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Depression - A Review

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Abstract

Depression is a disorder dominating our thoughts, mood, emotions, behavior, and physical and mental health. We all sometimes feel lonely and nostalgic. This feeling is part of the natural feelings of every human being; but depression refers to a lasting mood of sadness, with a clear reduction of enjoyment of all kinds of activity, which often persists and can affect many aspects of one's life. New perspectives on the causes of depression reveal shortcomings in two areas of emotional empowerment: on the one hand, inhibitions related to establishing relationships with others, on the one hand, a discouraging way of interpreting and barring the existing obstacles in this way and the inability to create relationships cause depression. Depressed people are not able to describe and recognize their feelings, and they are very short-sighted, bored and violent. Therefore, although low emotional intelligence is a different feature of depression, these psychological abilities are related and emotional intelligence is one of the most important psychological variables in the development of depression.

Keywords: Depression , Review

Introduction

Depression is a disorder dominating our thoughts, mood, emotions, behavior, and physical and mental health. We all sometimes feel lonely and nostalgic. This feeling is part of the natural feelings of every human being; but depression refers to a lasting mood of sadness, with a clear reduction of enjoyment of all kinds of activity, which often persists and can affect many aspects of one's life. (1).

Symptoms of depression

Sustained sadness, anxiety, feeling emptiness
Feeling despair and pessimism, feeling guilty,
feeling unloved and helpless
Reduced energy levels and feeling tired

Difficulty in concentrating, reminding and deciding,
inability to think

□Insomnia or increased sleep

Lost appetite and weight loss or overeating and
weight gain (2)

Unwillingness to meet others or fear of staying
alone.

Lose interest and desire for ordinary activities in life
Restlessness, fatigue, agitation and irritability (3).

Main causes of depression

The most important factors contributing to the
development of depression include:

1. **Biological factors:** Bone abnormalities have been
the focus of attention for depressive etiology, including

changes in thyroid hormones, growth hormone, sleep pattern changes, immune deficiencies, and functional and structural changes in the brain. The findings most commonly found in the brain of depressed patients represent a reduction in the metabolism of the anterior part of the brain (4).

2. **Genetic factors:** Long-term studies of numerous family-related issues such as adoptive parents, twin heirs, and depression disorders have been proven. Recently, however, the main focus of genetic studies is the identification of genes responsible for depression by genetic methods. Statistic data suggests that if a parent has depression, the risk of her/his child having depression is between 10% and 25%, and the greater the number of people with depression in a family, the greater the risk of having children with the same disorder (5).

3. Socio-psychological factors

Environmental stresses: Clinical observations have shown that stressful events such as the death of parents before the age of eleven and the loss of spouse and unemployment have a profound effect on the occurrence of major depression (6).

Psychological factors: The phenomenon of depression occurs when a person becomes aware of his perfectionist ideals and the inability to meet these goals. Also, some depressed people live not for their own hearts but for others; in this condition, depression occurs when the patient finds that the person or ideal he was living in was never such that he could meet his expectations. In addition, parents play an important role in building confidence in the child. Parents who do not meet this need of a child will significantly erode their children's confidence, which can cause depression in later life (7).

Characteristics of depression

A depressed person feels sadness, disappointment and despair. Two-thirds of depressed patients are susceptible to suicide and about 10-15% of them do it. Approximately, depressed patients complain of a reduction in their energy levels, which make them unable to perform their duties freely, and 80% of these patients complain of problems with frequent sleep. Many of these people experience decreased appetite and weight loss, but for some, it also increases appetite and weight gain. Ninety percent of these patients have anxiety. One of the main symptoms of this disease is the changes in food intake and resting which, by themselves, could exacerbate diseases such as diabetes, hypertension and heart disease. (8).

The trajectory of depression

About half of the patients with the first major depression period had symptoms of depression prior to the detection of this period; therefore, as soon as symptoms are detected and treated, a complete period of depression may be prevented. The duration of depression treatment is at least three months. Discontinuing medications will result in the return of symptoms before three months. Major depressive disorder is not a benign disorder and is predominantly chronic and often relapses. However, patients who are under the supervision of a doctor and have strong friendships have good social function and many who start treatment at an older age will be less prone to relapse (9).

Treatment

At the onset of treatment, one should not only pay attention to individual symptoms; rather, he should consider future health and well-being. Nowadays, drug therapy and psychotherapy are mostly emphasized. Life-threatening events are associated with increased relapse in people with depression, so treatment should reduce the number and severity of stressors in the patient's life. Most studies show that the combination of drug therapy and psychotherapy is the most effective treatment. The depressed patient should be helped to reduce his stress and tolerate it. Family therapy is advised when depression causes a patient's relationship with his wife or family function (10). Antidepressant treatment depends on the severity of the current condition and the previous periods. Sometimes six months or less, or sometimes depending on the type of disease, long-term preventive treatment should be continued under the supervision of the physician. An important point in treating depression is the awareness of the individual and the family about the fact that despite being common and serious, depression can be treated (11). New perspectives on the causes of depression reveal shortcomings in two areas of emotional empowerment: on the one hand, inhibitions related to establishing relationships with others, on the one hand, a discouraging way of interpreting and barring the existing obstacles in this way and the inability to create relationships cause depression (12). Depressed people are not able to describe and recognize their feelings, and they are very short-sighted, bored and violent. Therefore, although low emotional intelligence is a different feature of depression, these psychological abilities are related and emotional intelligence is one of the most important psychological variables in the development of depression (13).

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