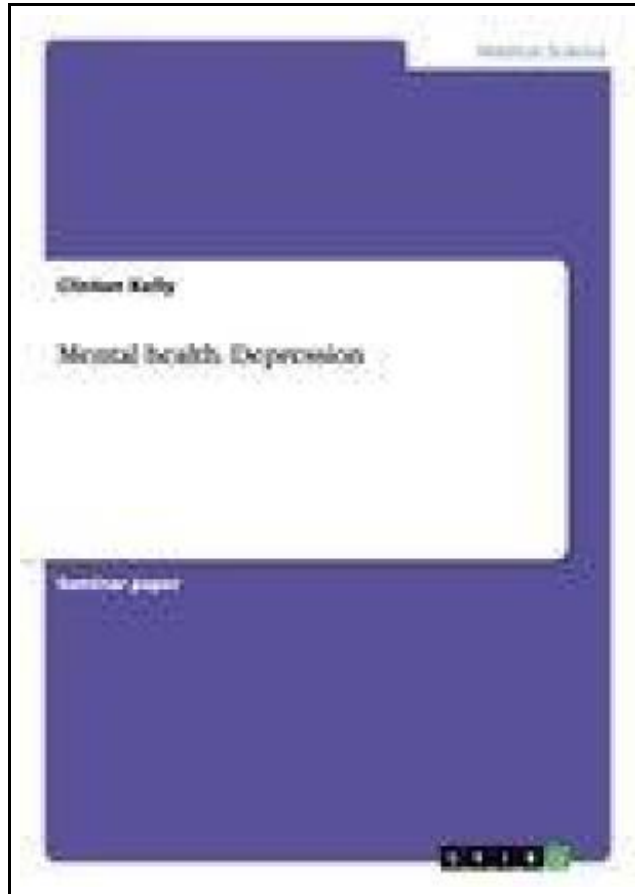


## Mental health. Depression



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## MENTAL HEALTH. DEPRESSION



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Grin Verlag Gmbh Apr 2014, 2014. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Titel. Neuware - Seminar paper from the year 2013 in the subject Nursing Science, grade: B, New York University, language: English, abstract: According to Pooler (2009), depression is a form of disorder which is characterized by persistent feelings of worthlessness and sadness which makes someone lack the desire to engage in any formerly activity that is pleasurable. All mood disorders are characterized by a syndrome that include psychological like decreased concentration or somatic symptoms like insomnia. Anhedonia (depressed mood) is a prominent feature of this illness. Nevid (2009), adds that depression involves moods, body and thoughts hence cause pain for individual with the disorder and those who care about him or her. Mood disorders are classified into unipolar depressive disorders and bipolar disorders. The disorders are in different forms which include Major Depression disorder, dysthymic disorder and several others with different characteristics like postpartum depression, psychotic depression and seasonal affective disorder. Individuals suffering this illness have such symptoms like agitation, loss of interest; sleep disturbance, lack of concentration, low self-esteem, and a very low mood. Individuals under depression may ruminate over feelings of worthlessness, helplessness or self-hatred (Tsuang, Tohen, & Jone, 2011). They have poor concentration and memory and hence they might report multiple physical symptoms. Individual behavior is usually lethargic or agitated hence affecting family and friends. In most children, irritable mood is highly displayed unlike depressed mood. Due to lack of treatment or early recognition the illness is missed and delayed hence making it much worse. This is in low and middle income countries where access to healthcare is a major problem (Herrman, Maj, & Sartorius, 2009). The point of prevalence in India is serious with...



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