

Depression Disorder

Is common mood disorder it's serious mental illness that affects how a person feel, think, and act

Depression causes feeling of:

There's no one reason for depression

Reasons:

Family history there is no specific gene but if family members have had depression other generation are like to experience depression

2 illness and health issues such as chronic diseases

Life style

Or issues like ;

Menstrual cycle

Menopause

Low blood sugar

Sleep problems

Medication

Drugs

Alcohol

Personality (worries. Stress. Low self esteem

Other reasons

Life events

Stress at work

Isolation

Divorce

Unemployment

Death of loved one

Other

Chemical of the brain (serotonin and noradrenaline)

Types :

Major depressive

MDD) is characterized by:

Depressed mood

Lack of interest activities

Change in weight

Change in sleep

Fatigue

Feeling of worth lessens

Feeling of guilt

Difficulty in concentrating

Thought of death and suicide

2 Persistent Depressive disorder (PPD) Dysthymia

3 Postpartum depressive disorder (PPD)

4 Bipolar disorder

Known as manic depression because person mood change of mania (height) to depression (low) the change may last of hours days weeks or months

Low mood characterized by

Crying

Low appetite

Feeling of guilt

Lack of concentration

Pain

Suicide

High mood characterized by

Optimistic

Self confidence

Irritability

Aggression

Grandiose thought

In severe depression delusions and hallucinations

Treatment

1 antidepressant

2 for people who suffer severe depression or psychosis may use brain stimulation like (ECT)

Psychological treatment

It called psycho therapy

Such as :cognitive behavioral therapy (CBT)