DEPRESSION IS A REAL ILLNESS

by:

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All of us are experiencing sadness. Sadness is a normal reaction in difficult times and passes with a little time. A person having a depression interferes with his/her daily life and normal functioning. It causes pain to both, person with depression and to those who care about him/her, this condition “depressive disorder,” or “clinical depression,” called by the Doctors. It is a real illness not a sign of a person’s weakness or a character flaw. You can’t “snap out of” clinical depression. People experience depression need treatment to get them better.

Depression is a mental health disorder specifically, a mood disorder characterized by persistently low mood in which there is a feeling of sadness and loss of interest. It is a persistent problem, not a passing one - the average length of a depressive episode is 6-8 months. It is different from the fluctuations in mood that we all experience as a part of a normal and healthy life. Emotional responses to the challenges in daily life do not constitute depression. Even the feeling of grief resulting from the death of someone close is not a depression if it does not persist. Depression can be related to bereavement known as "complicated bereavement" by psychologist

**Signs and Symptoms**

Only a small part of depression is sadness but some people with depression do not feel sadness at all. The following signs and symptoms for at least 2 weeks: 1. Persistent sad, anxious, or “empty” mood, 2. Feelings of hopelessness, pessimism, 3. Feelings of guilt, worthlessness, helplessness 4. Loss of interest in hobbies and activities 5. Decreased energy, fatigue, being “slowed down”, 6. Difficulty concentrating, remembering and making decisions, 7. Difficulty in sleeping, early-morning awakening, and oversleeping,
8. Appetite and/or weight changes, 9. Thoughts of death or suicide and suicide attempts, 10. Restlessness and irritability, 11. Persistent physical symptoms and 12. Factors That Play a Role in Depression.

Genetics, brain biology and chemistry, and life events such as trauma, loss of a loved one, a difficult relationship, an early childhood experience, or any stressful situation play a role in depression. It can happen at any age, but often start in the teens or early 20s or 30s. It can co-occur with other serious medical illnesses such as diabetes, cancer, heart disease, and Parkinson’s disease. Depression makes these conditions worse and vice versa.

Types of Depression

Several types of depressive disorders: a. Major depression: occur only once in a person’s lifetime and b. Persistent depressive disorder: occur at least 2 years.

How Depression is Treated

A health professional should conduct a thorough diagnostic evaluation, including an interview and possibly a physical examination, before a diagnosis or treatment. A blood test might do to make sure the depression is not due to a disease like a thyroid problem and to identify symptoms, medical and family history, cultural and environmental factors arrive a diagnosis.

Psychiatrists recommended patients continue to take medication for six or more months after symptoms have improved. Longer-term treatment may be suggested to decrease the risk of future episodes for certain people at high risk.
References:

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