

## Impact Lifestyle on Depression and Anxiety

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### Editor Note

People with depression and anxiety disorders often experience symptoms like nervousness, irritability, and sleeplessness. The current generation is facing depression and anxiety disorders partly due to elevated work related stress, detachment from the community, addictions, etc.

The Journal of Depression and Anxiety is an open access journal that aims to publish complete and reliable source of information on discoveries and current developments that helps researchers, clinicians and patients to better understand their conditions. It is evident from the current published issue that researchers from various countries such as USA, Pakistan, Ghana, Brazil and Japan are instrumental in addressing these conditions.

### Healthy diet impact on anxiety and depression

Researcher Khan et al. [1] cited Hippocrates saying “Let food be thy medicine and medicine be thy food’ by 400 BC”. The author discussed about the availability of number of drugs for treating anxiety and depression worldwide and their concerning side effects. Hence, the author argued for using nutritional therapy and alteration in dietary habits, with consultations with nutritionists, to reduce symptoms, should future research provides such evidence.

### Depression among children and adolescents affected by HIV/AIDS in Ghana

Doku et al. [2] focused on HIV/AIDS in the context of growing incidents of child labor in Ghana and urged for comprehensive policies to combat it. This quantitative study surveyed 291 children in the age group of 10-18 years from the Lower Manya Krobo District of Ghana and presented the issues and challenges which are faced by communities in addressing the depression related issues among the HIV affected children and adolescents, and suggests suitable remedies to combat them effectively.

### Blood biological markers for prediction of depression associated with escitalopram

A preliminary study conducted by Yamana et al. [3] focused on the

response to antidepressants in patients with major depressive disorder. The author aimed to investigate the relationship between response to escitalopram and several blood biomarkers in major depressive disorder (MDD) and results suggest that MHPG level can predict the response to escitalopram.

### Sexuality conflicts depression and anxiety in female patients: The neglected path

This article raised the often-neglected relationship between sexual conflicts and depression and anxiety in women. The present study reviewed previous research and summarized its effects and outcomes on women.

### How gestational depression impacts the quality of life

Brancaglioni et al. [4] from Brazil presented evidence on association between gestational depression and quality of life. The authors concluded that the clinicians should consider the quality of life from many dimensions while diagnosing depressive symptoms.

### Review on estrogen and transdiagnostics

This article systematically reviewed the role of estrogen in the onset of anxiety and depressive disorders. This study concluded that some women are vulnerable to hormonal oscillations of estrogen (in pre-menstrual and postpartum periods and in the pre-menopause) that lead to anxiety and depressive disorders.

### References

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