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Causes of Depression and Prevention in the United States of America

Matthews Colton & Dr. Maverick Easton

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Colton Matthews, University of Massachusetts

Dr. Maverick Easton University of Massachusetts

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Abstract

Depression is a mental illness associated with extreme feelings of sadness that negatively affect one's motivation, behavior, health, and overall quality of life. It leads to a lot of emotional and physical problems, decreasing one's performance at their place of work and at home. There are two main types of depression; major depressive disorder, which is the most severe form of depression and persistent depressive disorder, which is the milder, but more chronic, form of depression. The paper outlines some the main Causes of Depression and its Prevention in the United States of America. Based on the discussion, it is possible to see that depression can be a very debilitating condition. A person diagnosed with the condition should, therefore, be very diligent with their self-care to ensure that they are in the right mental state to remain productive and motivated to carry out their responsibilities. Through regular exercise, getting enough sleep, therapy, and medication, it is possible to cope with depression.

Keywords: *Depression, Prevention & United States of America*

1.1 Introduction

Depression is a mental illness associated with extreme feelings of sadness that negatively affect one's motivation, behavior, health, and overall quality of life. It leads to a lot of emotional and physical problems, decreasing one's performance at their place of work and at home. There are two main types of depression; major depressive disorder, which is the most severe form of depression and persistent depressive disorder, which is the milder, but more chronic, form of depression. Depression is common, and it affects approximately 6.7% of adults every year. (Segal & Teasdale, 2018). There are various symptoms that help to determine if a person is suffering from depression or not. These symptoms include; sadness, failure to enjoy the activities one once enjoyed, increase or decrease of weight, lack of sleep or sleeping too much, having suicidal thoughts, trouble making decisions, loss of energy, or fatigue. The symptoms of depression occur in different ways among men, women, and children.

The diagnosis of depression is made based on the symptoms, physical examination, and a psychological evaluation. Sometimes, sadness may be confused with depression. Moreover, some health conditions such as brain tumors or vitamin deficiency may also have similar symptoms as depression, and therefore one should avoid self-diagnosis. The symptoms should last for a minimum of two weeks for a diagnosis of depression to be made. If not diagnosed and treated early, it can lead to the development of some chronic medical conditions (Segal & Teasdale, 2018).

1.2 Causes of depression

Drug and alcohol abuse is one cause of depression. People who use drugs and other substances are at a higher risk of suffering from depression as compared to those that do not. Some drugs that are prescribed by the doctor have been linked to depression. The drugs associated with depression include anticonvulsants, statins, stimulants, corticosteroids, and beta-blockers (Ormel, Kessler & Schoevers, 2019).

An individual's personality is another cause of depression. Some people have low self-esteem, and as such, they respond to stress and other life problems negatively hence putting them at risk of developing depression. Others are pessimistic about everything in life. These kinds of people are more likely to suffer from depression.

Environmental factors such as constant exposure to violence, neglect, abuse, or poverty are possible causes of depression. People living in these kinds of environments are more susceptible to depression.

There are also families that have a history of depression. Individuals who come from such families are more likely to suffer from depression. Research indicates that this is brought on by a

combination of nature and nurture (Ormel, Kessler & Schoevers, 2019). Development of the illness can emanate from being brought by parents who are depressed or other environmental stressors such as trauma, loss, divorce, and major life changes. Genetics and Biology have also linked to depression. In cases where one identical twin has depression, the other is also likely to suffer from depression at some point in their life.

Brain Chemistry Imbalances and Brain structure is another cause. The differences in some chemicals in the brain and imbalance in the neurotransmitters contribute to depression. Neurotransmitters are chemical substances that are involved in mood regulation. They help different areas of the brain communicate with each other. When certain neurotransmitters are in short supply, this may lead to the symptoms we recognize as clinical depression. People whose frontal lobe of their brain is less active are at a greater risk for depression (Ormel, Kessler & Schoevers, 2019).

Certain medical conditions, such as chronic illness, insomnia, or chronic pain, are associated with depression. Personal history of mental illness, People who suffer from chronic illness, sleep disorder, and thyroid conditions are also susceptible. Depression rates are higher in people who have chronic pain, diabetes and cancer (Ormel, Kessler & Schoevers, 2019)..

Female Sex Hormones also cause depression. Females suffer from depression more than men. This happens mostly during their reproductive years when the hormones are in flux. Hormonal fluctuations during childbirth cause this condition. Women who have given birth also suffer from postpartum depression. However, the risk of a woman suffering from depression goes down after menopause (Ormel, Kessler & Schoevers, 2019).

1.3 Possible Solutions to Depression

Depression can be prevented when one takes care of himself/herself. Self-care involves regular body exercise, getting adequate sleep, eating a healthy and diet, and embracing positivity in every situation in life. Exercise is very good for combatting depression since approximately 30 minutes of physical activity increases the production of endorphins, which are hormones that improve one's mood (Sim et al., 2017).

Another way of preventing depression is by avoiding the use of alcohol and drugs. The use of drugs and the abuse of alcohol have negative impacts in the long run. It worsens depression and anxiety in users.

Seeing a therapist helps significantly since one learns the necessary skills to deal with negative emotions. Furthermore, it is possible to get the root of problems and hence resolve some of the underlying issues that bring about depression.

Talking to family members or friends when faced with certain challenges in life can also help prevent depression. One should avoid isolating themselves when facing certain life challenge since isolation worsens depression. One should remain connected to people who can offer emotional support (Sim et al., 2017). At the same time, one should avoid toxic people who can trigger one's depression. It is very important to surround oneself with positive people who spark joy in one's life

Medication is another solution to depression. Antidepressants are prescribed to people suffering from depression to help them get through the condition. They help in modifying a person's brain chemistry. Some supplements, such as Omega-3 fatty acids, are known to boost neurological development and brain health, thereby reducing the likelihood of depression (Sim et al., 2017).

1.4 Conclusion

Based on the above discussion, it is possible to see that depression can be a very debilitating condition. A person diagnosed with the condition should, therefore, be very diligent with their self-care to ensure that they are in the right mental state to remain productive and motivated to carry out their responsibilities. Through regular exercise, getting enough sleep, therapy, and medication, it is possible to cope with depression.

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