

A Study on Clinical Depression

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Abstract

Depression is a common problem nowadays. Almost one in 15 people suffer from such chronic condition. These disease have become a part of life which if untreated could be hazardous at the later stages of life. Suicide ideation is often developed in the patients of chronic depression. My article focuses upon the types, signs and symptoms, proper treatment management and concluding with positive attitude and prevention of this illness as prevention is always better than cure.

Keywords: Suicide ideation; Hazardous

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Introduction

According to Cambridge dictionary, the word 'depressed' means unhappy and without hope. Depression is a state of feeling very unhappy and anxious without hope for future. Clinical depression also known as major depressive disorder defined by American Psychiatric Association as common and serious medical illness that negatively affects one's feelings and one's thought process.¹ This condition also causes feelings of sadness and loss of interest in activities. According to World Health Organisation, depression is a common illness affecting worldwide with more than 264 million people.² This condition is treatable. There are psycho-social treatments which are very effective for mild depression and there are also very effective treatments for moderate to severe depression.

Discussion

In our present era, depression has become so common that it is seen that one in 15 adults are affected with clinical depression. And one in six people will experience depression at some point of time in their life. It is also seen that women suffer from depression more than men. Studies have also shown that one third of women would experience major depressive episodes in their lifetime.

National Institute of Mental Health classifies depressive disorder in four forms.³

Dysthymia

This lasts for at least two years. There they may have episodes of major depressive disorder with symptoms persisting for 2 years.

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Postpartum depression

This is suffered by women after giving birth as the name suggests. The experience full blown major depression during pregnancy.

Psychotic depression

This occurs when a person has severe depression and there is an existing form of psychosis such as having delusions and hallucinations.

Seasonal affective disorder

This is characterized by onset of depression during winter months, when there is less natural sunlight.

There is also a disorder which is different from depression but it includes episodes of extremely low moods that makes all the criteria for Major depressive disorder this is known as bipolar disorder where a person also experience extreme high moods called 'mania'.

One main find the signs of clinical depression by proper observation and study for at least two weeks. He must observe the under followings.⁴

1. Persistent sadness would be followed by anxiety, apathy and mood swings.
2. There would be lack of concentration followed by slowness in any type of activities.
3. Where would be signs of constant irritability followed by restlessness and agitation. In women excessive crying have been observed.
4. The patient would be in some neck for excessive sleepiness.
5. There might be signs of loss of appetite for excessive hunger in patients of clinical depression.
6. There would be loss of interest or pleasure in any activities and would have guilt and remorse feelings always.
7. Suicidal thoughts are the most dangerous signs and symptoms of depressed patients because suicide ideation is usually developed in patients of major depressive order.

Clinical depression may occur due to various circumstances. There are major cause of clinical depression as followed.⁵

1. Any form of abuse which might be in the form of physical sexual or emotional way might increase the chances of clinical depression in later stages of life.
2. Sadness shock and grief from loss of loved

ones may increase the risk of chronic depression.

3. Studies have shown that sometimes depression could be triggered by major medical conditions.
4. Isolation is also a major clinical factor which often leads to depression. This isolation mostly include social isolation.
5. Drugs such as corticosteroids, antivirals have been seen to put their adverse effect as clinical depressions.
6. Sometimes alcohol or drug abuse leads to depression. It is often mistaken that it makes feel better but that is for temporary period, this would ultimately welcome depression.
7. In today's era, social networking could be a major cause of depression in teenagers because of its adverse effect in our central nervous system.

Methods and treatments

Depression falls under the category of treatable in psychiatric disorders. People respond well and get cure after treatment. Before treatment the professional must examine very specifically both physically and mentally.

According to American psychiatric association there are three forms of treatment available which are followed:

Medication

This include antidepressants which are very effective and they have no stimulating adverse effect on patient not experiencing depression. In first one or two weeks they may produce some improvements. Full benefits are usually seen after 3 months generally the professional might recommend the patient continue to take medication for 6 or more month until it improves.

Psychotherapy

Also known as talk therapy: They are used to treat mild to severe form of depression. Cognitive behaviour therapy (CBT) helps the patient to recognise distorted thinking and change behaviour and thought process. This therapy is often used along with antidepressant medication. Significant improvement would be observed by 10 sessions.

Electroconvulsive therapy (ECT): They are most commonly applied for patients with severe condition who generally doesn't show any response

to other treatments. This treatment is done under anaesthesia with electrical stimulation of the brain stop they have been successful after many years of research from 1940 and have lead to improvements.

Conclusion

It is always said that 'Prevention is better than cure'. So to prevent depression one can perform few things. This would include regular exercise which would always create positive vibes and improve our mental health. One must focus on healthy diet and avoid alcohol or drug abuse full-stop sleep is also very important which one should focus on getting a quality sleep.

Depression is a major problem of mental health but with proper diagnosis and treatment, it would it could be cured completely. These chronic problem nowadays is often leading to suicide ideation. One must remember every problem of our

life is temporary, so instead of thinking about the problem and developing search chronic conditions of depressive episodes, one must analyze and solve the problem instead. Even if someone becomes the prey of this condition, one must visit mental health professional who could help and improve the patientwho could lead their rest of their lives in a prosperous and healthy way.

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