Most of the people try are trying hard to lead a healthy lifestyle because being healthy is a virtue. When people speak [about being healthy, they usually mean being physically healthy. Not, not many actually mean to imply that the term being healthy could also apply the term to mental health. Although mental health is imperative, it significant but has not been given the necessary attention, much of the coverage it should receive. Stereotypical attitudes toward mental health have classified mentally ill people as strange. Furthermore, it is perceived that seem to put mentally ill people in the weird category and such disorders only happen to weird people or substance users. This is untrue because this is of course, is not a fact and mind illnesses such as depression depressive can affect anyone regardless of any change. Without taking in account of cast, creed, and color. The information brochure which the essay is based on covers basic depression disorders, Information related to gives a little information about clinical depression, namely, the diagnostics, and symptoms and diagnosis thereof is provided. In addition, various and busts some myths associated with clinical depression are shattered, depression. The course of this essay will give in knowledgeable detail the diagnostic criteria, causes, and preferred method of therapy for depression as a disorder are discussed in the essay.

Diagnostic Criteria for depression

It is normal to suffer depression at some stage in one’s life. Being depressed is normal phase of life for all people, but can. However, depression may become a disorder when it becomes severe, occurs happens frequently, and lasts for a long period. (Health psychology Book) If feelings of sadness do not diminish go away and interfere interfere with a person’s persons’ ability to in their work, school, sleep, and life, they may be then they may be surely suffering from depressive disorder (helpguide.org). A person with this disorder may experience changes have a change in appetite and sleep patterns, low self-esteem, less energy, loss of interest in enjoyable activities, an the inability to concentrate, and suicidal ideation, and thoughts of suicide as a way out are common symptoms. These could also manifestation of these into physical. Depression may also be manifested in physical symptoms such as headaches. Another big factor that one could be depressed, are thoughts of suicide and morbidity.