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I. Introduction According to the National Institute of Mental Health (2016), in daily lives, sadness and anxiety are things that people all suffer from time to time, but these emotions often pass as time flies and are referred to as normal reactions to challenging times in life. However, when people are diagnosed with Depressive Disorder (DD), it is hard for them to overcome the blue mood or continual feelings of sadness and worthlessness, as well as a lack of keenness in formerly enjoyable pastimes and activities. (National Institute of Mental Health, 2015). Depressive Disorder (DD) is a type of mental health problem that leads to the alteration in emotions, thoughts, behavior as well as physical health. (Fedaku, Shibeshi, Engidawork, 2017, p. 1). This disease is very common and serious with its power to steal a person's ability to take interest in life and perform even the simplest daily chores. (Fedaku, Shibeshi, Engidawork, 2017, p. 1). For a long time, this disorder has not received wide recognition and acknowledgement. Fortunately, scientists are paying attention to tackling the chronic disease nowadays as they have made great progress in finding treatments for this illness. This research paper is aimed at providing more knowledge to people about DD, including its symptoms, causes, effects and treatments for DD patients. II. Discussion of findings 1.

What are the signs of Depressive Disorder? Depression is a mood disorder which results in dreadful symptoms that may have a strong influence on the way you feel, behave, think and perform everyday's tasks, namely sleeping, working and eating (National Institute of Mental Health, 2016). Depression

often begins at the outset of adulthood, with a high frequency of reoccurrences (Cesar, J., Chavoushi, F., 2013, p.

7). People who are undergoing those signs and symptoms for about fortnight may suffer from depression. First of all, they are likely to experience the severe feeling of sadness or grief (Bhowmik et al.

2012). Usually, sadness is something we overcome easily with the passage of time; however, Depressive Disorder patients will suffer from persistent sadness, anxiousness and "empty mood" (National Institute of Mental Health, 2016). Moreover, one of the most dominant symptoms of DD is the loss of keenness and interest in pastimes and recreational activities (National Institute of Mental Health, 2015). It seems like people with Depressive Disorder have no pleasure or happiness in their lives, nothing can cheer them up even the things they once had feelings for in the past (Berry J., 2016). Besides, DD patients usually have negative thinking about themselves, their current circumstances and their prospects in the future (The Irish Association of Suiciology, 2016). They often feel like they have no value or they will not be successful at anything, they are even unable to see the positive characteristics in themselves (Berry J.

, 2016). Last but not least, people with DD have trouble concentrating (National Institute of Mental Health, 2015). It is only a faint possibility that DD patients can focus or concentrate well on any type of decision-making tasks or even daily activities such as reading, listening and watching (Berry J., 2016). Not everyone experiences the same symptoms. Those signs above are

only the most common ones when people suffer from Depressive Disorder (National Institute of Health, 2015).

Along with those aforementioned signs and symptoms, many others may occur to people coming down with this illness, for instance, fatigue, exhaustion, or even the constant thought of suicide (National Institute of Health, 2016). 2. What are the causes of Depressive Disorder? There are various causes that lead to depression. Several people with Depressive Disorder, notably Bipolar Depression and Major Depressive Disorder, seem to have a biological susceptibility that can be inherited in families. (Bhowmik et al. 2012). Family history of depression is one of the causes of Depressive Disorder. Perris et al.

(1982) put forward a theory that patients who have a family history record clear of depression would be less likely to be affected genetically (Monroe, Slavich, Gotlib, 2013). However, there is still no solid evidence on whether people inherit a vulnerability to these diseases or if it is the environment and personal history that are the culprits (Bhowmik et al. 2012). Further research is needed. Moreover, major life events can also result in depression. Stressful life events such as the death of loved ones, divorce, job loss, especially childhood emotional abuse, have been persistently connected with a rise in depression symptoms (Mazure, 1998, as cited in Shapero et al. 2014).

Individuals who have a history of emotional abuse may face a greater risk of depression when they encounter stressful life events. In fact, emotional abuse has been correlated with negative feelings of humiliation, self-pity, anger, self-worthlessness; thus, those who suffer from early emotional abuse

have negative conception about themselves in adulthood (Shapero et al. 2014). Obviously, there is a relation between depression and personality traits. According to several studies, neuroticism (the usual feeling of worry and nervous) is perhaps in the biggest conjunction with depression (Junni, 2017). For example, in the case of older Korean immigrants, they had to go through hardships due to political and economical difficulties in South Korea back then, and they nurtured American dream with the hope of achieving better lives. However, the attempts to adjust to the language and cultural differences have put them in stressful situations, leading to neuroticism and ultimately depression as they often feel isolated, hopeless and stress (Bum et al.

2016). 3. How does Depressive Disorder influence

people? Depression influences people in many distinctive ways. DD patients may experience physical impacts such as weight loss or overweight, sleep deprivation, aches, severe pains and so on. However, depression can also lead to sophisticated cognitive alterations (Harvard Medical School, 2017). The ability to think, make decisions and memorize things is likely to be impaired. Your cognitive adjustability and executive functioning can also be lowered (Cartreine, 2016). In addition, suicide may be the common association with mental illness, specifically with Depressive Disorder (Diego De Leo & Lay San Too, 2014).

Depression is one of the significant causes leading to suicide. Over the lifetime, people with untreated depression are more vulnerable to the risk of suicide, at round 20% (Gotlib and Hammen, 2002, as cited in Romero, A. J et al. 2014). Approximately 2/3 of people who end their lives are considered to

be depressed at the moment of their deaths(American Association of Suicidology, 2012, as cited in Romero, A. J et al. 2014). A large number of depressive episodes have shown a correlation with the number of suicide efforts.

Furthermore, suicide attempts appear in the beginning of depression course, following with a high possibility of reattempting right after the first effort (Crona, L., Mossberg, A., Bradvik, L.

, 2013). 4. What are the treatments for Depressive Disorder Depression is a treatable disorder with reliable diagnostic methods (Marcus et al, 2012). The treatments can bring a good opportunity for DD people to overcome the illness gradually. The sooner treatment starts, the more efficient it becomes (National Institute of Health, 2015).

Firstly, one of the most common treatments is talking to the doctor or psychological advisors. According to the National Institute of Health (2015), how effectively you and your doctor communicate with each other is one of the most significant parts of receiving better health care. Heaversedge (2014) claimed that by talking to your advisor, you can ask any questions related to your feelings, thoughts and behavior, which may help you to gain more knowledge about what you are experiencing and what support is there to help you through this. The author also remarked that doctor will give you useful advice on what you can do to change your habits and lifestyle in order to make an improvement in your mental health. Additionally, using antidepressant medications is another method for treating depression. Antidepressant medications can be very useful, especially for people with

modest-severe depression (Marcus et al. 2012). They may assist your brain by utilising certain chemical substances that can control mood and stress.

There are various kinds of antidepressants such as selective serotonin reuptake inhibitors (SSRI), tricyclic antidepressants (TCA),... (National Institute of Mental Health, 2015). Although antidepressants may have side effects, they tend to fade away over time. Reporting any side effects that you are suffering from to your doctor and advisor, or at least you have to remember to consult with your health care supplier before stop taking antidepressants (National Institute of Mental Health, 2016). Last but not least, you can get through depression yourself. In other words, self-help is of great importance to aid people with depression (Marcus et al.

2012). DD patients can try to be dynamic by doing exercises regularly, according to Cleare et al. 2015, physical activities and exercises are considered as possible treatments for Depressive Disorder (Schuch et al. 2016). For example, people who do aerobic exercises 3 times a week may see a great decline in depressive symptoms and signs (Blumentah et al., 2012, p. 7), or try to engage in several activities they once felt pleasurable.

Besides, spending time with someone you love and confide in can be a good way to treat depression, do not separate yourself and let your loved-ones help you. Always bear in mind that you are not alone (National Institute of Mental Health, 2015).