe you or someone you know may have a psychiatric or other medical illness.

Portions of this FactSheet are excerpts written by Lucinda Porter, RN and Eric Dieperink, MD which appeared in Coping with Depression and Hepatitis C published by the Hepatitis C Support Project. Permission to use granted by the authors.

Resources

Canadian Mental Health Services
www.cmha.ab.ca
328 Capital Place
9707-110 Street NW
EDMONTON, Alberta T5K 2L9
(780) 482-6576

Centre for Suicide Prevention (Canada)
Suite 320, 1202 Centre Street S.E.
Calgary, AB T2G 5A5
(403) 245-3900
www.suicideinfo.ca

National Alliance for the Mentally Ill (NAMI)
www.nami.org
Colonial Place Three 2107 Wilson Blvd., Suite 300
Arlington, VA 22201 (800) 950-NAMI (6264)

National Institute of Mental Health
www.nimh.nih.gov
Information Resources and Inquiries Branch
6001 Executive Boulevard Room 8184, MSC 9663
Bethesda, MD 20892-966
(866) 615-6464

National Mental Health Information Center
mentalhealth.samhsa.gov
P.O. Box 42557
Washington, DC 20015
(800) 789-2647



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www.hcvadvocate.org

**Below are just some of the publications and services
you can find at www.hcvadvocate.org:**

- HCV Advocate Monthly Newsletter (English/Spanish)
- HepCNews RSS Feed
- Educational materials in English, Spanish, French, Vietnamese, Russian, Tagalog and Chinese
- Medical Writers' Circle
- Hepatitis Journal Review
- Weekly News Review
- Disability & Benefits Column
- Hepatitis B information
- HIV/HCV Coinfection information
- Support Group Listings for USA, Canada and Elsewhere
- Links to Clinical Trials
- Links to other Helpful Organizations
- Event Listings
- Fact Sheet series: (English, French and Spanish)
 - *Easy C Facts
 - *Basics
 - *HCSP Fact Sheets

**For more information about hepatitis C, hepatitis B and
HCV coinfections, please visit www.hcvadvocate.org.**

• *hcspFACTsheet* •

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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