Depression Essay



Depression is a very big topic to discuss. The most commonly asked questions are: What is depression, and what disorders are related to depression? How common is depression? Is it serious? What treatment is used? And, What kind of symptoms should a person be looking for?

Depression is more than the everyday ups and downs. You know when a person is depressed when their sad feelings interfere with their everyday life. Depression doesn't only affect feelings, but can change behavior, physical health and appearance, academic performance, social activities, and the ability to make decisions that are face every day. The causes of depression are still unknown, but researchers have found a genetic link between most depressive disorders....show more content... People who don't think that teens could suffer from depression are wrong, depression can affect people of any age, race, ethnic or economic group. One out of every twenty-five teens suffers from depression. Depression can be very serious. It has been noted that depression can be linked to poor school performance, alcohol and drug abuse, running away, and feelings of worthlessness and hopelessness. Over the past twenty-five years, researchers have found that the rate of suicide among teenagers and young adults has increased dramatically. Suicide is often linked to depression. Some say that talking about depression only makes it worse. The truth is that talking to someone about your feelings can help you realize that professional help is needed. By showing concern and support, you can encourage someone to talk to a trusted person. Depression is treatable. Between eighty and ninety percent of people with depression can be helped. For the more serious cases of depression antidepressant medications and psychotherapies can be used. For the milder, less serious cases, psychotherapy may be enough by itself. Antidepressants are used for symptom relief and psychotherapy is used to learn more effective ways to deal with everyday problems through talking. In most cases psychotherapy is done in ten to twenty week sessions. Therapists focus on the patients' disturbed personal relationships. In cases where the patients' symptoms don't progress with in

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