

What Is Depression

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.(sleeping,eating and working).
To be diagnosed with depression, the symptoms must be present for at least two weeks. 1

Types Of Depression

The 5 major type of Depression.

- _Major depression disorder.(MDD).
- _Chronic depression (persistent deoression disorder).
- _Seasonal affective disorder.
- _Psychotic depression.
- _Bipolar depression. 1

Symptoms of Depression

- _Persistent sad.
- _Feelings of hopelessness, or pessimism.
- _Feelings of guilt, worthlessness .
- _Decreased energy.
- _Moving or talking more slowly.
- _Feeling restless or having trouble sitting still.
- _Difficulty concentrating, remembering, or making decisions.
- _Difficulty sleeping.
- _Weight changes.
- _Thoughts of death or suicide.
- _Ches or pains, headaches, cramps, or digestive problems without a clear physical cause. 1

Risk factors

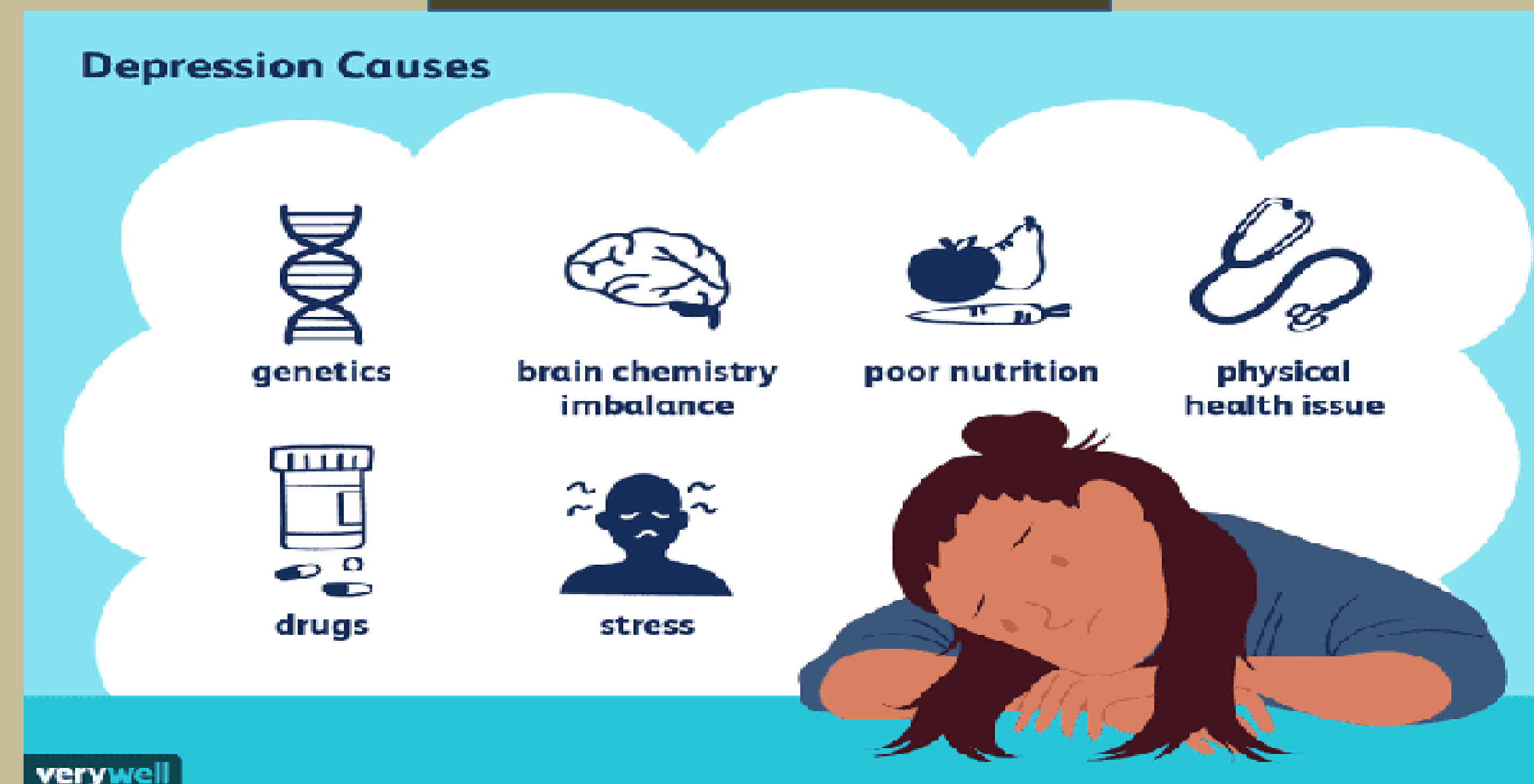


Figure 1:shows causes of depression.

Major Depression disorder

Major depression is one of the most common mental disorders in the United States.
It causes severe symptoms that affect how you feel, think, and handle daily activities. 2

Past Year Severity of Major Depressive Episode Among U.S. Adults (2016)

Data Courtesy of SAMHSA

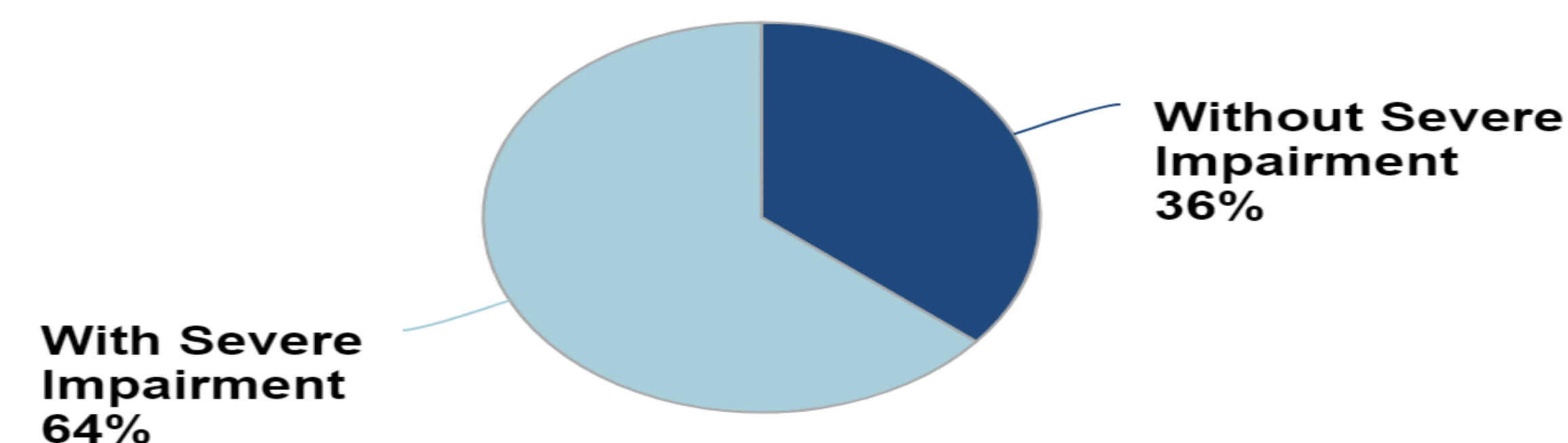


Figure 2 shows overall past year prevalence of major depressive episode with and without severe impairment. Of adults with major depressive episode, 64% had severe impairment.

References

- 1_DEPRESSION Introduction,Types and symptoms (online) Available at:
https://www.webmd.com/search/search_results/default.aspx?query=depression.
- 2_Treatment,risk factors (MDD) (online)Available at:
<https://www.nimh.nih.gov/health/topics/depression/index.shtml>.

Treatment

ANTIDEPRESSION

helping brain circuits that regulate mood work more .
The most common types of antidepressants work by increasing levels of serotonin in the brain. Serotonin helps transmit messages from one area of the brain area to another. 2

Past Year Treatment Received Among Adults with Major Depressive Episode (2016)

Data Courtesy of SAMHSA

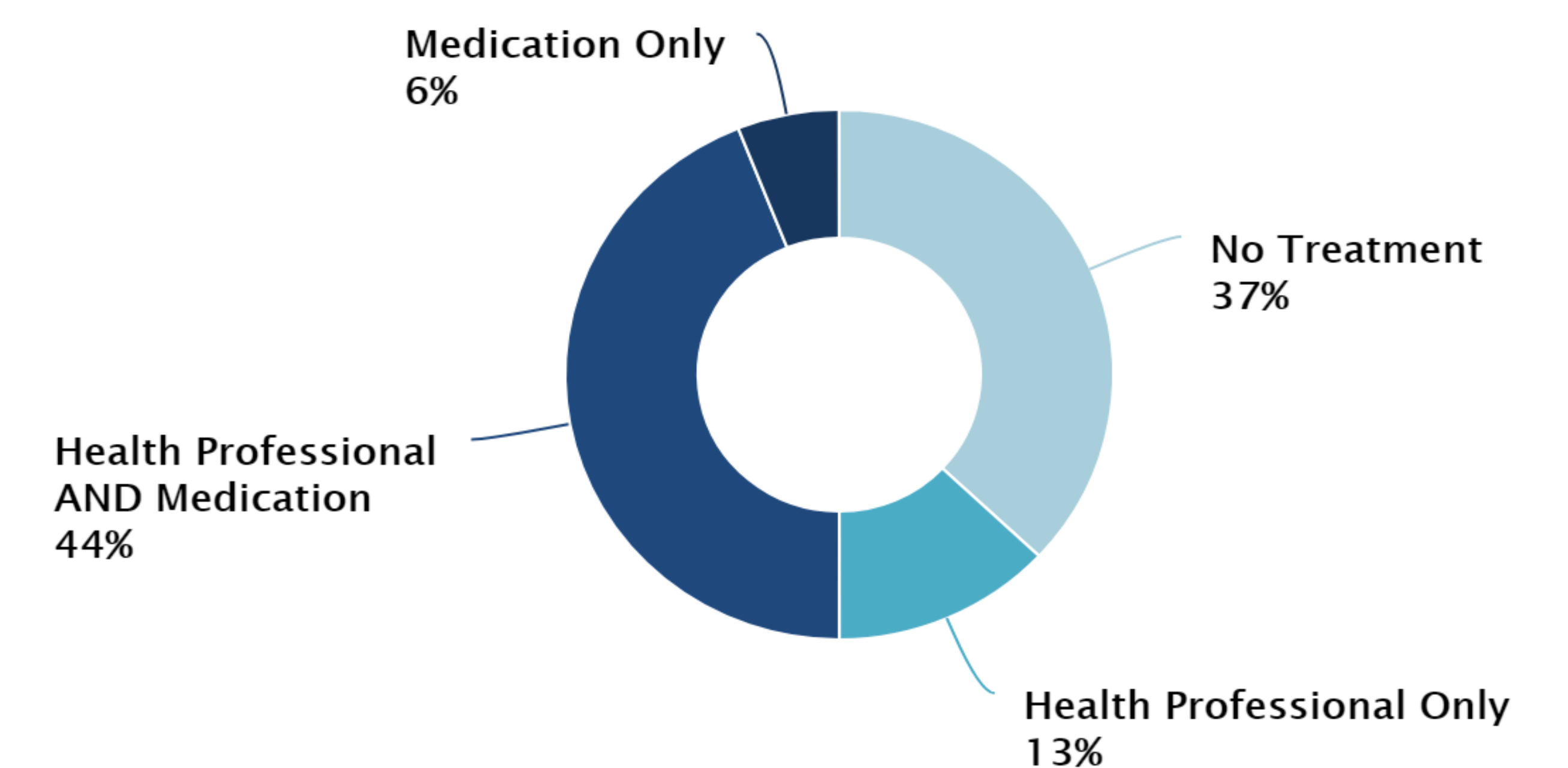


Figure 3 shows the past year prevalence of major depressive episode among U.S. adolescents in 2016.

Conclusion

Depression is one of the most common conditions in primary care.

A 300 million people around the world have depression, according to the World Health Organization.

After 3 to 4 years the DEPRESSION well be most common disease in the world.