

Depression

Sadness, SAD, Gloominess, Anxious, Suicide, Helpless, Worthless, Irritable, Despair, Misery, Crying, Insomnia, Ashamed, Sorrow, Melancholy, Despondency, Behavior, Mood, Emotion, Hopeless, Health, Mental, Doctor, Restless, Medication, Expression, Fatigue, Therapy, Grief, Manic, Anti-social, Disorder

Depression

- Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.
- Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed.
- It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Signs and symptoms

- Depressed mood
- Reduced interest or pleasure in activities previously enjoyed, loss of sexual desire
- Unintentional weight loss (without dieting) or low appetite
- [Insomnia](#) (difficulty sleeping) or hypersomnia (excessive sleeping)
- Psychomotor agitation, for example, restlessness, pacing up and down
- Delayed psychomotor skills, for example, slowed movement and speech
- [Fatigue](#) or loss of energy
- Feelings of worthlessness or guilt
- Impaired ability to think, concentrate, or make decisions
- Recurrent thoughts of death or suicide, or attempt at suicide

Depressive Ideation/cognition

There are three common types of depressive ideas.

- **Hopelessness (there is no hope in the future).**
- **Helplessness (no help is possible now).**
- **Worthlessness (feeling of inadequacy and inferiority).**

Physical symptoms

- **Multiple physical symptoms – such as heaviness of head, vague body ache.**
- **Complaints of reduces energy and easy fatigability.**

Causes

- Biological/Genetic factors
- Environmental
- psychological and social (psychosocial)
- Life events
- Personality
- Childhood trauma
- Chronic pain syndromes: [diabetes](#), chronic obstructive pulmonary disease

Management

SOMATIC TREATMENT

- Antidepressants
- Electroconvulsive therapy (ECT)
- Lithium (LI)
- Antipsychotics
- Other mood stabilizers- Sodium valporate, Carbamazepine and Oxcarbazepine, Benzodiazepines, Lamotrigine, T3 and T4

PSYCHOSOCIAL TREATMENT

- **Cognitive behavioral therapy**
- **Interpersonal therapy**
- **Psychoanalytic psychotherapy**
- **Behavior therapy**
- **Group therapy**
- **Family and Marital therapy**

Types of depression

- Unipolar and bipolar depression
- Major depressive disorder with psychotic features
- Postpartum depression
- Major depressive disorder with seasonal pattern

"How are you?"

Confused; Betrayed
Useless
Broken

Never good Enough

Fragile; Anxious

I'm falling apart and
you don't notice it

Pathetic; Annoying

Rejected
Lonely
Defeated