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TOPIC: DEPRESSION: TYPES, CAUSES, SYMPTOMS, PREVENTIONS , FACTORS and COMPLICATIONS.

What is depression?

Depression can be defined as a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

In behavior: people may experience agitation, excessive crying, irritability, restlessness, or social isolation.

In mood: anxiety, apathy, general discontent, guilt, hopelessness, sadness, etc.

In sleep: early awakening, excess sleepiness, insomnia, or restless sleep.

Whole body: excessive hunger, fatigue, or loss of appetite.

TYPES OF DEPRESSION

There are several forms of depression. Below are some of the most common type.

Major depression: a person with major depression experiences a constant state of sadness. They may lose interest in activities that they used to enjoy. Treatment usually involves medication and psychotherapy.

Bipolar disorder: depression is a common symptom of bipolar disorder, and research shows that people with this disorder may have symptoms around half of the time. This can make bipolar disorder hard to distinguish from depression.

Psychotic depression: some people experience psychosis with depression. Psychosis can involve delusions, such as false beliefs and a detachment from reality. It can also involve hallucinations –sensing things that do not exist.

Postpartum depression: after giving birth, many woman experience what some people call the “baby blues.” When hormone levels readjust after childbirth, changes in mood can result.

Postpartum depression or postnatal depression, is more severe. There is no single cause for this type of depression, and it can persist for months or years. Anyone who experiences ongoing depression after delivery should seek medical attention.

CAUSES OF DEPRESSION

It's not known exactly what causes depression. As with many mental disorders, a variety of factors may be involved, such as:

Biological differences: people with depression appear to have physical changes in their brains. The significance of these changes is still uncertain, but may eventually help pinpoint causes.

Genetic features

Changes in the brain's neurotransmitter level

Environmental factors

Psychological and social factors

Additional conditional conditions, such as bipolar disorder

SYMPTOMS OF DEPRESSION

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:

- Feeling 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 sport mostly in older adult.
- Sleep disturbance, 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
- slowed thinking, or body movements
- feeling 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
- Unexplained physical problems such as back pain or headaches.

PREVENTION OF DEPRESSION

There is no sure way to prevent depression. But this strategy may help.

- ❖ Find way to handle stress and improve your self esteem.

- ❖ Take care good care of yourself. Get enough sleep, eat well and exercise regularly.
- ❖ Reach out to family and friends when times get hard.
- ❖ Get regular medical check-up and see your provider if u don't feel right.
- ❖ Get help if you feel you are depressed. If you wait, it will get worse.
- ❖ Talk to your therapist or doctor about medicine that can stop depression from coming back.

RISK FACTORS

Depression often begins in the teens 20s or 30s but it can happen at any age. More women than men are diagnosed with depression but this may be due in part because women are more likely to seek treatment.

Factors that seem to increase the risk of developing or triggering depression include:

- Blood relatives with a history of depression, bipolar disorder, Alcoholism or suicide.
- History of other mental health disorders, such as anxiety disorder, eating disorders or post-traumatic stress disorder.
- Abuse of alcohol or recreational drugs.
- Serious or chronic illness, including cancer, stroke, chronic pain or heart disease.
- Certain medications, such as some high blood pressure medications or sleeping pills (talk to your doctor before stopping any medications).

COMPLICATIONS

Example of complications associated with depression include

- ✓ Excess weight or obesity, which ,may lead to heart disease and diabetes.
- ✓ Pain or physical illness.
- ✓ Alcohol or drug misuse
- ✓ Social isolation
- ✓ Anxiety, pain disorder or social phobia
- ✓ Family conflicts, relationship difficulties, and work or school problems.
- ✓ Suicidal feelings, suicide attempts or suicide.