



Depression

Depression is a common mental disorder and can result from one or a combination of factors such as physical health difficulties, psychosocial difficulties as well as difficulties in an individual's spiritual and cultural milieu.

For some, it might be difficult to ascertain the reason(s) for their depression.

Some of the symptoms of depression include low mood, loss of interest in normally pleasurable activities, slowed up thought processes/movement, worthlessness, loss of appetite, lethargy, disproportionate feelings of guilt, disturbed sleep pattern, poor concentration etc.

Some individuals can have abnormal experiences and beliefs such as seeing things that are not there and hearing things that are not there and some might believe that their bodily functions have stopped or that they are dead. Some might become paranoid and have overtly suspicious ideas about the motives of people around them etc.

Individuals with some medical conditions can exhibit symptoms that mimic depression and depression can occur as a single diagnosis or as one of the phases of Bipolar Affective Disorder or in conjunction with other mental health disorders etc.

People can have difficult experiences during episodes of depression. The "good news" however is that depression is treatable, and individuals can have a full lease of life even if they have periodic depressive episodes.

People respond to treatment in different ways and the symptoms of depression can be severe in some people to the extent that they wonder about life and living but depression can be treated with medication, talking therapy, engaging in mood lifting activities, tackling factors that predispose the individual to the depressive episodes as well tackling factors that precipitate and perpetuate the depressive episodes as well as life style changes.

Other relevant treatments might include cultural as well as spiritual interventions amongst others.

Individuals usually benefit most from a combination of therapeutic modalities.

Some people with depression may try to self-medicate with alcohol and or psychoactive substances such as Heroin, Cocaine etc. but these substances usually exacerbate the symptoms in the long run.