

RECURRENT DEPRESSION – CASE STUDY

Patricia Luciana RUNCAN

Faculty of Sociology and Psychology,
 West University of Timisoara, Romania

ABSTRACT. In the following writing we have decided to offer a partial outlook above the social and psychological factors which caused the depression of Ms. C.E., aged 62 years. Ms. C.E. who is retired, lives at the countryside and she is widow. She is medium grounded and across the time she has been meteo-hydro technician expert. We chose to make a qualitative research, which had as method the semi-structured interview, and as work technique, the study. The qualitative research helps the research worker to get closer and closer to the truth and to have a holistic view about the studied phenomenon. The qualitative research gives a different view, which helps many times with the veracity of the studied phenomenon. The depression appeared in Ms. C.E. life at the age of 55, considerable affected the quality of her life by having the following effects: permanently sadness feelings, unhappiness and discouragement; permanently feelings of self tension; sleepless; little appetite; hardness to concentration and keeping the attention; lost of interest to the life surrounding, lost of feelings for friends and relatives; social isolation. As conclusions to the writing we can state that the depression was caused by the following factors: family tension; loss of health; forced retirement, before term; movement from city to country; loneliness. All this factors, independent sometimes, other times paired, brought this person into depression.

Keywords: recurrent depression, Axiar, Nicerium

PERSONAL INFORMATION: C.E.

- age: 62 years
- genre: feminine
- living environment: rural
- legal status with regard at marriage: widow
- present occupation: retired
- profession: meteo-hydrological technical expert
- studies: high school and technical school

second internment is at the Psychiatric Clinic "E. Pamfil" of Timisoara, Romania

HISTORY OF LIFE

Ms. C.E. was born in October 20th of the year 1945, in a modest family which was living in a village next to Timisoara. Her parents were farmers; her father was the only sustainer of the family. Ms. C.E. was the first child of the family, after that followed the birth of her 3 years little sister.

In her childhood, C.E. was loved by her parents and got along well with her sister. C.E. was a sociable person and happy but very off-hand, she was looking the company of other people and she enjoyed playing with them. At the age of 7, C.E. got through a vulnerable moment for her, when she saw her parents having sex. This moment remained in her memory until the present because of the image which remained in her mind but also the fact that she condemned her parents

HEALTH CONDITION

- Internment diagnosis: recurrent depression. Depressive and medium anxious episode
- used method in diagnosis: Hamilton Scales Anamnesis and MADRS
- treatment: only drugs
- internment: first internment was at Psychiatric Hospital of Gataia in 2003 (that year the illness had started);

because in her mind sex was associated with pregnancy. Actually, she knew and she felt every time her mother made curettage and she hated that.

The irascible behavior of her mother after the curettage was always reflected over her and her sister. This fact determined her to think that all sexual acts will be having as finality the curettage. The charge of this event followed her for the entire life.

After this moment, Ms. C.E. became more reserved and lonely, but only for a short period of time.

Until the age of 12 went to the school in her village, obtained good results and there were always differences between she and her sister with respect of school. C.E. was better student than her sister.

At the age of 12 she was sent by her parents to a boarding school in Ciacova and there she had continued her studies.

Until she finished high school she lived in Ciacova and she visited her parents only at weekends. All this time her study results continued to be good and the relationship with her parents started to be better than the period she stayed all the time with them at home.

After she finished high school, she leaves in Arad where she studies at Technical School of Hydrology and Meteorology, 2 years time. In this period she meets C.P., the one who will become her husband after finishing the Technical School.

The two of them were classmates and during this time the felt in love and decided to get married before receiving the repartition.

Also during the Technical School Ms. C.E. gets stomach ulcer, that was upsetting her for the entire life.

Ms. C.E. was 20 years when she got married and her husband was 25. After the wedding they both got repartition to a building site next to Bucharest.

The period on the building site begun with problems in their marriage life.

Sexual problems have showed since the beginning and they produced other problems too.

Ms. C.E. wasn't ready for sexual relationships and she had the persistent fear of

not getting pregnant and making a curettage as her mother did.

Her fear didn't save her of not getting pregnant, and only after a few months after marriage she got pregnant and at the age of 20 she suffered her first curettage followed by many others on her way to life.

After the first curettage Ms. suffered a lot and something inside her breaks and transforms her from a happy, sociable, optimistic person to a lonely, pessimistic and anxious person.

After a year of building site she moves with her husband to Timisoara, at an aunt and they both begin working on a building site in town. She got pregnant again and made a new curettage.

After this event she moves from Timisoara to Cebza at her parents where they succeed in a short time to build themselves a household.

At the age of 21 and a few months she gets pregnant again and this time they decide to keep the child. Before the baby was born there was a lot of pressure between them caused by the insufficient communication and the little time they spent together because her husband was working a lot more hours per day than his husband.

Because of the tension, when they were having a talk the husband throws a knife against Ms. C.E., she stood aside and the knife trusted into the closet.

Ms. C.E., pregnant with 8 months gets shocked of surprised she was and she couldn't believe her husband was capable to make that gesture. Although she suffered a lot because of this sad event, Ms. C.E. expects her husband to apologize but this won't happen.

At the age of 22 years, Ms. C.E. gives life to her first and last child. Then follows a period much more quiet for both of them and they give all their attention to raising their child and to their work activities. After the child turned 13, the 2 parents decide to leave from the rural environment and go back to Timisoara to be able to offer their child more opportunities.

The 2 of them buy a flat in Timisoara. After they moved to Timisoara the 2 parents got a job and they focused on their

professional activities, and the child followed the high school Loga and after that the Informatics Faculty of the West University from Timisoara. Ms. C.E. was also found of art and she preferred to go pretty often to the theatre.

Near the year of 1988, Ms. C.E. starts going to pentecostal church of Timisoara and after a few months she gets the baptize. Her husband and her son were against this decision and there will be a breakage between the three of them. After this moment Ms. C.E. husband begun to sleep less at nights and after three months and white nights, her husband gets ill and makes a first heart attack. He gets interned in the hospital but after the discharge from the hospital he makes the second heart attack. The greatest fact is that after the second heart attack Mrs. C.P. starts to recover but he enters to a falling-off of the health Ms. C.E. who needs go through a gall surgery. After this surgery, Ms. C.E. feels bad and starts to be aware to the fact that she had lost her health that she will never be the same and this thought, associated with her physical impotency throws her into depression. At the age of 55 years, MS. C.E. made her first depression because of the fact that she lost her health.

Because of these feelings, Ms. C.E. felt that she doesn't want anything; she only wants to rest although she couldn't sleep well at nights. She also loses her appetite and she doesn't want to talk to anyone. She was crying for everything, she had headaches, etc.

After a short period of time Ms. C.E. got early retired because of the fact that it was needed a reduction of workers in the institution she was working in. Ms. C.E. saw the retirement like a traumatic event she didn't felt prepared for. Suddenly she felt useless, without activity and without social status. That was the moment when together with her husband who was also retired decided to return in the village they first left years ago.

So, after the gall operation of Ms. C.E. and after the forced retirement she returned to the Cebza village. This movement was traumatic for Ms. C.E. because she and also her

husband were going to make a lot of physical work they were not used to with. Ms. C.E. also suffered a breakage at spiritual and social level because she had left the church from Timisoara which she was frequently visits and where she had many relatives. At the village she doesn't have friends and with her friends from Timisoara couldn't keep in touch.

Both husband and wife thought about this movement that was a change from good to bad but they didn't have the power to change anything, to go back in time because in 2002 her husband dies because of the liver cancer.

In 6 months after the death of her husband, Ms. C.E. made a second depression. In this 6 months time after the death of her husband and until she was interned in the Psychiatric Hospital from Gataia happened the following events:

- After a month from the sad event, Ms. C.E. has strong fights with her sister
- She also receives reclaims from her son, all kind of it and that his father died because of her changed faith too.
- She finds out that her mother gets the diagnosis of Alzheimer and slowly she couldn't communicate either with her.
- She is aware of the fact that she doesn't have the family support anymore and this throws her into desperation because for Ms. C.E. the family meant a lot and she felt good when she was with them.

All of these events associated with the death of her life partner whom Ms. C.E. say she loved a lot in her own way throws her into a second relapse and another spitalization to Gataia.

At the Psychiatric Hospital from Gataia she couldn't stay and be treated only for a week because her son came to the Hospital and got her out saying that his mother isn't crazy. Ms. C.E. continued the treatment for another 4 years because she realized that it helps her. In all this period from the moment she got out from Gataia and until now at her third relapse Ms. C.E. lived in the Cebza village and took care of her mother. But in this winter being alone with her mother with Alzheimer making the fire and without

anything to do Ms. C.E. felt that she couldn't make it anymore, that she couldn't handle the loneliness because she couldn't even talk with her mother because of the high level of her illness and because she couldn't go anywhere because she couldn't let her mother unsupervised, because of the fact that she couldn't go to the church, she falls apart by her son who visits her rarely she relapsed for the third time and this time she is interned at the Psychiatric Clinic „E. Pamfil” from Timisoara at March 18th 2008.

Ms. C.E. loses her appetite, lost pounds she gets scared not to do her mother's illness but she has also lost her living will in the present she feels she doesn't belong to anyone, she doesn't want to return to the village but she doesn't want to leave her mother alone because she is very ill. She struggles with a strong will but also impotence.

CARRING AND TREATMENT

- 4 years she only used only the treatment with “Efectim” but in present this treatment isn't working anymore.
- At the second internment it was used the treatment with: Axiar, Taver, Piracetam, Rameron, Rivoitril and Nicerium.
- the person was only treated with drugs

Support:

Family: the only relatives to the patient are her son, her sister and her mother. Ms. C.E. wasn't interested to support her because he can't understand why his mother suffers this way. He doesn't understand his mother illness and he doesn't know how to help her. In present he is 40, alone and unmarried and he doesn't have any solution to his mother's problem. Ms. C.E.'s sister for a long period she couldn't understand her and started to argue with her, she brought her criticism for the fact that she is not able to work in the garden. This created a lot of tension between the 2 of them and their relationship is very distant but still not broken. Ms. C.E.'s mother is in a very high level of her illness and

because of that she isn't able to communicate with anyone.

Friends. In present the patient hasn't got any friend. All her old friends were especially from the church and because of the movement to the village and the problems she confronted with she gave up keeping in touch with them.

Church. The relocation from the city to the village made her leave her church she was frequently visiting. Going to church helped her to having a better relationship with God and helped her to interact with other people. Her distance to church by moving to the village made her get apart from God too. In the present Ms. C.E. can't even to pray to God even though she desires a lot to do this.

THE ILLNESS IMPACT

The depression appeared at 55 affected in a big way the person's life, having the following symptoms:

- permanent sadness feelings, unhappiness and discouragement
- permanent tension feelings
- hardness to sleep
- loss of appetite
- difficulties to concentrate and keeping the attention
- routine activities made with big effort
- loss of interest to other people, lost of feelings for friends and relatives
- she persist into accusing her, she has ideas of guilty or sin
- more pessimistic about the future
- can be noticed a state of irascibility and irritability
- social retirement

Also, the person sustains that she feels insecure and misunderstood by her son and by the other people near her, too.

CONCLUSIONS

The depression was caused by the following factors:

- family tension
- loss of health
- forced retirement
- loss of the social status
- movement from town to village

- loss of her life partner
- loss of family support
- loneliness

All this factors, sometimes lonely or sometimes associated brought the person into depression.

The depression appeared at 55 based on this factors disturbed the person's life and had a lower satisfaction reporting her own life.

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