

Expository essay on Depression

Introduction

Depression is a sickness that takes control of you and weakens your body; it affects both men and women, but women experience depression nearly twice as often as men. Our lives are full of emotional ups and downs, but when the downtime lasts too long or interferes with our capacity to function, we are most likely suffering from a common mental illness known as depression. Clinical depression has an impact on your emotions, thought processes, body, and behaviour.

Because this is such a vital topic these days, we decided to create this cause and effect essay on depression to draw the public's attention to it once more.

Although depression implies having sad sensations, it is an illness that is significantly more than simply feeling sad. This is due to the depth of melancholy that one experiences while depressed, which may be accompanied by a variety of additional symptoms.

There are several varieties of depression, one of which is known clinically as major depressive disorder. This type of depression is severe since the individual remains depressed for a significant amount of the day, all year. Symptoms of this depression include a loss of interest in favourite activities and an unexplained weight gain or loss. One of the many symptoms is insomnia, or difficulty falling asleep. A person suffering from significant depression is also more prone to be unsatisfied with everything that life has to offer. Other symptoms of this disorder include feeling extremely weary throughout the day, even if you haven't done any work, having difficulty concentrating, and having difficulty making judgments.

Causes of depression

- being female
- the existence of depression in the family anamnesis
- early depression in anamnesis
- early loss of parents
- the experience of violence in anamnesis
- personal characteristics
- stressors (parting, guilt)
- alcohol/drug addiction



Depression Symptoms

Depression harms all elements of human life. Inadequate psychological defence mechanisms, in turn, have a negative impact not only on psychological but also on bodily processes.

Apathy, indifference to everything that is going on, and a decrease in motor activity are the early signs of depression; these are the core clinical symptoms of depression. If they are observed together for more than two weeks, immediate professional assistance is essential.

Doctors commonly diagnose this depression if a patient has five or more symptoms, if the symptoms have been present for two weeks or longer, and if one of the symptoms is a loss of interest in things that the patient earlier found highly intriguing.

Major depression can be treated with a combination of counselling and medicine, as well as the use of antidepressants. When these two kinds of treatment fail, physicians may propose further treatment options such as repetitive transcranial magnetic stimulation and electroconvulsive therapy. These approaches work by employing magnetic fields to stimulate specific regions of the brain, allowing a person to perform better or even have better control over their moods.

Types of depression

The other primary type of depression is persistent depressive disorder, which can linger for at least two years. This type of depression involves a variety of symptoms, including a sudden shift in appetite, when one eats too much or not enough food. This type of condition also has a significant impact on an individual's sleep patterns, causing the patient to sleep excessively or insufficiently. A person suffering from severe depression will also be weary for the majority of the day and will feel as if he or she lacks the energy to do even the most basic of duties. This lack of energy, causes the individual to have low self-esteem and to acquire a general sense of despair.

Conclusion

As we can see, depression is a serious illness that necessitates medical attention. If any of the symptoms appear, it is critical to visit a doctor to avoid a major problem. It is critical in the therapy of a depressed episode to recognize that this is the depression of a specific person; avoid overgeneralization of symptoms and disease development factors. It necessitates a one-on-one approach to each patient.