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## Depression

Depression is a mental condition where an individual experiences unshakable and deep despondency and weakened concentration in virtually daily undertakings. Depression is a term used to pronounce momentary loneliness and despair that people experience periodically. Moreover, depression is among the prevalent mental ailments affecting people in all categories of life, regardless of socio-economic conditions, race, or ethnicity. Also, depression manifests as clinical depression or depressive disorder and develops under distinctive settings (Gilbert, 2016). Depression can be mild in a manner that does not affect the routine operations of an individual or severe to a suicidal level. Some depression arises out of nowhere, even under normal conditions. However, others stem from an apparent cause like financial constraints, marital issues, or individual failure. This paper aims to discuss depression, its causes, and the treatment methods.

More often, there are things that humans must have to live a comfortable life. They not only include the three basic needs of food, shelter, and clothing, but good relationships, sunshine, and purpose, among others. A lack of these factors leads to hopelessness or depression. Besides, the complete lack of these factors results in a state of despair. The behavioral outlook of depression links the syndromes to the absence of positive support in a person's life. The inadequate support result in a deterioration of development behavior that favors the progress of depression. Also, behaviorists suggest that people experiencing depression can invent ways to substitute the lack of positive support via the aid of close family members, friends, or therapists. Behaviorists also argue that a patient's lack of capacity to cope with life stresses leads to social withdrawals, hence limiting positive support thus leading to depression (Gilbert, 2016).

Behavioral theorists aver that old age is one of the leading causes of depression (Hussenoeder, 2020). As individuals age, their chances of experiencing depression increase. This

assumption compares the rates of depression among old individuals and the younger population. The theorists predispose that a person's development from childhood to adult life exposes them to depression (Hussenoeder, 2020). In addition to that, the genetic composition of individuals is also linked to mental susceptibilities to depression. The genetic design of people contributes to their mood swings and heritability. The cognitive theory also attributes dejection to temper. The theory claim that erratic personal traits that are hereditary cause depression among children and adolescents. Tantrums also have a significant part in the progression of dejection by hastening the risk for the formation of cognitive susceptibilities or via the hazard practice. The cognitive approach also takes the entire phenomenon of the mind and its ability to process information just like the computer. When the input to the human mind is correctly defined, the result will be desirable because the output depends on the input. Depression automatically manifests when there is a poor relationship between the information being processed and the expectations of the present and future convictions concerning a particular duty if they conform (Jackson-Koku, 2016). Where there is an absence or a lack of conformity, people consider themselves failures, and depression manifests.

Universally, behavioral theorists claim that people should work hard in their early years to overcome some of the conflicts of the mind, like gaining trust and having effective interpersonal relationships. Psychoanalysts also contend that mental health or depression is a breakdown in solving disputes, which is anger changed into hatred. For instance, parents who are constantly demanding, angry, and lack warmth towards their children create an environment that is not conducive for their children. In turn, the children will lack self-esteem, are confused, helpless, and angry. Nonetheless, the children understand that their parents are their providers, and so out of passion, fear, and guilt, the children will not exhibit negative attitudes and feelings

towards their parents. In most cases, the children will not display their anger towards their parents, and they will channel their anger inwards, and they start blaming themselves. When it gets to this point, the child will feel hated, and depression will manifest.

As suggested earlier, some depression occurs out of the blues, even when things are okay. However, psychologists believe that depression occurs due to interaction between an individual's psychological abilities and stressful life occurrences (Galecki & Talarowska, 2017). For instance, genetically identical twins who grow up in the same surroundings are three stretches more expected to suffer from despair than sibling with have half of their inheritable factor alike. Likewise, matching twins are five times expected to suffer from bipolar sickness. Research shows that some cerebral compounds christened neurotransmitters play a significant part in maintaining feelings and moods (Ayano, 2016). The neurotransmitters involved include dopamine, epinephrine, and serotonin. At the same time, studies have established there is a correlation between depression and neurotransmitter levels. Hormonal imbalance also contributes to depression (Ayano, 2016). For instance, many depressed persons have higher than average hydrocortisone levels, a hormone in the adrenaline glands in reaction to stress. At the same time, the overactive and underactive thyroid gland can cause depression. Depression can take different forms. For instance, in bipolar disorder, a person experiences periodic mood swings between mania and depression. Also, individuals suffering from seasonal affective disorder experience depression during winter and autumn, when there are few daylight hours. Professionals have coined the term clinical depression to describe the various forms of depression highlighted above.

Depression starts during an individual's early 20s or rather 30s. In turn, the illness begins slowly and progresses moderately with time. However, depression may erupt abruptly within

days or weeks. An individual who experiences severe depression can look confused, unbalanced, and frightened in a case of a severe nervous breakdown. Depression leads to extreme changes in an individual's outlook and feelings. An individual suffering from significant depression is sad and often cry. Occupation, play, and events that use to excite them are no longer exciting, hence the lack of excitement in their lives.

In addition to that, depression is difficult to shake or will away, but it can be effectively managed using antidepressant drugs, psychiatric therapy, or a mixture of the dual approaches. According to Dudas et al. (2018), close to seventy percent of patients experiencing depression respond to antidepressant medications. Furthermore, most antidepressant drugs are generally taken for a period not exceeding two or three weeks to realize the positive outcome. Generally, antidepressant drugs do not lead to addiction, however patients do exhibit some side effects after using them (Dudas et al., 2018). The most common antidepressant medications fall under the following classes; MAO Inhibitors, SSRIs, and Tricyclics. Tricyclic medications include Pamelor, Elavil, Sinequan, Tofranil, and Norpramin (Galecki et al., 2018). The common side effects of these drugs include drowsiness, blurred vision, dry mouth, dizziness when standing, insomnia, constipation together with nausea. Mao inhibitors entails Paramate, Marplan, and Nardil as well as their side effects are similar to those of tricyclics. SSRIs comprise Paxil, Prozac, and Zoloft. These drugs may cause insomnia, anxiety, sexual dysfunction, drowsiness, and headaches. Research suggests that short-term treatment using the indicated inhibitors can relieve mild and moderate cases of depression, just like antidepressant medications. However, psychotherapy is best preferred because it has no undesirable physiological outcomes.

As suggested earlier, cognitive behavior theory advances depression arises from negative as well as irrational thoughts about an individual and the future uncertain in many cases. This

form of therapeutic intervention teaches patients to comprehend and eventually eliminate negative thinking habits; however, those who undergo this type of therapy are likely to relapse compared to patients who use antidepressant medications. In cognitive-behavior theory, a therapist assists a patient in dealing with the problems that cause issues with others leading to depression. In addition to that, psychodynamic therapy, which deals with the inner unconscious conflict leading to depression, can also be applied to treat depression among patients. In Psychodynamic treatment, the therapist's key focus is on a patient's past experiences and resolves their childhood conflicts that have led to their conditions of depression (Driessen et al., 2016). However, in instances where patients fail to respond to antidepressant medications, Electroconvulsive therapy can be adopted. In this method of treatment, a low-voltage electronic signal is channeled across a patient's cerebrum for a period not exceeding two seconds to induce a controlled seizure (Van Diermen et al., 2018). For mild cases of depression, aerobic exercise or a change in diet is enough to help the patients get well.

The mental aspect of human life is more crucial to the purpose and quality of their existence than their feelings because it is the cornerstone of life that gives life its value and worthiness. That explains why many theorists use a combination of approaches to describe depression. Nonetheless, depression remains a significant challenge to the human race because it traumatically affects people's cognitive abilities. However, various psychotherapy interventions exist to deal with this illness, but it depends on expert opinion determining the type of treatment preferred. Depression can also affect different age groups, but it is more dominant among adolescents and adults. Where depression is detected, therapy should immediately take the form of psychotherapy or antidepressant medications, which an expert strictly prescribes. Where depression fails to be appropriately managed or entirely, it can cause extensive problems like

brain damage, psychotic issues, a breakdown of the nervous system, and eventually death. In this regard, if the early signs of depression are detected early, early intervention is recommended to start dealing with the illness before it reaches extreme levels that can be fatal.

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