

Research paper on psychological reasons for depression

[Technology](#), [Development](#)



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Psychology

Introduction

An aversion to most activities and a state of low mood can be the simplest description of depression. It affects the person's behavior, thoughts, feelings and even his or her sense of well-being. People who suffer from depression mostly feel anxious, empty, sad, helpless and worried. In some cases, they feel irritable, guilty, worthless, and restless. There are many factors that cause depression for both men and women. One of the many reasons is the psychological cause. On the other hand, there are many underlying factors in depression's psychological causes.

Discussion

Psychological stress is one of the contributing factors that contribute to a person's depression. If a person has a past or even long-standing stress, it is more likely that he or she may develop depression in the long run

(blackdoginstitute.org.au).

An example of this factor is a person who experienced a traumatic and stressful event in his life that may eventually develop into a depression such as abuse in the family, or uncaring society. These kinds of events have psychological effects that are depression contributors. Additionally, a person suffering from anxiety on a higher level is at risk of becoming depressed in the future. Shyness as a result of social avoidance is also a psychological reason for depression. However, Sean Holmes (N. D.) argues that not all people who grew up in an abusive environment will develop a depression in his future life. Although childhood or past experiences may be the reason of depression, it is always the case. Holmes says that a person who always worries about something or a person who always depends on something to survive may be included in the small incidents of these depression causes (Holmes, N. D.). These types of people are the ones who normally feel hopeless and miserable.

Limitation and Future Studies

Since psychological reasons of depression can be the most common type of depression, it covers broad factors that affect the development of this psychological state of human mind. It can be treated through antidepressant medication that has a fluoxetine component (Hunter, N. D.). However, based on the recent NIMH study, the response rate using this type of medicine is relatively low. However, they emphasize that the continuous study of this medication may bring better results. In addition, other studies in the similar fields are ongoing and some have considerable results.

Literature Review

Psychologically-caused depression or sometimes called reactive depression is the most common type of depression. It is such a reactive one because of the evident causes of depression (themagicofyou. co. uk) such as difficulty in life. An example would be a person who lost his job that used to have an abundant life. This article is based on the studies made on depression patients, who are mostly suffer from psychological reasons of their depression.

Depression can also happen without the exact reason in a person's life (themagicofyou. co. uk). A depression that just turns up can be the effect of past unhappy experience or tension that was not addressed accordingly. The experience is most likely a childhood experience. It is possible that the effect of that event just came up instantaneously. This article is based on the clinical studies made on the patients, who do not have a childhood experience that might lead to future depression. The article explains how the instantaneous depression may occur in some patients.

Conclusion

Being helpless can also be the reason of psychological depression. That is, if a person wants to achieve something beyond his or her capacity, it is possible that he may develop a depression eventually. There are many factors in terms of psychological reasons that affect a person's risk of being depressed. A person may suffer from depression if he or she has a childhood experience, which can be brought to adulthood and lead to depression.

Current life challenges and difficulties are also a large contributor of depression especially if the person is alone and has no one to talk to.

References

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