Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act (sleeping, eating, and working). To be diagnosed with depression, the symptoms must be present for at least two weeks.

**What is Depression**

Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act (sleeping, eating, and working). To be diagnosed with depression, the symptoms must be present for at least two weeks.

**Risk Factors**

- Genetics
- Brain chemistry imbalance
- Poor nutrition
- Physical health issue
- Drugs
- Stress

**Types of Depression**

- Major depression disorder (MDD)
- Chronic depression (persistent depression disorder)
- Seasonal affective disorder
- Psychotic depression
- Bipolar depression

**Symptoms of Depression**

- Persistent sad
- Feelings of hopelessness, or pessimism
- Feelings of guilt, worthlessness
- Decreased energy
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping
- Weight changes
- Thoughts of death or suicide
- Chest or pains, headaches, cramps, or digestive problems without a clear physical cause

**Major Depression Disorder**

Major depression is one of the most common mental disorders in the United States. It causes severe symptoms that affect how you feel, think, and handle daily activities.

**Treatment**

Antidepressants help brain circuits that regulate mood work more. The most common types of antidepressants work by increasing levels of serotonin in the brain. Serotonin helps transmit messages from one area of the brain to another.

**Conclusion**

Depression is one of the most common conditions in primary care.

A 300 million people around the world have depression, according to the World Health Organization.

After 3 to 4 years, DEPRESSION will be the most common disease in the world.

**References**

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