



Depression Demystified: Signs, Evaluation & Support

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What is Depression?

- Also known as major depressive disorder or clinical depression
- A common yet significant mood disorder
- Characterized by persistent sadness, disinterest, and a lack of interest/pleasure in activities



Mild Depression

- A less severe form of depression with extended persistence
- Symptoms include consistent sad feelings, loss of interest in activities, fatigue, etc.
- Symptoms don't impair a person's daily functioning
- Easily be overlooked due to its less severe nature



Moderate Depression

- More severe than mild depression
- May result in significant daily functioning impairments
- Symptoms include low mood, loss of motivation, low self-esteem, feelings of guilt, irritability, helplessness, excessive worrying, difficulty sleeping, changes in appetite/weight, decreased energy, difficulty concentrating, etc.



Severe Depression

- Lasts for 6 months or longer
- Debilitating experiences for those who suffer from them
- Can resurface again, making it a chronic condition for some individuals
- Symptoms include insomnia/hypersomnia, irritability, persistent hopeless feelings, suicidal thoughts, etc.



When Should One See A Doctor?

Persistent low mood
for more than 2 weeks

Having significant
impact on one's
functioning at work



Persistent changes in
mood and behavior



Having suicidal
thoughts



What to Expect When Seeing A Doctor?

1

Visit a primary care physician for a comprehensive evaluation

2

Physician asks questions about sleep pattern, appetite/weight changes, concentration level, duration of sadness, suicidal thoughts, etc.

3

Rule out other possible medical conditions (e.g., low blood sugar, kidney or liver disorders, etc.) by doing a blood test or less frequently a brain MRI

4

Make a diagnosis by the physician



How to Support Your Loved One?



1

Understand depression for better comprehension of your loved one's situation

2

Be patient and compassionate

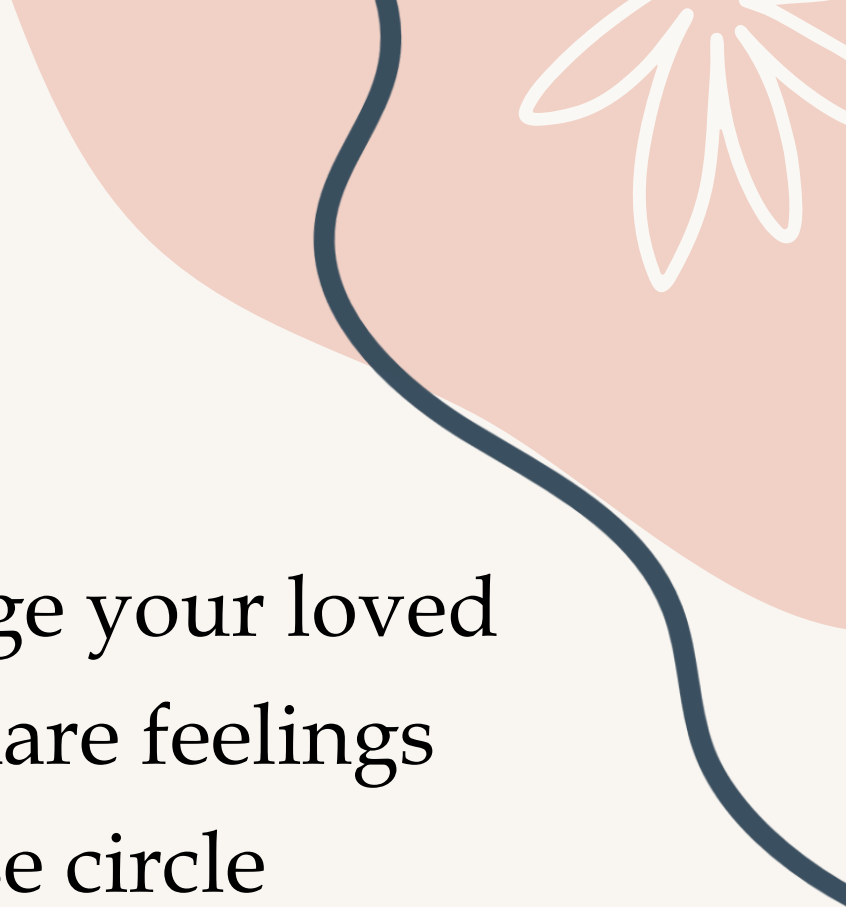
3

Assist your loved one as needed

4

Listen to your loved one without judgment

5



Encourage your loved one to share feelings with close circle

6

Beware of the warning signs (e.g., suicidal thoughts)

Thank you!