

genius

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Introduction

If I were Julia's Psychiatrist, I would diagnose her as experiencing ***Major depressive Disorder*** which is a mental disorder. This disorder is characterized sadness and lack of interest in any activities engaged. Many people with depressive disorder are likely to show symptoms like being irritable and trouble in falling asleep although may spend more time on bed (Kerr, 2017). Besides, one may avoid friend, feel tired and have less energy. All these symptoms and others are portrayed by Julia as evident in the case study, where she stays indoors throughout and also, she lacked the amount of energy that is required to perform the specific house chores.

Symptoms of major depressive disorder

Depressive disorder patient is likely to experience lack of sleep, oversleep, general tiredness and the lack of the amount of energy that is required to perform small household.

Individuals with major depressive disorder experience a certain form of anxiety or restlessness in some cases (Kerr, 2017). While others experience Slow body, movements make thinking also slows down hence affecting their regular routine.

Feeling useless or worthless, this is because of the previous failures that an individual has faced just like Julia in the case study where she was miserable because she was unsuccessful. She did not value at all, looking for another job.

In some cases, people with this kind of disorder may feel sad and empty because they seem to have given up with life.

Causes of clinical depression

The firstly the cause can be biological factors. In most cases, genes and stress combination affects chemistry of brain and this makes an individual to fail in maintaining stability of mood which interns changes hormonal balance leading to the development of Major Depressive Disorder (Kerr, 2017).

Secondly, this disorder can result from environmental and behavioral factors. The behavioral theory pinpoints the issue of depression as linked to how people interact with their environment. Therefore, Julia is exposed to an environment with unrewarding experience and after loosing her job the environment cannot allow her to get a new job and this is total lack of reward that can lead to depressive disorder (Bonfil, 2020).

Lastly, the cause of this disorder could be cognitive in nature due difference in thinking within an environment. For instance, Julia thinks she would be useless and stupid while searching for a job and decides to stay at home. Basically, this is a negative thinking that makes her to herself and future negatively.

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