

# Depression

Psychology



Depression" Depression is a kind of mental disorder which hinders the day-to-day work, studies, sleep, eating habits and also any kind of pleasure. It could be severe called dysthymia, on the other hand bipolar disorder is accompanied by mood alteration. It generates negative thoughts alters mood as well as behavior leading to changes in bodily functions called as neurovegetative signs. Thus the normal psychology of the person is affected (Depression).

Depression is inviting public concern as it is affecting millions of people. Almost 10% of the adults are victimized by this disorder. It is observed that individuals who suffer with depression are also likely to develop obesity, arthritis, hypertension, chronic lung diseases. Depression is also associated with diabetes and coronary artery disease, HIV, asthma etc. It is known to be associated with mental health illness. In certain cases it leads to the development of suicidal tendency (Depression).

Depression is also known to be associated with the cultural predisposition of the individual. For instance, US Hispanics, one of the largest group of minorities in the US, visualize discrepancy in the appreciation and dealing of major depression. This group is generally heterogeneous and it is essential to identify the difference prevailing between the subgroups to assess mental health (Depression in US Hispanics: Diagnostic and Management Considerations in Family Practice).

Depression is mostly influenced by the economic condition of the family, upbringing, violence, the kind and intensity of the stress level, nutrition, moves made in life, convictions etc which directly display the cultural milieu and hence modulate the individuals life. The consequences of being diagnosed with the depression is further grave but some of the cultural settings pay <https://assignbuster.com/depression-essay-samples/>

attention to eradicate the problem as the Hispanic group is known to be cooperative in resolving the ailment.

#### References

Depression. Available at <http://www.medicinenet.com/depression/article.htm>. [Accessed on 30th July 2011].

Depression in US Hispanics: Diagnostic and Management Considerations in Family Practice. Available at [http://www.columbia.edu/itc/hs/medical/clerkships/primcare/case/depression/library/latino\\_depression.pdf](http://www.columbia.edu/itc/hs/medical/clerkships/primcare/case/depression/library/latino_depression.pdf). [Accessed on 30th July 2011].