

# Depression

## What is worth knowing?



### Definition



Depression, according to the definition, is a serious mental disorder primarily characterized by a lowered mood, decreased energy, and activity levels, often hindering normal functioning.

It is associated with a deterioration in the quality of life, an increase in morbidity, and mortality.

According to the World Health Organization (WHO), approximately 264 million people worldwide suffer from depression.

In recent years, there has been an increase in the number of depression cases, partly due to greater awareness and recognition of this disorder.

### Symptoms of depression according to the WHO

In the World Health Organization's International Classification of Diseases (ICD-11), a depressive episode is characterized by a lowered mood or diminished interest in activities, which occurs for most of the day, nearly every day, for at least two weeks.

Among the accompanying symptoms listed in the WHO classification are:

- Difficulty concentrating;
- Feelings of worthlessness or excessive guilt;
- Feelings of hopelessness;
- Recurrent thoughts of death or suicide;
- Changes in appetite or sleep;
- Psychomotor agitation or retardation;
- Decreased energy or fatigue.

### Causes of depression

Depression usually does not have a single clear cause. It is the result of a complex interaction of various factors, including negative life experiences, chronic illnesses, genetic factors, personality traits, and living conditions.

In today's world, due to civilization changes, the increasing pace of life, and economic crises, there are additional factors that contribute to the development of depression.

Examples include disruptions in circadian rhythm caused by working more frequently and getting less sleep, as well as prolonged stress. These disorders can lead to the disorganization of mood, sleep, and activity cycles, affecting an individual's daily functioning.

### Does it concern me?

To recognize depression, symptoms must persist continuously for at least 2 weeks.

However, it's important to remember that not every person experiencing depression will have the same symptoms. Depressive mood or feelings of inner emptiness do not always occur.

In some cases, sleep disturbances or anhedonia may dominate, while in others, there may be a lack of motivation or physical complaints. The intensity of depressive symptoms also varies.

Although depression is a common problem, specialists estimate that 50 to 60 percent of those suffering from it do not seek medical help.

If you have doubts about your feelings and fear you may be suffering from depression, we recommend contacting a specialist who can accurately assess your situation and assist in appropriate measures.

[Take a moment to reflect on how you've been feeling lately. CLICK HERE](#)

[Take a short sleep test to see if your sleep has something to tell you. CLICK HERE](#)

### I think I have depression. What now?

A person who suspects they may be suffering from depression should consult a primary care physician, such as a family doctor or internist, to obtain an initial assessment and recommendations for further diagnosis and treatment.

Next, it is recommended to schedule an appointment with a psychiatrist specialist. Additionally, the support of a psychotherapist can be an important aspect of the treatment process, helping the individual with depression understand and cope with its symptoms.

#### Diagnosis of depression:

- Clinical interview: The psychiatrist interviews to understand the patient's symptoms, their duration, and their impact on daily functioning.
- Mood assessment scales: Diagnostic tools such as questionnaires help assess the severity of depressive symptoms.
- Exclusion of other causes: The doctor may conduct laboratory or imaging tests to rule out other diseases that may lead to similar symptoms.

#### Treatment:

The treatment method needs to be chosen by a team of specialists, taking into account the individual needs and preferences of the patient as well as the severity of depressive symptoms. Treatment may include referral for psychotherapy and selection of appropriate pharmacological medications.

We would like to emphasize that depression is an illness, not just a temporary mood decline that can be dismissed. The symptoms of depression have been classified according to the international classification ICD-10. During depression, it is important to seek treatment and adequate rest, just as with other illnesses.

Did you know that Winston Churchill, Jim Carrey, and Lady Gaga also suffered from depression? This pain doesn't discriminate. You have the same right to experience this condition as any other person.



US:  
National Suicide Prevention Lifeline:  
Phone number: 1-800-273-TALK (8255)

UK:  
Samaritans:  
Phone number: 116 123 (available 24/7)

PL:  
Trust Telephone:  
Phone number: 116 123 (available 24/7)

Looking for assistance? Don't forget that we are here for you, and our team of specialists is ready to provide the help you need.

