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## Towards a neurobiological view of depression

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# **Towards a neurobiological view of depression**

## **search for diagnostic biomarkers and alterations by electroconvulsive therapy**

- 1 If we would fully understand the pathophysiology of depression, we would be able to diagnose depression on the basis of physiological parameters.
- 2 Biomarkers may revolutionize psychiatry.
- 3 Instead of one disease, the term “Major Depressive Disorder” covers multiple disease entities with divergent underlying pathophysiology.
- 4 A major impediment to studying the pathophysiology of depression is the lack of valid animal models for depression.
- 5 The past decades have seen a fast increase in knowledge on electroconvulsive therapy-induced changes in brain and periphery. It is now important to focus on which of those changes are instrumental for its antidepressant effects.
- 6 Inflammation is a physiological process. Only when out of control it causes disease.
- 7 Short-term neuroimmune activation contributes to the antidepressant effect of electroconvulsive therapy.
- 8 Accidental findings are often the most interesting.