

DEPRESSION EVALUATION SERVICE

All inquiries and treatment records are
strictly confidential.

The content of this brochure has been approved
by the New York State Psychiatric Institute
Institutional Review Board.



Photograph by Eve Vagg

DEPRESSION EVALUATION SERVICE

***NEW YORK STATE
PSYCHIATRIC INSTITUTE***

Depression Evaluation Service-Uptown

*1051 Riverside Drive
Suite 3300*

New York, NY 10032

(212) 543-5734

www. depression-nyc.org

Email: desdesk@pi.cpmc.columbia.edu

*2 blocks west of the A, C and 1 trains at
168th Street Station*

M5 Bus Stop on Broadway

*1 block west of M4 Bus Stop on
Fort Washington Avenue*

Depression Evaluation Service - Midtown

1775 Broadway, Suite 1403

New York, NY 10019

(212) 316-2364

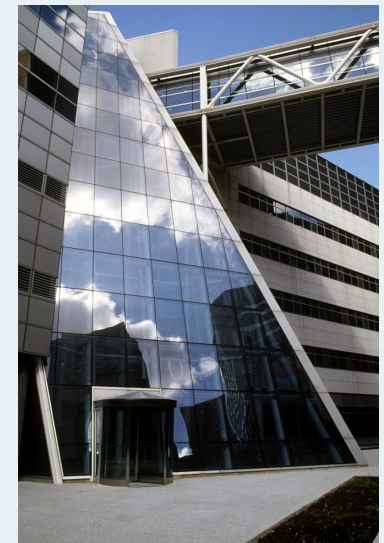
www.DepressionNY.com

Subway: 1, A, B, C, D, N, R

Depression Evaluation Service

NEW YORK STATE
PSYCHIATRIC INSTITUTE

In association with
Columbia University



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PURPOSE AND ORIENTATION

Through effective treatment of patient volunteers, the Depression Evaluation Service (DES) works to develop new scientific knowledge concerning the causes, diagnosis and treatment of mood disorders. Established in 1977, our outpatient treatment research program is nationally recognized for its research in the treatment of depression and has received numerous federally funded grants from the National Institute of Health. All of our physicians and psychologists hold faculty appointments at the College of Physicians and Surgeons of Columbia University, ensuring the excellent professional credentials of our staff.

PATIENT EDUCATION

After a brief telephone screening, interested patients have an interview with a staff clinician. The next appointment is with a research psychiatrist or psychologist for a comprehensive diagnostic evaluation. Treatment may be initiated for eligible patients at this time. All treatment is conducted by board certified psychiatrists specializing in the disorders we treat. Evening appointments are available after initial evaluation, although some studies require additional daytime appointments.

ELIGIBILITY

Men and women between the ages of 18 and 65 who suffer from depression and related disorders may be eligible. Eligibility is determined based on current and past medical and psychiatric history.

SOME AREAS UNDER ACTIVE INVESTIGATION AT THE DES

- *Chronic Depression*
- *Depression unresponsive to usual treatments*
- *Treatment of people with HIV/AIDS who have problems with persistent fatigue or depression*
- *Treatment of children or adolescents with explosive moods, anger, and marijuana use*
- *Atypical depression, that is, depression usually associated with weight gain and oversleeping*
- *Accelerated response to antidepressant medication*
- *Developing tests to predict response to antidepressant medication*

MEDICAL EVALUATION

Medical assessment is part of our comprehensive program. Study-related medical procedures, including electrocardiogram, routine blood tests, and physical examinations are done at no cost to patients who enter a treatment study. Patients in HIV studies have ongoing laboratory measures of immune status as well as standard blood tests.

FEES

All evaluation and treatment, including study procedures, psychiatric visits, and medication during the study are at no cost to patients.

INFORMATION

Please call (212) 543-5734 for additional information or to arrange a screening appointment. For HIV studies, please call Dr. Rabkin at (212) 543-5762.

SYMPTOMS OF DEPRESSION

- Loss of interest or pleasure in activities you used to enjoy, such as hobbies or sex
- Feeling unusually sad or irritable
- Sleep disturbance, e.g. trouble falling asleep, waking too early, or oversleeping
- Difficulty thinking, concentrating, or making decisions
- Changes in appetite or weight (increased or decreased)
- Feeling more tired than usual
- Feelings of guilt or worthlessness
- Restlessness or slowed activity
- Thoughts about suicide or death

If any of these symptoms seem to hit “close to home” for you, you might find it helpful to call.

As you embark on what may well be the journey to recovery, we hope you’ll keep FIVE KEY POINTS in mind:

1. Depression is not something you’ve brought on yourself.
2. It does not reflect a personal weakness or inability to cope.
3. It’s not something you can “just snap out of” by yourself.
4. Safe, effective medication is available.
5. A doctor can help.