



Depression

AIM: TO RESEARCH INTO TECHNIQUES TO AID DEPRESSION

What is Depression?



- A mental illness that is recognised worldwide.
- Depression is a long lasting low mood that affects your ability to do everyday things, feel pleasure, or take interest in activities.
- Depression cause feelings of sadness and/or loss of interest in activities.
- Depression can lead to a variety of emotional and physical problems.
- Fortunately it is treatable!!

Causes.



- ▶ **Changes in the brain**

- ▶ Although there's been a lot of research in this complex area, there's still much we don't know. Depression is not simply the result of a 'chemical imbalance',
- ▶ Research suggests that continuing difficulties such as—long-term unemployment, living in an abusive or uncaring relationship or loneliness. However, a combination of events can 'trigger' depression if you're already at risk because of previous bad experiences or personal factors.
- ▶ Personal factors include: Family history, type of personality, and drug and alcohol abuse.

Symptoms

- ▶ Feeling sad
- ▶ Trouble sleeping
- ▶ Changes in appetite
- ▶ Feeling worthless or guilty
- ▶ Difficulty thinking or concentrating
- ▶ Thoughts of death or suicide.



Treatment

- ▶ Antidepressants is the major current treatment for depression however there are other things that can be done to help with depression



- ▶ Effective treatment can stimulate the growth of new nerve cells in circuits that regulate your mood, which is thought to play a critical part in recovering from the most severe episodes of depression.

Extra help

- ▶ Diet
- ▶ Hobbies such as reading, walking, painting, exercise,
- ▶ Spend some time in nature
- ▶ List what you like about yourself
- ▶ Read a good book
- ▶ Watch a funny movie or TV show
- ▶ Take a long, hot bath
- ▶ Take care of a few small tasks
- ▶ Play with a pet
- ▶ Talk to friends or family face-to-face
- ▶ Listen to music
- ▶ Do something spontaneous



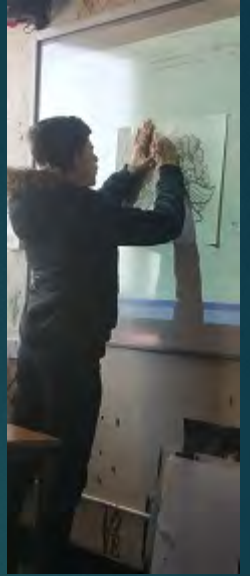
Research

We researched into.

- ▶ Sleep
- ▶ Diet
- ▶ Aromatherapy
- ▶ Herbal medicine
- ▶ Cigarettes and alcohol

Things we tried

- ▶ Listening to music
- ▶ Walking
- ▶ Reading
- ▶ Playing on social media and/or computer games
- ▶ Meditation



Our research



Less anxious/stressed


Neutral

Stressed/Anxious

-5	-4	-3	-2	-1	0	1	2	3	4	5
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Conclusion

- ▶ In conclusion, there is no doubt that people that suffer from depression will need to take anti-depressants, however from taking part and researching some of the activities they can also be beneficial as most of what we tried made a significance difference to our moods.
- ▶ The future.....
- ▶ Current and future research efforts promise to further expand our knowledge of the biological bases for depression and will likely contribute a number of new antidepressant treatments. These prospective treatments include several novel drugs targeting neuromodulatory systems beyond the monoamines and focal brain stimulation techniques which directly target neural networks involved in depression. Over the next several years, we expect significant advances to occur in our understanding and treatment of depression.

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- ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181768/>
 - ▶ <http://www.healthline.com/health/depression/aromatherapy>
 - ▶ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/alcoholdepression.aspx>
 - ▶ <http://www.psychiatry.org/patients-families/depression/what-is-depression>
 - ▶ <http://mentalhealth.fitness/learn-about-your-diagnosis/depression/>
 - ▶ <http://www.webmd.com/depression/features/natural-treatments#1>
 - ▶ <http://www.nhs.uk/conditions/Antidepressant-drugs/Pages/Introduction.aspx>