



**Libyan International Medical University
Faculty of Basic Medical Science**



Major Depressive Disorder

Submitted by: Ahmed Abdulla Salah (1469)

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Supervisor: Dr. Fatma

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Abstract:

Major depression disorder is most common mental disorder and it can be diagnosed as unipolar and if left untreated it will lead to bad complication like suicide.

Introduction:

Major depressive disorder (MDD), also known simply as depression, is a mental disorder characterized by at least two weeks of low mood that is present across most situations. It is often accompanied by low self-esteem, loss of interest in normally enjoyable activities, low energy, and pain without a clear cause. People may also occasionally have false beliefs or see or hear things that others cannot. Some people have periods of depression separated by years in which they are normal while others nearly always have symptoms present. Every year, approximately 800,000 people aged between 15 and 29 die.

Discussion:

Depression affects more than 350 million people of all ages in all societies **around the world**. According to World Health Organization (WHO) reports, depression has become the fourth leading cause of premature death and disability worldwide since 2001 and is expected to become the main cause of many diseases by 2030.

The most common time of onset is in a person in their 20s and 30s. Females are affected about twice as often as males.

The most recent medical report published by the WHO Clinical Psychiatry in 2013, is of great concern, with the Middle East leading the list of depression, especially with more than 75% of people in developing countries, as a whole, who do not receive adequate treatment for this annoying disease, **in Middle East specifically** which included Saudi Arabia, the United Arab Emirates, Egypt, Lebanon and Syria, found that these countries collectively lost more than 1 million years of age. Because of depression regardless of age group, Egypt was the first to lose more than half a million years. Saudi Arabia ranked second with more than 201,000 years, Syria ranked third with more than 156 thousand years, then the UAE ranked more than 39 thousand years, and finally Lebanon more than 37 thousand years regardless of the age group.

Conclusion:

Major depression disorder is most common mental disorder and is widespread in the world and in the middle east and if left untreated it will lead to bad complication like suicide, it occupies the fourth rank as the most disorder leads to death.

References:

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