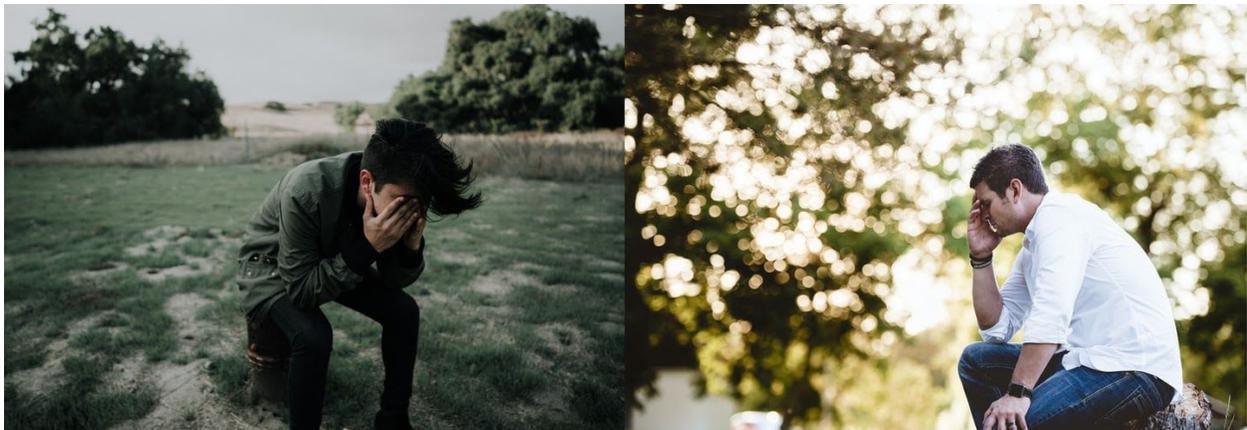


Depression (major depressive disorder)

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. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

Globally, more than 264 million people of all ages suffer from depression. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds.



Symptoms

- 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
- 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

Symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities or relationships with others.

Treatment

Medications and psychotherapy are effective for most people with depression. Many types of antidepressants are available which can be given to patients suiting to their profile and side effects.

Different types of psychotherapy can be effective for depression, such as cognitive behavioral therapy or interpersonal therapy. This helps in improving your coping skills of patients.

Hospital and residential treatment

In some people, depression is so severe that a hospital stay is needed. This may be necessary if one can't care for himself properly or when is in immediate danger of harming self or someone else.

Electroconvulsive therapy (ECT).

In ECT, electrical currents are passed through the brain to impact the function and effect of neurotransmitters in your brain to relieve depression. ECT is usually used for people who don't get better with medications, can't take antidepressants for health reasons or are at high risk of suicide.