

## Editorial Note on Depression

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**Received date:** August 02, 2021; **Accepted date:** August 16, 2021; **Published date:** August 23, 2021

### **Description**

Depression is characterised by a depressed mood and reluctance to action. Depressive experience impacts a person's thoughts, behaviour, motivation, feelings, and sense of well-being, and is classified medically as a mental and behavioural disorder. Anhedonia is thought to be the most common symptom of depression, and it refers to a lack of interest or pleasure in activities that normally bring individuals delight. Some mood disorders, such as major depressive disorder or dysthymia, are characterised by depressed mood as a symptom. It's a common, transient reaction to life events like the death of a loved one; it's also a sign of some physical conditions and a side effect of some drugs and medical treatments. Sadness, difficulty thinking and concentrating, and a large rise or decrease in hunger and sleep duration are all possible symptoms. Depressed people may have emotions of hopelessness and, in some cases, suicidal thoughts. It can be for a short or extended period of time. Childhood adversity, such as bereavement, neglect, mental abuse, physical abuse, sexual abuse, or unequal parental treatment of siblings, can lead to adult depression. Childhood physical or sexual abuse, in particular, is linked to a higher chance of depression later in life for the

victim. Childbirth, menopause, financial difficulties, unemployment, stress (from work, education, family, living conditions, etc), a medical diagnosis, bullying, loss of a loved one, natural disasters, social isolation, rape, relationship problems, jealousy, separation, or catastrophic injury are examples of life events and changes that may influence depressed moods. More than 264 million individuals of all ages suffer from depression around the world. COVID-19's global pandemic has had a significant affect on many people's mental health, causing depression levels to rise to dangerously high levels. The influence of COVID-19 on young people's mental health was investigated by the University of Surrey between Autumn 2019 and May/June 2020. Changes in one's personality or social surroundings can have an impact on depression levels. The development of depressed symptoms, as well as all types of depression diagnoses, is more likely when one's personality trait neuroticism is high. In a study of college students, the relationship between the amount of alcohol consumed, the level of depression, and how this influences the chance of suffering alcoholism's repercussions was investigated. Mild or Moderate Depression, The level of depression as an emotion had a negative impact on the quantity of hazardous behaviour and the consequences of drinking, while protective behavioural strategies, which are behavioural acts made by oneself to protect oneself from the relative harm of alcohol use, had an inverse impact. Bullying and other forms of social abuse are described as activities that target and injure vulnerable people. A study was undertaken to see if individuals would have a higher level of depressed mood when subjected to everyday acts of negativity in order to capture a day-to-day observation of the relationship between the detrimental effects of social abuse, the victim's mental health, and depressive mood.

### **Conclusion**

Depression is linked to a lack of extraversion. Temporary but rapid mood changes, short-term despondency, lack of interest in things that used to be a part of one's life, sleep disruption, withdrawal from past social life, food changes, and difficulties concentrating are all possible personality indications. Alcohol is a depressant that slows down certain parts of the brain, such as the prefrontal and temporal cortex, impairing reasoning and memory. It also lowers serotonin levels in the brain, which could contribute to an increased risk of sad mood.