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Psychological factor for Depression

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Abstract

Depression is a medical illness that interferes with an individual's capacity to deal with day to day activities. Our society has a habit of shunning the topic of mental illness and treating it as a taboo. Through our research paper, we have explained the causes, symptoms and different treatments available in India to cure Depression. A lot of researchers devote their careers to investigating this subject. The issue becomes vital, since the number of young people with depressive symptoms is constantly on the rise. They include mood swings, explosiveness, propulsion disorders, puissance, insomnia, concentration problems etc. These might be the first symptoms of depression as well. It is impossible to point to one cause of depression because it is a disease conditioned by many different factors, ranging from independent factors like genetic, biological, hormonal, through the influence of the family or the environment influence and socio-cultural components. Teens are more likely to reach for different kinds of stimulants like alcohol, cigarettes or drugs etc. The Chair and Department of Environmental Medicine and Epidemiology.

Keywords: Depression, risk factors, adolescents, behavior, anti-health, anxiety, psychotherapist

Introduction

According to World Health Organisation (1948), "Health is a state of complete physical, mental and social well-being and not merely the absence of diseases and infirmity". Mental health awareness has always been looked down for too long. Specially in the Indian society. It affects everyone. A person suffering from mental health issues will affect his family, friends and all his loved ones. In our report we will be emphasising on the mental health disorder "Depression," its origin, causes, types, symptoms, effects and solutions to deal with it. Depression is an illness that affects a person's mood, thought process and basically their day to day activities. The efficiency of work of a person suffering from depression will be decreased, they will constantly be in their own thought and nothing they do would bring them any joy or happiness. It is a very serious health issue as it may also lead people to thoughts of committing suicide and various other activities which they actually do not want to do but their mind is making the decisions for them. People try to cope with depression with substance abuse. These are the people looking for a temporary and easy way out. They think substance abuse will make them forget whatever is causing them to feel unhappy. Few also look at self-injury to get rid of the emotional pain and agony. The biggest concern here is that when one doesn't talk about their feelings, they tend to take out these emotions in other forms such as taking out anger on a loved one when actually one is angry at something else. A person may become distant and hence again lead to straining of his relationships. The society while looking down on these mental health issues does not think about the kind of effect it may have on the person suffering from it. Due to society's negligence one has to assort to these methods of coping up. There are studies being done on it to emphasize the growing importance of good mental health and to make people aware, our paper being one of such studies.

Depression in adolescents is a particular example of an emotional and behavioral disorder, typical for the puberty period. It is associated with changes in the endocrine system that normally happen during that age. Those changes are due to the development of new cognitive functions and taking new roles in society. During that period, a child achieves an emotional autonomy and formal independence from their family. They need a greater understanding from their family and the environment, as well as more attention to unusual behavior. The studies also show gender differences in the prevalence of depression.

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There is no single source of depression. It is a multifactorial disease, which means it might be caused by a range of factors, including genetic, hormonal, biological, as well as the impact of family and other socio-cultural factors.

Genetic factor

It is estimated that the people, whose first-degree relatives suffer from depression are 1.5 to 3 times more likely to develop depression. The scientists also conducted studies of the nervous tissue in deceased people who had suffered from depression before death. The results have shown that depression contributes to the formation of a gene MKP-1 (mitogen-activated protein kinase phosphatase-1), which was 2 times more active in patients than in the healthy group. On the other hand, chronic antidepressant treatment with normalized the expression of MKP-1. Recent research published in the Journal of Inherited Metabolic Disease, conducted among children with congenital disorders of glycosylation (CDG) confirm a higher incidence of social-emotional disorders, In more than two thirds of the children with CDG it was observed a variation in the abnormal behavior identification test -The Child Behavior Checklist (CBCL). Some studies suggest that psychosocial factors seem to predispose to the disease only in conjunction with the inherited genetic predisposition to depression, especially the interaction of polymorphisms of 5-HTT (5-hydroxytryptamine transporter), COMT (catechol-O-methyltransferase), MAO-A (monoamine oxidase A), CRHR1 (corticotropin releasing hormone receptor 1), and environmental factors.

Biological Factor

It is assumed that the reduced production of these neurotransmitters can cause symptoms of depression, and may be responsible for the emergence of suicidal thoughts and actions. It was also shown that kynurenine seriously affects the central nervous system by increasing the expression of the "tryptophan-kynurenine" and in this way determines the serotonin deficiency. At first, the amino acid is metabolized to formylkynurenine, which is converted to the kynurenine. It is suggested that the system "tryptophan-kynurenine" may be one of the main sites of interaction between genetic and environmental factors involved in the pathophysiology of depression.

Social Cause

There might be conflicts, divorce, alcoholism in the family, including the mental health disorders and domestic violence of a sexual or moral nature. Child & Adolescent Psychiatry, a family history of susceptibility to depression and the level of parental education has a significant impact on the occurrence of depressive symptoms among adolescents. They are at three-fold higher risk of developing depressive. Emphasising on the three most common types of depression from this article, which are major depression, dysthymia and bipolar disorder. Major depression is characterised by feeling of sadness or irritability mood which lasts for two weeks and being unable to sleep, eat or enjoy pleasurable activities. Dysthymia is a less severe form of depression disorder. However, it is longer lasting and characterised by preventing a person from feeling good. People suffering from dysthymia also have episodes of major depression. Bipolar disorder is a disorder where a person goes through different mood swings. It was previously known as maniac

disorder. The author used a World Health Organisation study to study the symptoms, causes and types of depression. An article from the anxiety and depression association of America shares information about the different types of depression and how depression is different from anxiety. This article just as the one above talks about major depression and dysthymia and four other types of depression - premenstrual dysphoric disorder, depressive disorder due to another medical condition, adjustment Disorder with Depressed Mood and Seasonal affective disorder. Premenstrual dysphoria disorder has both emotional and physical symptoms. It can disrupt social, occupational and the functioning of other important areas also cause fatigue, changes in sleeping and eating habits. PMDD is characterised by emotional and behavioural symptoms such as sadness, hopelessness and anxiety. Adjustment disorder with depressed mood occurs due to stress. It can be a positive stress due to overwhelming or a negative stress. People suffering from seasonal affective disorder suffer from major depression but only during specific time of the year, usually winters. The article used data provided by the National Institute of Mental Health, USA, for the study of these different types of depression. This article concludes that depression and anxiety are different disorders and there is no evidence that one is caused due to the other but there is clear evidence that many people suffer from both.

Other Cause

Depressive disorders, the mental and emotional instability are associated with all sorts of attempts to escape from reality and the daily hardships, which contributes to the stress exponent, loss of energy, psychomotor slowing, changes in biological rhythms, appetite, immune, and use by the youth stimulants such as cigarettes, drugs, increasingly fashionable boosters and alcohol. The frequency of using these substances by adolescents is increasing with each passing year. Despite a great number of health-related programs and prevention, young people are not sufficiently aware of the dangers and they even do not realize how it can influence their future.

Conclusion

One of the ways of fighting your mental illness is to be open about it rather than confining it to yourself. The honest confrontation is what would generate the trust in your relationships and this suffering is what allows you to build up the courage to face your anxieties. Emotions are simply biological signals designed to nudge you in the direction of beneficial change. Hence the avoidance of mental suffering is itself a different kind of suffering. One of the ways of fighting your mental illness is to be open about it rather than confining it to yourself. The honest confrontation is what would generate the trust in your relationships and this suffering is what allows you to build up the courage to face your anxieties.

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