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Theoretical and Research Support for Health Beliefs and Alternative Medicine on Depression

Depression continues to be one of the most causes of dominant and spiking mental disorders in the world. Furthermore, depression has led to increased suffering to family members, individuals as well as socioeconomic arena. Mohebbi et al. (2019) posit that in the United States almost 16.2 million individuals suffer from depressive disorder while 6.7% of adults in American population have undergone depressive situations within a certain year. Depression may be realized when someone portrays certain symptoms for instance loss of appetite, overwhelming sadness as well as lack of interest in things that were making them happy. Therefore, observance of treatment is essential in ensuring the disorder is treated. However, an individual's belief in depression and treatment has been regarded as the major variable related to depression treatment observance. Nonetheless, major depression occurrences are categorized into four namely mild, moderate, severe depression and severe depression with psychotic symptoms. Consequently, around 40% of individuals with major depression get suitable conventional treatment thus making it crucial to have an understanding of other alternative treatments patients are using (Mohebbi et al., 2019).

With years of intensive research being performed leading to an increased understanding of health beliefs and complementary alternative medicine on depression, there are still many people suffering from the same (Lindqvist et al., 2017). A large pool of research has been done regarding complementary therapies in depression, however, there is much that needs to be done hence now forcing people to work based on what they understand and believe. Nonetheless, without proper research individuals may start using alternative modes of treatments provided by other cultures that require evaluation as evidence-based medical treatment. Therefore, support

for this research will lead to increased treatment for depression and ensure physicians are neutral to the existing health believes in society.

References

² Lindqvist, D., Dhabhar, F. S., James, S. J., Hough, C. M., Jain, F. A., Bersani, F. S., ... & Rosser, R. (2017). Oxidative stress, inflammation and treatment response in major depression. *Psychoneuroendocrinology*, 76, 197-205.

¹ Mohebbi, M., Agustini, B., Woods, R. L., McNeil, J. J., Nelson, M. R., Shah, R. C., ... & Kirpach, B. (2019). Prevalence of depressive symptoms and its associated factors among healthy community-dwelling older adults living in Australia and the United States. *International journal of geriatric psychiatry*, 34(8), 1208-1216.

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