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Depression: A disease that involves body, mood and thoughts, and that affects how a person eats, sleeps, feels about himself, and thinks about things. Depression is not the same as passing a blue mood. This is not a sign of personal weakness or a state that you might wish off. People with depression can't just pull themselves together and get better. Without treatment, symptoms can last for weeks, months or years. Appropriate treatment, however, can help most people with depression. Signs and symptoms of depression include loss of interest in activities that were once interesting or enjoyable, including sex; loss of appetite, with weight loss, or overeating, with weight gain; Loss of emotional expression (flat impact), constantly sad, anxious or empty mood; a sense of hopelessness, pessimism, guilt, futility or helplessness; Social conclusion unusual fatigue, low energy, a feeling of slowing down; sleep disturbance and insomnia, early morning awakening or falling asleep; Problems with concentration, memorization or decision-making; Unusual anxiety or irritability; constant physical problems such as headaches, digestive disorders, or chronic pain that do not respond to treatment, and thoughts of death or suicide or suicide attempt. The main types of depression are called depression, dysthymia and bipolar disease (human-depressive disease). CONTINUE SCROLLING OR CLICK HERE FOR FOR SLIDESHOW Depression is a(n) . See the answer of The Grey Rain of Horror, author William Siron memorably called depression. Mood disorder can come down seemingly out of nowhere, or it can come on the heels of defeat or personal loss, producing persistent feelings of sadness, futility, hopelessness, helplessness, pessimism or guilt. Depression also interferes with concentration, motivation and other aspects of daily functioning. According to the World Health Organization, depression is the leading cause of disability worldwide. Worldwide, more than 300 million people of all ages suffer from this disorder. And the incidence of the disorder is increasing all over the world. Depression comes in forms ranging from severe depression to dysthymia and seasonal affective disorder. Depressive episodes also feature bipolar disorder. Depression is a complex condition involving many body systems, including the immune system, either as a cause or effect. It disrupts sleep and interferes with appetite; In some cases, this leads to weight loss; in others, it promotes weight gain. Depression is also often accompanied by anxiety. Studies show that these two conditions not only overlap, but also intersect in patterns of vulnerability. Because of its complexity, a full understanding of depression was elusive. Researchers some evidence that susceptibility to depression depression to a diet like directly through insufficient intake of nutrients such as omega-3 fats, and indirectly, through a variety of bacteria that inhabit the intestines. But depression involves mood and thoughts as well as the body, and it causes pain both for those who live with the disorder and those who care for them. Depression is also increasingly common in children. Even in the most severe cases, depression is very treatable. The condition is often cyclical, and early treatment can prevent or prevent recurring episodes. Many studies show that the most effective treatment is cognitive behavioral therapy, which solves problematic patterns of thinking, with or without the use of antidepressants. In addition, evidence quickly accumulates that regular mindfulness meditation, alone or in combination with cognitive therapy, can stop depression before it begins with a decrease in reactivity to sad experiences, effectively allowing you to disassociate attention from repetitive negative thoughts that often set off a downward spiral of mood in motion. For more help about causes, symptoms and treatment of depressive disorders, see not everyone who is depressed experiences all the symptoms. Some people experience several symptoms, some many. The severity of symptoms varies between people and over time. Depression often involves a constant sad, anxious or empty mood; a sense of hopelessness or pessimism; and guilt, futility or helplessness. This can also include loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex. Reduced energy, fatigue, or a sense of being slowed down are also common, like anxiety, irritability, and difficulty concentrating, remembering, or making decisions. Many with depression have thoughts of death or suicide. People with depression may experience sleep disorders (insomnia, early morning awakening or falling asleep) and in eating behavior (changes in appetite, weight loss or increase). Persistent physical symptoms can include headaches, digestive disorders, and chronic pain. The article continues after the advertisement There is no single known cause of depression. Most likely, it is the result of a combination of genetic, biological, environmental and psychological factors. The main negative experiences - trauma, loss of a loved one, difficult relationships or any stressful situation that overwhelms the ability to cope - can cause a depressive episode. Subsequent depressive episodes can occur with or without an obvious trigger. Depression is not an inevitable consequence of negative life events, however. Studies are increasingly showing that only when such in the movement of excessive reflection and negative thinking patterns, especially about yourself, that mood enters a downward spiral. Research using brain imaging technologies, such as how Resonance imaging (MRI) shows that the brains of people with depression look different than people who don't. Specifically, the parts of the brain responsible for regulating mood, thinking, sleep, appetite and behavior seem to function abnormally. It is unclear what changes seen in the brain may be the cause of depression, and what may have an effect. Some types of depression tend to work in families, suggesting that there may be some genetic vulnerability to the disorder. Depression, even in the most severe cases, is a highly treatable disorder. As in many other diseases, the earlier treatment begins, the more effective it can be and the more likely it is that a relapse can be prevented. Appropriate treatment of depression begins with a doctor's examination. Some medications, as well as certain medical conditions such as viral infections or thyroid disorders, can cause the same symptoms as depression and should be ruled out. The doctor should ask about the use of alcohol and drugs, and whether the patient has thoughts of death or suicide. Once diagnosed, a person with depression can be treated in several ways. The most common treatments are drugs and psychotherapy. Many studies show that cognitive behavioral psychotherapy is highly effective, alone or in combination with drug therapy. Psychotherapy addresses thinking patterns that precipitate depression, and studies show that it prevents recurrence. Drug therapy often helps in alleviating symptoms such as severe anxiety, so that people can participate in meaningful psychotherapy. Depression usually takes one of two main forms. Unipolar depression is what most people mean when they talk about depression - a relentless state of sadness, apathy, hopelessness and loss of energy. Sometimes it is called severe depression. Bipolar depression, or bipolar disorder, is a condition marked by periods of depression and periods of high-energy mania; people swing between the two poles of mood states, sometimes for days and sometimes for years, often with stable periods in between. The birth of a child can cause mood swings or crying spells in subsequent days or weeks, the so-called baby blues. When the reaction is more severe and prolonged, it is considered postpartum depression, a condition requiring treatment as it may interfere with the ability of parents to care for the newborn. Depression can also occur seasonally, primarily during the winter months, when sunlight is scarce. Known as seasonal affective disorder, or SAD, it is often washed by the daily effects of certain types of artificial light. Suicidal often coincide with depressive episodes, so it is important to be aware of the signs if you or a loved one are experiencing any prolonged mood disorders. Americans are very concerned about happiness, but we are increasingly About 15 million Americans are fighting unrest, and an increasing number of them are young people. Mental suffering is hard for your health: People suffering from depression have a three times the risk of experiencing a heart event. But in fact, depression affects the whole body. This weakens the immune system, increasing susceptibility to viral infections and, over time, perhaps even some cancer-strong arguments for early treatment. It also interferes with sleep, adding to feelings of lethargy, exacerbating problems of focus and concentration, and generally undermines health. Those who suffer from depression also experience higher rates of diabetes and osteoporosis. Sometimes depression manifests itself as a constant low mood, a condition known as dysthymia, which is usually characterized by years of periods of low energy, low self-esteem, and little ability to experience pleasure. Everyone experiences a casual blue mood. However, clinical depression is a more common experience of recurring negative rumination, gloomy prospects, and lack of energy. This is not a sign of personal weakness or a condition that can be swas or wished away. People with depression can't just pull themselves together to get better. It doesn't help that modern life carries growing pressure. Particular attention is paid to early childhood achievements through free play, the cultural transition from direct social contacts to electronic communication, and a focus on material wealth through a wealth of experience and social contacts. Everyone plays a role. However, there is some evidence that, painful as depression, it can serve a positive purpose, bringing with it ways of thinking that force those who suffer to focus on problems as a prelude to solving them. In fact, some researchers suggest that depression can help push a person to a much-needed self-awareness. Next: Signs and Symptoms of Depression The new app helps users see their habits of non-adaptive thinking in real time and learn to overextend ambiguous situations. Such an application can be a useful addition to CBT. This is where artists like Rufus can be so powerful in helping people interact with, resist, and express negative emotions. Politicians who interfere with the clock contrast us with our natural circadian rhythm. Sunlight adjusts the body clock, so go for a morning walk. Joseph E. Davis Ph.D. October 18, 2020 in our new language of discontent disorder, with its implicit biology, can mislead people about the nature of their suffering. Keeping free of it will contribute to richer reflection. The language of disorder, with its implicit biology, can mislead people about their suffering. Keeping free of it will contribute to richer reflection. What do you absolutely need if you suffer from migraines and or chronic diseases? When miscarriage occurs, as it was recently for Chrissy Teigen and John Legend, Ofehen, may feel like your body has betrayed you. Anthony D. Smith LMHC October 16, 2020 in Up and Running Despite retirement and grandchildren, some seniors are deprived of the pleasure of depression that can be hidden in plain sight. Identify the signs, and help bring the shine back to your golden years. Despite retirement and grandchildren, some older people are deprived of the pleasure of depression, which can be hidden in plain sight. Identify the signs, and help bring the shine back to your golden years. Years. definition of depression in psychology pdf. definition of depression in psychology with reference. operational definition of depression in psychology. definition of major depression in psychology

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