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DEPRESSION

[Name]

Introduction

Depression

is a mental disorder affecting feelings and interest of people.

Relevance of examining Depression

Biological

Biological causes of depression like physical illness and stress

Psychological

It will make it easy to understand the psychological effects of depression

Social

The social definition of depression in relation to interaction with environment.

Clinical attribute of Depression

The clinical attributes include signs and symptoms, risk factors and treatment

Part one:

Bio-psychosocial Considerations

Bio-psychological model includes factors related to mind, body and social.

Psychological causes of depression

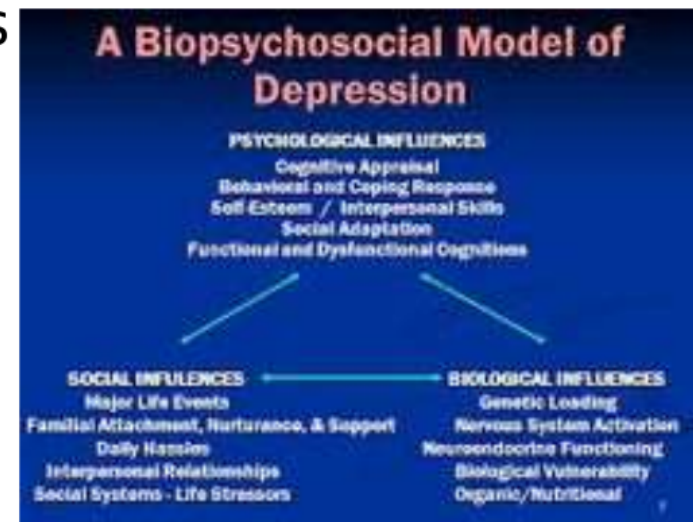
Beliefs, self-image and negative cognitive patterns

Biological causes

Genetic factors, hormones and neurotransmitters

Social causes

Difficult life experiences.



Biological

Depression is linked to problems or imbalances in the brain

Different neurotransmitters such as serotonin, dopamine and norepinephrine affects the mental status

Depression is a genetic disorder.

Psychological

Psychological conditions expose individual to depression

They include:

Beliefs, perception and attitudes

For example loss of loved ones causes depression

Psychotherapist are used to counsel the individuals

The psychological symptoms of depression include:

Nausea, bloating, headache, high blood pressure and sleep disruption



Social

There are social factors linked to depression

The factors are family violence, poverty, abusive relationship, divorce and death of loved ones

The social causes should be limited to prevent the social impacts of depression like:

Family withdrawal, substance use and decreased performance at work and school.

Cultural Variation

The variation in culture impacts the assessment and medication of depression

Cultural identify impacts the level at which people show symptoms of depression

Depressive symptoms are very common across different cultures

The cultural factors include age, gender and traumatic events.

Treatment

The cultural variation in different ethnic group affects the treatment of depression

People show different somatic symptoms

Clinicians misinterpret the symptoms

The result is inappropriate diagnosis or treatment

Community

The community has roles to play in promoting access to treatment of depression

The involvement of the community provides a sense of belonging and social interrelationships

It promotes members to access guidance and counseling

The community offers educational programs on depression

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Part Two:

Diagnostic/Evaluative

Considerations

Clinical Assessments

The clinical assessment for depression is Public Health Questionnaire (PHQ-9)

The strengths of the tool are:

- It is shorter than other scaling for depression
- Can be administered in person
- Facilitates diagnosis of major depression

Weakness

There are selective cut off interfering with accuracy and reliability of the results

Reliability and Validity

The validity and reliability of PHQ-9 depends on the psychometric features

Less intense features will make the results to be less reliable and valid

This will lead to misinterpretation

Diagnosis by Exclusion

Medical conditions grouped as diagnosis of exclusion have no definitive test

After medical test, clinicians think of the causative agent

Depression is an example of diagnosis of exclusion

Sometimes clinicians fail to see the symptoms and start thinking of the cause of the condition

Assessments

In the assessment of diagnosis of exclusion, clinicians look at different factors

They include:

- Patient history
- Age
- Physical examination
- Symptoms and complains

Publication Process

There is a relationship between DSM process, research in mental health and practice for clinicians

DSM contains symptoms, criteria and description of mental disorders

Provides common language for clinicians

The consistency and reliability is used for research mental disorders

Part Three: Therapeutic Considerations

Therapeutic Approaches

Behavioral therapy

Strengths of Behavioral Therapy

- Offers enough support to patients
- Raises self-esteem

Limitations

- Not suitable for people having more complex mental disorders
- It involves confronting emotions and anxiety
- **Cognitive therapy**

Develops self-esteem of the patient

It is a more rational thought process

Limitations

- People must commit themselves for the therapy to be successful
- Sometimes patients feel emotionally uncomfortable

Non-Pharmacological Approaches

Non-pharmacological therapy is the provision of the intervention to mental disorder without using medication

In depression, non-pharmacological approaches serves the following purpose:

- Reducing anxiety and fear
- Improving the health of the patient
- Enhancing self-control against depression

Duty to Treat

Do no harm to the patient is related to the principle of non-maleficence

Clinicians should be aiming at treating the patient

The treatment should not be ineffective

Clinicians have the duty to treat effectively

Conclusion

Depression is a mental disorder

It results from biological, social and psychological causes

The condition can be treated mainly through non-pharmacological therapy

The information will support the understanding of the cases, treatment, medication and role of clinicians and community in reducing depression

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