
DEPRESSIVE DISORDERS

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DEFINITION

- Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.
- It can also cause difficulty with thinking, memory, eating and sleeping.
- There are several types of depressive disorders. Clinical depression, or major depressive disorder, is often just called “depression.” It’s the most severe type of depression.

SYMPTOMS

- Depression may occur only once during in ife, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:
- Feelings of sadness, tearfulness, emptiness or hopelessness.
- Angry outbursts, irritability or frustration, even over small matters.
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports.
- Sleep disturbances, including insomnia or sleeping too much.
- Tiredness and lack of energy, so even small tasks take extra effort.

Depression

The symptoms of depression can vary slightly depending on the type and can range from mild to severe. In general, symptoms include:



Low energy.



Feeling very sad or hopeless.



Thoughts of self-harm or suicide.



Irritability.



Changes in eating behavior.




Sleep changes.



Loss of interest in hobbies and activities.




Difficulty concentrating or making decisions.

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- Reduced appetite and weight loss or increased cravings for food and weight gain.
 - Anxiety, agitation or restlessness.
 - Slowed thinking, speaking or body movements.
 - Feelings of worthlessness or guilt, fixating on past failures or self-blame.
 - Trouble thinking, concentrating, making decisions and remembering things.
 - Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide.
 - Unexplained physical problems, such as back pain or headaches.

TYPES OF DEPRESSION

- There are different forms of depression, each with its own characteristics:
- **Major Depressive Disorder:** Severe symptoms that interfere with daily life and last for at least two weeks.
- **Persistent Depressive Disorder (Dysthymia):** Less severe symptoms that last for a long time, often for several years.

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- **Bipolar Disorder:** Characterised by extreme mood swings from high (mania) to low (depression).
 - **Seasonal Affective Disorder (SAD):** Depression that occurs at certain times of the year, usually in winter when there's less sunlight.
 - **Postpartum :** Depression that affects some women after giving birth.