
Depression: types, causes and treatment

Have you ever felt extremely sad for a long period of time? If you have, you might have or have had depression. Depression is a mental condition in which you feel feelings of severe despondency and dejection.

There are many types of depression. A few common types of depression include major depressive disorder, dysthymic disorder, seasonal affective disorder (SAD) (Types 2016). Some other ordinary types of depression also include premenstrual dysphoric disorder (PMDD), atypical depression, peripartum (postpartum) depression, and bipolar disorder (Schimelpfening 2017). Some unusual types of depression are the persistent depressive disorder, psychotic depression, and 'situational' depression (Types 2016). Although there are many types of depression, there are also many symptoms to warn you that you may have one. There are many symptoms of depression, but how do you get it?

There are many ways to get depression. It is common for depression to occur due to some sort of conflict in a person's life. Prior physical or emotional trauma can lead to clinical depression later on in life. About 30 percent of humans that have substance abuse problems also have major or clinical depression. Social isolation caused by other mental illnesses or being cast out of a social group or family can add to the risk of developing clinical depression as well. There are many different ways to get depression but how does depression affect the brain? (Depression 2016) There are many ways depression can affect the brain. Most of the brain activity related to depression occurs in the hippocampus. The hippocampus controls the release of the hormone cortisol, and it is released during stress, physical activity, and depression.

Problems can occur when excess amounts of cortisol are released. Weight gain, high blood pressure levels, trouble sleeping, and fatigue are all symptoms you can suffer from with high cortisol levels (Depression 2016). More problems can arise in the brain during depression, but these disorders show up the most frequently.

You can treat depression in countless different ways. Therapy, sometimes medication, setting goals, changing your daily behavior, exercising and eating healthy, taking on responsibilities, and getting extra sleep can all help you overcome depression. (Griffin 2012) There are possible links between the slow development of new neurons in the hippocampus and low moods. These medications instantly spike the concentration of chemical messengers in the brain. People still typically don't begin to feel better for several weeks or longer.