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Depression is a complex mental health condition that can significantly impact a person's quality of life. It is characterized by persistent feelings of sadness, loss of interest in activities, changes in appetite and sleep patterns, and a general sense of hopelessness. Depression can affect people of all ages and backgrounds, and it is often recurrent. The condition is caused by a combination of biological, psychological, and environmental factors. Biological factors include imbalances in neurotransmitters like serotonin and norepinephrine. Psychological factors involve negative thought patterns and stress. Environmental factors include trauma, loss, and social isolation. Depression is diagnosed based on specific criteria, and treatment typically involves a combination of medication and psychotherapy. Medications like antidepressants help regulate neurotransmitter levels, while therapy helps individuals understand their thoughts and behaviors. Support groups and lifestyle changes, such as regular exercise and a healthy diet, can also be beneficial. It's important to seek professional help if you or someone you know is experiencing symptoms of depression, as early intervention can lead to better outcomes.

In the last few years it has become apparent that major depressive disorders often undergo a chronic and recurrent course. Early effective intervention can increase likelihood a good long-term prognosis. Critically considered the main treatment options for patients without responding to antidepressant therapy, and the relative benefits of each. These include replacing one antidepressant with another, and increasing/combination in which a second antidepressant is added to the first. Particular attention is paid to the role of triiodothyronine (T3) in substitution therapy. The theoretic justification for the use of the enlargement/combination procedure and its relative advantages and disadvantages compared to substitution therapy is considered critically. Muller TI, Keller MB, Leon AC, Solomon DA, Shea MT, Coriell W, Endicott J. Recovery after 5 years of relentless underlying depressive disorders. Arch Gen Psychiatry. 1996 Sep;53(9):794-799. 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Triyodthyronine increased in the treatment of fire-resistant depression. Meta-analysis. Arch Gen Psychiatry. 1996 Sep;53(9):842-848. (PubMed) (Google Fellow) Page 2Supplementary MaterialsArticles from the Journal of Psychiatry and Neuroscience : JPN provided here courtesy of the Canadian Medical Association Canadian Network for Mood and Anxiety Treatment (CANMAT) is a network of academic and clinical leaders in depressive, bipolar and anxiety disorders. CANMAT produces resources, including treatment guidelines, for physicians, patients and the public to improve clinical care. CANMAT published clinical recommendations for managing depression in 2009, and in 2016 published an updated version. The recommendations contained in the guidelines are based on systematic, peer-reviewed literature. To access the articles, visit Consumer version of this guide, choice-D Patient and Family Depression Treatment Guide is now available for free to individuals. Pratt LA, Brody DJ. 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