

Worried and Sad at the Same Time? — **UNDERSTANDING** MIXED ANXIETY AND **DEPRESSIVE DISORDER**

What is mixed anxiety and depressive disorder (MADD)?

Depression and anxiety are two different types of emotional distress, but they often occur together. When the symptoms are serious enough, one may be diagnosed of having anxiety disorder and depression at the same time. However, mixed anxiety and depressive disorder (MADD) is a more common case. It refers to the condition when both anxiety and depressive symptoms are present, but neither types of symptoms are of the severity that warrant a separate diagnosis on its own.

Individuals affected by MADD are distressed as those affected by anxiety or depression. Their work and daily life may be severely affected too.



How common is MADD?



MADD is the most common mood disorder in Hong Kong About 7% of the Hong Kong people are affected

What are the symptoms of MADD?

Since MADD consists of both anxiety and depressive symptoms, its symptoms are similar to that of anxiety disorder and depression but are less severe.



Physical

Easy to feel tired

recovery.

• Trembling and muscle tension

Emotional

Sleep

If you are experiencing similar situations, please consult a doctor or clinical psychologist for

professional assessments to receive necessary help or treatment. Earlier treatment is better for

Poor sleep quality most of the time,

may find it difficult to fall or stay asleep

- Persistent low mood and losing interest to previously enjoyable activities
- Being over-worried and find it difficult to relax



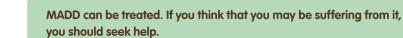
The therapist will first find out the



How to treat MADD?

B Psychological treatment

situation and come up with a treatment plan together with the affected individual. The individual will then be guided to understand the relationship between emotion, behaviour and cognition, modify negative ways of thinking step-by-step, and learn about stress and emotional management techniques. Through treatment, the individual will be able to build a healthier lifestyle.



A Medication

antidepressants.

After assessing the condition

may prescribe drugs such as

of the individual, the doctor

Wishing to help the affected person to recover?

You may:



Listen to the affected person more to show support



Encourage the affected person to receive treatment



Encourage the affected person to participate in social activities



Help the affected person to build a regular lifestyle

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and Depressive Disorder



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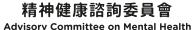
Call and consult these departments:

Hospital Authority Mental Health Direct 2466 7350











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