



Anxiety, Depression and SPD

Although there is still much to be learned about anxiety and depression, new research is emerging that indicates sensory strategies can be useful in the treatment of these difficult diagnoses. Most likely, this is because certain forms of sensory input increase the level of serotonin in the brain. Serotonin is the important feel-good neurochemical that is increased by most antianxiety and antidepressant medications.

Another factor to consider is that anxiety and depression are common side effects of Sensory Processing Disorder. In some cases, once the underlying sensory processing issues are addressed through appropriate interventions, anxiety and depression are alleviated.

If you or a loved one suffer from anxiety or depression, do not hesitate to consult with your doctor or psychiatrist. Also, print out our “Sensory Symptoms Checklist” and see if a sensory processing issue may be the underlying cause of your anxiety or depression. A combination of medication and the use of sensory strategies may be an effective treatment course for you.