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The aim of this extended written essay is to explore and find out the underlying meaning behind depression more specifically major depression. I seek to further investigate the most useful form of treatment for this type of depression. The reasoning behind this choice of topic is because Major Depression has been found to be most common amongst Teenagers so equally I delve interest and curiosity as to why that is. I have constructed my own source of primary evidence through a questionnaire which I sent out to individuals between the ages of 13 and 18 to see how common the symptoms of depression could be amongst teenagers. I made sure I kept my sample representative as i've included individuals of different genders, ages and year group.

This will help me be able to collect reliable results and draw valid conclusions, providing me with answers to support my question. Using the primary evidence I've collected, I will analyse and evaluate the most successful form of treatment for major depression and compare it to other treatments found to be 'successful'. I will also discuss what depression is and the factors responsible for creating depression in teenagers. I will use a variety of sources through, with proper evaluation of source bias, reliability and validity. I also plan to use different case studies to support my facts and statistics with evidence.

In my opinion, depression plays an dominant role in society due the exposure of social media like Facebook, Twitter, Instagram, Snapchat. Social media changes the way we communicate, socialize, make and maintain friendships. However, there are benefits to living in the electronic world although there are also risks. I personally feel like my generation and the

younger generation miss out on critical social skills development when they spend the majority of their free time connected to and interacting through a screen. They can also set the wrong standards for themselves and establish unrealistic comparisons.

In addition, cyberbullying plays a common role in social media due to the anonymity being taken advantage of. " Research shows an increase in major depressive episodes from 8. 7% in 2005 to 11.

3% in 2014 in adolescents and from 8. 8% to 9. 6% in young adults" and " one report by the Royal Society for Public Health in the UK surveyed 1500 young people, ages 14 to 24, to determine the effects of social media use on issues such as anxiety, depression, self-esteem, and body image. Their findings show that YouTube had the most positive impact, while Instagram, Facebook, Twitter, and SnapChat all had negative effects on mental health" Studying this topic has allowed me to combine two areas of general and genuine interest, biology and psychology. Biopsychology is intriguing because I believe we all function differently psychologically and I will look into researching the one form of treatment that works specifically for Major depression despite the psychological differences we all have. What is depression? There are several definitions to what depression is. According to oxford dictionary, Depression is defined as " A mental condition characterized by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt, often accompanied by lack of energy and disturbance of appetite and sleep." More specifically, what is major depression? Depression symptoms can vary from lenient to extreme: Feeling

sad or having a depressed mood
Loss of interest or pleasure in activities that were favoured
Changes in appetite - an individual can either lose weight or gain weight due over/undereating
Trouble sleeping or sleeping too much
Loss of energy
Feeling worthless or guilty for no reason
Difficulty thinking, concentrating or making decisions
Occasional thoughts of death or suicide
The difference between sadness and depression
The deaths, loss of a job or ended relationships are difficult experiences for a person to handle.

It is normal for a response of sadness or grief to develop towards situations like these. Individuals experiencing loss often may describe themselves as being "depressed." However, being sad is not the same as having depression. The grieving process is natural and distinctive to each person and may perhaps share some of the same features of depression. Both grief and depression involves intense sadness and withdrawal from specific activities. It's important that we know the key differences: Grief: Painful feelings come in waves - waves mixed with positive memories of those someone may have lost. self-esteem is usually maintained.

Major Depression in teenagers: When teenagers have major depression, they have lack of interest in activities they used to enjoy like socializing with friends, going out during the weekends with family, spending time independently. They tend to feel like this for about 2 weeks. feelings of worthlessness and self-loathing are common. The death of someone who had so much meaning can be a factor of major depression. Losing a job or being a victim of a physical assault or a major disaster can lead to depression for some people. When grief and depression occur, the grief is severe and lasts

longer than grief without depression. Despite some overlap between grief and depression, they are different. Distinguishing the difference between them can help people obtain the help, support or treatment they deserve.

I've felt sadness when I did not get a grade I hoped to achieve, betrayal by friends and not getting the same type of respect that I gave. Sadness is usually provoked by a difficult, hurtful, challenging, or disappointing event, experience, or situation. To put in another way, we tend to feel sad about something. This means that when that something changes, when our emotional hurt fades, when we've adjusted or gotten over the loss or disappointment, our sadness suspends. Depression is an abnormal emotional state, a mental illness that affects the way we think, emotions, perceptions, and behaviors in prevalent and persistent. It affects our everyday life and the way we psychologically function.

When we're depressed we feel sad about everything. Depression does not necessarily require a difficult event or situation, a loss, or a change of circumstance as a trigger. In actual fact, It often occurs in the absence of any such triggers. People's lives on paper might be totally fine and they would even admit this is true but yet they still feel horrible. Depression colours all aspects of our lives, making everything less enjoyable, less interesting, less important, less lovable, and less worthwhile. Depression erodes our energy, motivation, and ability to experience joy, pleasure, excitement, anticipation, satisfaction, connection, and meaning. All your thresholds tend to be lower. People tend to be more impatient, quicker to anger and get frustrated,

quicker to break down, and it will take longer to heal back from the way everything used to feel beforehand.

The exposure of treatments for sadness is easier than depression; this includes making some lifestyle changes. Connect with other people. Aim to change everyday habits like making a phone call to a loved, join yoga and attend classes consistently or take part in activities that were once enjoyed before sadness occurred. Make time each day for an activity you love Watch funny television shows or movies, or read a lighthearted or funny book. Engage in physical activities or sports. Dogs in particular can reduce stress, anxiety, ease loneliness, encourage exercise and playfulness <https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm>

Do not self-medicate through the use of drugs or alcohol. Eating healthily and aim reach the amount of enough sleep your body needs Meditating or acupuncture can help with the inability of sleeping Risk Factors for Depression There are 4 factors that could potentially play a part in depression: Biochemistry: Differences in certain chemicals like lack of serotonin and norepinephrine in the brain are the main causes of depression Genetics: Depression can run in families.

For example, if one identical twin has depression, the other has a 70 percent chance of having the illness sometime in life. Personality: People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.

Environmental factors: Continuous exposure to violence, neglect, abuse or

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poverty may make some people more vulnerable to depression. Depression can occur in both genders of any age.

Depression affects people across all ethnic groups and socioeconomic backgrounds. early childhood or teenage traumainability to cope with a devastating life event, such as the death of a child or spouse, or any situation that causes extreme levels of painlow self-esteem or confidence family history of mental illness such as bipolar disorder or depressionhistory of substance abuse like drugs and alcohollack of family or community acceptance for identifying as different sexuality other than straight like: Gay Lesbian Transgender Queer Bi-sexual trouble adjusting to a medical condition, such as cancer, stroke, chronic pain, or heart diseasetrouble adjusting to body changes due to an injury, such as loss of limbs, or paralysisHistory mental health disorders prior to depression such as anorexiabulimiapost-traumatic stress disorder (PTSD) anxiety disorderlack of support by friends and friends