

# Case study on depression in psychology

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## **Case Study on Depression in Psychology:**

Depression is the psychological condition of the human organism which is characterized with the low mood, constant negative emotions and the specific negative treatment of the world.

Depression is the most widespread psychological problem of the modern time and it is natural, because people live in the dynamic world which attacks them with information all the time, that is in the major part negative and the human organism reflects the same. It is obvious that there are many factors, which can cause depression. To begin with, the constant stress and complete exhaustion of the organism can cause the state of low mood, because the person is oppressed by the surrounding world and the problems which occur there all the time. Next, if something bad happens with the human relatives, friends, close people, the human psychics can react in the negative way of depression. Such problem as love affair is surely one of the most serious ones, because the person suffers emotional pain which can gradually transform into depression if she does not organize herself or if no one helps her to cope with it.

Finally, problems at work and financial troubles are also the important factors, as nowadays one can not survive without money and if one has bankrupted, he will surely stress because of it. The most effective ways to cure depression in the psychological aspect is to help the patient rather in the emotional way. The patient should have a good rest, reveal his problems to the specialism, start leading an active way of life (sports, hobbies) and only in the complicated cases take antidepressants and the related

medicine. Depression is a complicated problem which requires professional help of the experienced psychologists and if one is writing a depression in psychology case study, he would have to spend much time to learn about the problem a lot. A good case study is a profound research on the definite case on depression and its psychological solution.

One is expected to find the facts about the cause and the consequences of the problem, its complexity and solution. In order to demonstrate knowledge the student is obliged to evaluate the acquired facts objectively and suggest his own alternative solution to the given problem on depression. If the student is looking for the effective solutions of his problematic case study writing, it is possible to find it in the Internet, because there one can use a free example case study on depression in psychology analyzed by an expert and learn about the topic much. In fact, it is prohibited to use the content of a free sample case study on depression in psychology in your own written assignment, as this paper is a simple model of writing which every student can follow.