

Depression among us



Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behavior, motivation, feelings, and sense of well-being. The core symptom of depression is said to be anhedonia, which refers to loss of interest or a loss of feeling of pleasure in certain activities that usually bring joy to people. Life in Coronavirus times is not easy for a teenager due to the big amounts of stress and depression. Statistics say that 13% of people feel so sad or depressed and 11% feel alone.

Corona and depression

When the coronavirus started, everyone was confused, it was something new for most people. The lockdown caused a big psychological impact: depression, anxiety, fear, due to the isolation, loneliness, and ignorance that the situation entails. The coronavirus not only hit us from the outside but also from the inside. It hit our emotions, our thoughts, our hopes. It has changed us deeply. A big amount of countries are in quarantine, so teens have a heavy emotional burden. They are always bored, cyclothymic and downhearted so they are not in the mood of doing anything. The worst part of "life at home", is that teenagers can not have contact with their friends, except the internet or social media. It is crucial for a young adult not to have their best friends near them.

How does depression affect the brain and body?

The biologist Ida Holmen Espersen explained to us what happens in the brain when someone is depressed and she says that is correlated with low levels of Serotonin in the brain. Hippocampus, as a part of the Limbic system in the brain, controls emotions and memories, and when you are depressed, you don't remember well.

With long periods of depression the cells which regulate serotonin can be destroyed, when not used. In the meantime cortisol and noradrenaline will be upregulated due to the induce level of stress and results in an even worse depression.

When you are depressed it's like your whole body is sucked for energy because you are experiencing increased fatigue.

How does depression feel?

Are you afraid of having depression? here you can see the symptoms of depression:

There are many symptoms of depression, like suicidal thoughts or attempts, trouble to concentrate, fatigue, insomnia, list of interests in things that bring joy, irritability, feeling of guilt or worthlessness and overeating or appetite loss.

You lose your interest in family, sex, hobbies and the things you love. Due to the effect depression has on the brain and all the negative thoughts that fly around, it's difficult to fall asleep.

Facts:

- Worldwide, there are more than 300 million people suffering from depression.
- There are 11.000 new cases annually in Denmark.
- Depression typically strikes at the age of 20-30 years.
- Young people can also get depression, but it's often girls who are affected by it.
- There are 3 types of depression: depressive single episode, periodic and chronic.

What causes teen depression?

Depression in adolescence doesn't consist of occasional depressed mood, sadness, melancholy, but is a disorder that pervades every sphere of the adolescent's life.

In general, it can be said that the causes of the disease are many and different from person to person (heredity, social environment, early emotional relationships, having a depressed caregiver, family bereavement, work and relationship problems).

Research has found two main causes:

the biological factor, for which some have a greater genetic predisposition towards this disease;
the psychological factor, whereby our experiences (particularly childhood ones) can lead to a greater acquired vulnerability to the disease.

The trigger is often some stressful event or some major tension that disturbs our life and which is evaluated in terms of important and unacceptable loss.

How does it affect us?

Depression is something that everyone can be affected by no matter background and social status. A study shows that globally more than 300 mio. people suffering from depression. If you are having depression you feel sad and sometimes without a reason. It can feel like something from the inside, an emptiness or gloom, that had been there for a longer time.

The teen will have negative and pessimistic thoughts and it will be hard for the teen to concentrate and remember. Things like getting up in the morning begin to be difficult and the everyday activity can feel confused.

The teen will no longer be interested in the things that they normally care about. They will start being hard on themselves and force themselves to think differently.

It feels for them, that life no longer makes sense and in the worst periods, they think the world will be better without them.



This is how YOU can help other people with depression:

There are a variety of methods used to treat depression, including medications and psychotherapy. If a teen suffers from depression they will need support from family or teachers to help with any school or peer problems. For example parents and other family members can help teens with depression by gently encouraging them to adopt a healthy lifestyle, so that they encourage a good mental health. It is also important that the parents discourage them from using alcohol and drugs, and that they replace shame and punishment with positive comments for good behavior, because shame and punishment can make the teen feel worthless.

To help people with severe depression hospitalization in a psychiatric unit may be required. But the most effective treatment is a combination of the antidepressant medication Prozac and psychotherapy, where 75% of the teens significantly improved, according to a study.



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