

## Depression and its Health Impacts on Individual

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### DESCRIPTION

Depression is a common mental disease that results in a persistent sense of sadness and lack of interest. Clinical depression, also known as major depressive disorder, affects how the person feels, think, and behave and can cause a number of emotional and physical issues. The person can find it difficult to carry out their regular daily tasks, and the person might keep thinking that life isn't worth living.

Depression can have many different causes. It has numerous triggers and a wide range of potential causes. A traumatic or stressful life event, such as losing the dearest one in the family, a divorce, a sickness, a layoff, or concerns about one's career or finances. Some personality qualities, such as low self-esteem, may make the person more susceptible to depression. If the person has certain personality qualities, such as low self-esteem or excessive self-criticism, then the person may be more prone to depression. The genes inherited from parents, early experiences, or both may be responsible for this. It is more likely that the person will experience depression if someone in their family such as a parent, sister, or brother has experienced depression in the past. After giving birth, especially some women are susceptible to depression. Postnatal depression may result from the hormonal and physical changes, in addition to the added responsibility of a new life.

The chance of developing depression may increase if the person experience feelings of loneliness carried on by things like avoiding contact with friends and relatives. When life becomes difficult, some people turn to excessive alcohol or drug usage as a coping mechanism, depression may spiral as a result of this. Although cannabis can help the person to calm, but there is evidence that it can also increase depression, especially in youth. Using alcohol to "drown their sorrows" is likewise not advised. Drinking alters brain chemistry, which raises the risk of depression. If the person suffer from a chronic or life-threatening

illness, such as cancer or coronary heart disease, the person may be more likely to experience depression. Head injuries are frequently unrecognized cause of depression. Emotional issues and mood swings may be brought on by a major brain injury. Some persons may get hypothyroidism, or an under active thyroid, as a result of issues with their immune system. Rarely, a mild head injury can harm the pituitary gland, a pea-sized gland present at the base of the brain that generates thyroid stimulating hormone.

The signs and symptoms are, feeling restless, tense, or on edge, being easily tired, finding it difficult to concentrate, being irritable, experiencing headaches, muscle pain, stomach pains, or other unexplainable pains, struggling to regulate concern, and suffering with sleep issues, such as having trouble sleeping or staying asleep.

### Risk factors

**Genetics:** If the person has a family history of depression, the person may be more prone to develop it themselves. Sorrow and grief are common responses to death or loss. Personal conflicts or disagreements with family or friends might cause depression.

**Abuse:** Previous instances of physical, sexual, or emotional abuse may also affect. The majority of depressed persons find relief from medication and psychotherapy. Medication can be prescribed by their primary care physician or psychiatrist to treat symptoms. However, many people with depression also gain from seeing a psychiatrist, psychologist, or other mental health specialist, discussing family history, genetics, chronic stress, past trauma, gender, poor nutrition, unresolved grief or loss, personality traits, medication, and drug use. Major Depressive Disorder (MDD), Persistent Depressive Disorder (PDD), Bipolar Disorder (BD), Postpartum Depression (PPD), Premenstrual Dysphoric Disorder (PMDD), Seasonal Affective Disorder (SAD), and Atypical Depression (AD) are the seven most prevalent types of depression.

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