

Depression

Depression is a common mental disorder that can directly impact interpersonal relationships, family life, and work performance. This condition should not be ignored, or it may lead to suicide if untreated.

Common Symptoms



A prolonged depressed mood (feeling sad, empty, or helpless)



Poor concentration, difficulty thinking, and indecisiveness



Low self-worth and feelings of excessive or inappropriate guilt



Suicidal thoughts



Fatigue and lack of motivation



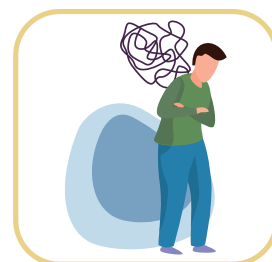
Significant changes in weight or appetite (increase or decrease)



Insomnia or excessive sleeping



Loss of interest and pleasure in most activities



Sluggishness and restlessness

Causes

A family history of depression, childhood trauma, and pessimistic personality traits are potential high risk factors. Negative life events can also trigger mental disorders.

Treatment

Treatment includes antidepressants (e.g. medications that increase serotonin levels) along with counselling and lifestyle modifications to help manage the condition.

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