Depression

[Name of the Writer]

[Name of the Institution]

Depression

**History** **and Title Applied**

The term depression was first used in the 19th century. It was derived from the ancient concept of melancholia, which was used for various forms of quiet insanity. This term was derived from a Latin verb deprimere. Hence, Depression was previously known as Melancholia while now known as clinical or simply depression. This commonly refers to as a major depressive disorder by several healthcare professional. The concept has a long history while the main concept and some of the concepts have been described as far back as classical times (Gilbert, 2016).

This specific disorder is called depression as a person often feels depressed due to some circumstances.

**Theorists**

Several theorists are there who and whose theories are related to depression, but the most common and highly related ones are;

1. Freud’s
2. Brown and Harris
3. Beck
4. Abramson
5. Seligman

**Causes of Depression**

The main causes of depression are but not only;

* Physical, emotional and sexual abuse
* Medications and drugs such as isotretinoin and corticosteroids etc.
* Personal and family or other conflicts and issues in one’s life
* Death or loss of someone special and its impacts on the individuals
* Genetics such as family history of depression that increases depression risk.
* Serious illness and/or any other personal problem such as social isolation because of mental illness (Marina, et.al, 2019).

**Symptoms**

There are number of symptoms of depression but the most common are;

* Thoughts and feelings of hopelessness
* Loss of involvement and interest in things and routine activities
* Weight and sleep changes
* Increase in ager, loss of energy, and increase of reckless behavior
* Common concentration issues/problem like problem in focusing, and making decisions etc. (Iyer, & Khan, 2012).
* Physical complaints such as unexplained pains etc. like headache or back pain.

**Types of Depression**

Below are the main types of Depression

1. Atypical depression
2. Post-partum depression
3. Catatonic depression
4. Seasonal affective depression
5. Melancholic depression
6. Dysthymic depression
7. Manic depression

**Prevention of Depression**

There is fully sure method or way that prevent depression but some crucial strategies that may help are; 1) taking steps to control and overcome stress which can be done through resilience and boosting self-esteem, 2) reaching to friends and family particular at the time when you face time crisis, and 3) getting treatment at the very early stage and signs of depression so that the impact can be keep far from going to the worst condition (Iyer, & Khan, 2012).

**Treatment Plans**

The treatment plans for a patient with depression regarding short term goals can include be out of bed by a certain time, get a healthy weight, communicate with someone loving, finishing a household task, and watching something funny. On the other hand, the long terms goals can include getting rid of depressive thoughts by maintaining a positive relationship with every person.

**Tips and Suggestions for Overcoming Depression**

1. Reach out to all emotionally near to you and keep yourself connected with them as much long as much possible
2. Involve in the activities that makes you feel fine and good
3. Try to keep moving and make exercise a habit
4. Try and prefer to eat healthy and depression fighting diet or food
5. Keep negative things challenged and never forget getting a daily dose of sunlight.

**Parenting Skills**

Parenting skills does not play a very huge role in overcoming and managing depression but have a little but significant effect on development of depression in individuals. Hence some crucial parenting skills that can help individuals are;

1. Finding happiness and joy by parents in the small things and activities
2. Finding help and assistance for themselves from others who overcame depression
3. Teach and enable the children to keep his or herself saved from depression as well as teaching them how depression inversely impacts them (Marina, et.al, 2019).

To my field, the mentioned skills applied in the way that I also assist patients in the way similar to how parents assist their children.

**Controversies to Depression**

In the current time, huge controversies exist while depressed people are previewed by others in a negative way like;

* They are proving that they are struggling and need help
* Their bad times as unbearable and they do not have the required energy
* Do not perform to the best of their abilities (Marina, et.al, 2019).
* They are consistently faking things and realities

**References**

Gilbert, P. (2016). Depression: The Evolution of Powerlessness. Routledge.

Iyer, K & Khan, Z. (2012). Depression – A Review. Research Journal of Recent Sciences. 1. 79-87.

Marina. M, Taghi. Y, Mark. O, Dan. C, & Shekhar, S. (2019). DEPRESSION: A Global Public Health Concern. WHO. Retrieved 7 October 2019, from <https://www.who.int/mental_health/management/depression/who_paper_depression_wfmh_2012.pdf>