

Introduction for this Issue of Journal of Depression and Anxiety

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Introduction

We had one attractive Review, scientifically very important Original Article, and unique Case Report in the present issue of Journal of Depression and Anxiety. Dr. Granzlottin et al. reviewed the association between pain, especially pelvic pain in women, and depression viewing mainly from immune systems. It is well known comorbidity of depression and chronic pain is very high. Chronic pain decreases quality of life in depressed patients. It is well known that cancer patients with chronic pain become more depressed than those without chronic pain. Furthermore, several antidepressants relieve chronic pain with or without depressive symptoms. Cytokines such as interleukin-1beta and interleukin-6 are increased both in chronic pain and depression. Antidepressants for example tricyclic antidepressants and serotonin-norepinephrine reuptake inhibitors relieve both depression and pain via influencing the immune systems. This comprehensive review precisely explained the mechanisms molecules associated with chronic pain and depression.

The article by Dr. Thoeringer and Dr. Wotjak shed light on social support for reliving PTSD. This paper suggests that social support

and interaction with other people is very important and relieves the symptoms for PTSD. In addition, social isolation and withdrawal might worsen PTSD symptoms. In other words, appropriate psychotherapy must be important for treating patients with PTSD. Recently, pharmacotherapy is one of the popular treatments for PTSD. However, appropriate social support-oriented psychotherapy might be also useful for treating PTSD. Or, social support-oriented psychotherapy enhances pharmacotherapy efficacy.

Case Report by Sanches et al. investigated Social Anxiety Disorder and Joint Hypermobility in Brazilian University Students. Although the result was unfortunately negative, the theme is interesting and pockmarking. Other anxiety disorders such as panic disorder or generalized anxiety disorder might be related to joint hypermobility. Further research should be performed in this issue.

I assure the issue of Journal of Depression and Anxiety is useful and helpful for both clinicians and researchers who are interested in depression, pain, PTSD, and anxiety disorders. I hope that more articles will be submitted to the Journal, and this journal will become one of the high quality journal regarding depressive and anxiety disorders.

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Received January 17, 2014; Accepted January 20, 2014; Published January 24, 2014

Citation: Yoshimura R (2014) Introduction for this Issue of Journal of Depression and Anxiety. J Depress Anxiety 3: e104. doi:10.4172/2167-1044.1000e104

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