

DEPRESSION



Content Partners



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FREQUENTLY ASKED QUESTIONS

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WHAT IS DEPRESSION?

Depression is a mood disorder characterised by persistent feelings of sadness. It is pervasive and involves a cluster of symptoms that affect the individual's thoughts, emotions and behaviour.

- 1 in 5 women and 1 in 10 men suffer from depression at some point in their life.
- Children and adolescents can also suffer from depression.
- 10-15% patients of depression commit suicide.

WHAT ARE THE SIGNS AND SYMPTOMS OF DEPRESSION?

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- Feelings of unhappiness that don't go away
- Being unable to enjoy anything
- Losing interest in life
- Feeling extremely tired
- Feeling restless and agitated
- Feeling irritable
- Losing appetite and weight (some may put on weight)
- Facing difficulty in sleeping or sleeping too much
- Waking up earlier than usual
- Losing sexual desire
- Finding it hard to make even simple decisions
- Losing self-confidence
- Feeling useless, inadequate and hopeless
- Avoiding other people
- Feeling worse at a particular time of day, usually mornings
- Thinking of suicide

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WHAT CAUSES DEPRESSION?

- Imbalance of chemicals (neurotransmitters) like serotonin and norepinephrine.
- Depression can run in families.
- Long term exposure to abuse, violence, neglect or deprivation.
- Low self-esteem, pessimism and difficulties coping with stress can enhance vulnerability. However, depression, like any other medical illness, can happen to anyone.

HOW IS IT TREATED?

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Cognitive Behaviour Therapy is very effective in the management of depression, wherein through various behavioural exercises and thought changing techniques, depression can be treated. Family therapy can help address specific interpersonal issues that can arise within close relationships. Depending on the severity of the illness, treatment can take a few weeks or substantially longer.

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IS MEDIATION REQUIRED?

Antidepressants are prescribed to restore the balance in chemicals levels in the brain. These medications are not sedatives, "uppers," or tranquilisers; they are not habit-forming. Medications must be taken under psychiatric supervision. Both medical and psychotherapeutic treatments, when used together, yield the best results.

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