

Depression review

[Linguistics](#), [English](#)



Depression Depression is a serious medical illness that results to feelings of sadness, crying spells, and lack of interest in the normal daily activities of an individual. Janet and her team present several symptoms of depression such as feeling of sadness or emptiness in an individual all the time (Torpy, Janet, Alison & Richard n. p). The depressed persons have no interest in many activities taking place around them and always keep to themselves in deep thought. Other symptoms of depression are the lack of appetite and fatigue, which can result into the lack of concentration in various activities. A person can also sleep more or less when in the state of depression or experience a change in appetite. The other major symptoms are feeling like committing suicide or sometimes feeling worthless to oneself and the society.

The authors provide a list of the types of depression providing individuals with the relevant information regarding depression and its severity. The major types of depression are Bipolar disorder or the manic-depressive disorder, which is an occurrence of major depression and elevated moods in individuals (Torpy, Janet, Alison & Richard n. p). Dysthymia is another type of depression with symptoms, which can last for not less than two years. The other types are postpartum, and seasonal affective disorder with the first occurring in a mothers or fathers after childbirth and the second occurring during periods of low sunlight. Relatives of depressed persons should understand the various types to enable them handle their patients effectively and avoid complications.

The authors of the article are very keen to provide various ways of handling and treating depression in individuals and helping them to live normal lives. There are various treatments for depression depending on the type and

cause such as medication. A depressed person can take antidepressants medicines although their results might take long before they work on a person. Physiotherapy can also reduce depression such as changing one's thoughts, attitudes, and relationship that might be causing depression (Torpy, Janet, Alison & Richard n. p). One should always think positively and avoid being alone by engaging in conversations and sharing with trustworthy friends. For seasonal depression, exposure to sunlight on a daily basis can help solve the problem and go on with life. There are also series of treatments by use of electric current that is passed through the brain especially for those under severe depression.

According to the authors, depression is a serious condition that requires the intervention of a medical doctor before deciding on the type of treatment. If evaluation and treatments are not done in time, the person is likely to commit suicide or harm the other members of the family. Depressed people should not be left alone and unattended as they may do something terrible to themselves. The information in the article by Janet and her team is helpful to individuals interested in understanding depression and the methods of treatments. Depressed individuals should not be discriminated and people should help them cope with the situation as some actions may worsen their states. Treatment by the electrical method should be carried out under anesthesia to avoid pain on the individual.

Works Cited

Torpy, Janet M., Alison F. Burke & Richard M. Glass. " Depression." JAMA: Journal of the American Medical Association 303. 19 (2010). Print.