



جامعة قطر
QATAR UNIVERSITY

Depression



What is depression?

Depression is one of the most common psychological diseases, with an estimated number of 121 million people around the world suffering from depression.

Pathological depression: It is a pathological case characterized by a group of psychological and sensual symptoms, which are dominated by sadness, and these symptoms are characterized by their negative impact on the daily activity of the individual and his social and professional life.



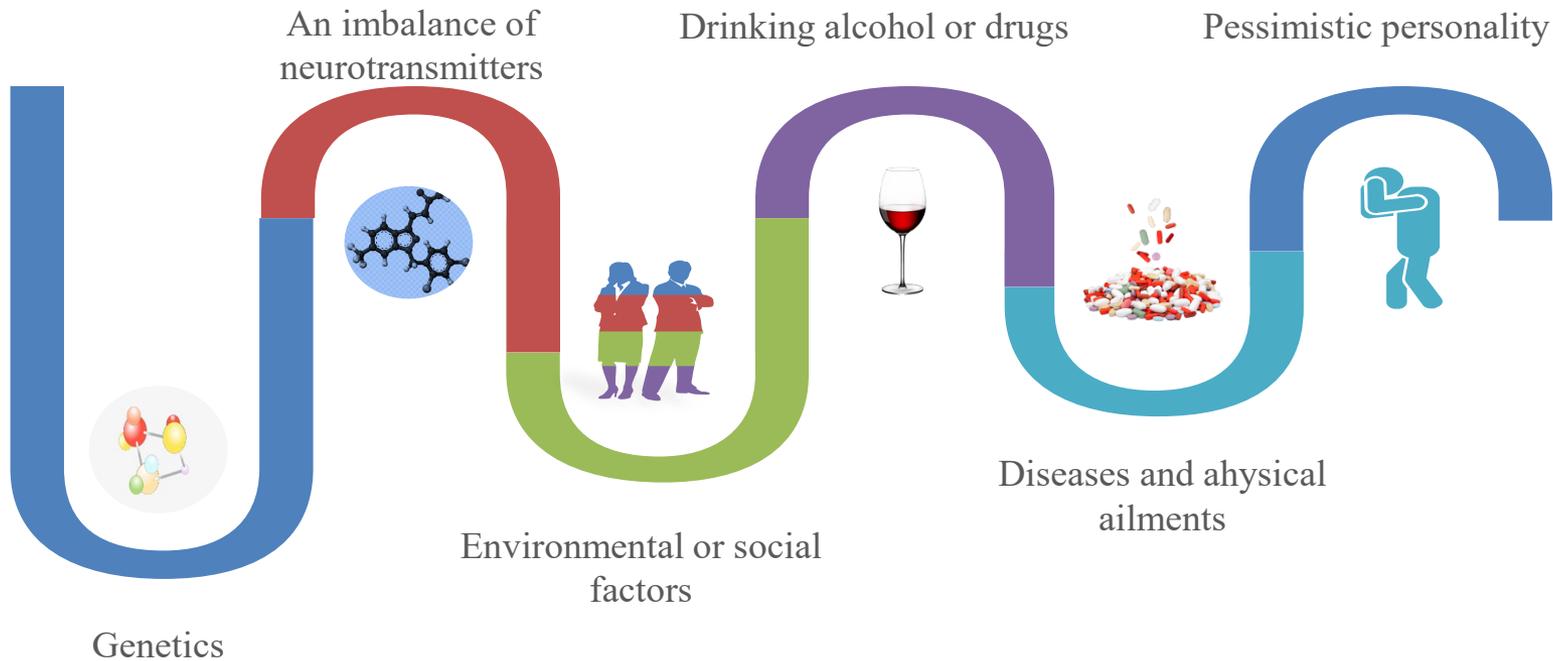
ICE-BREAK 1



<https://www.youtube.com/watch?v=hiQpSxAIWLY>



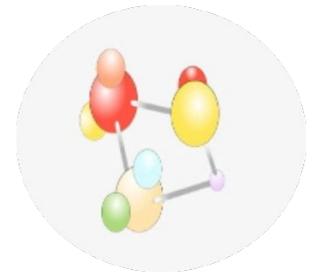
Depression causes and factors leading to it.



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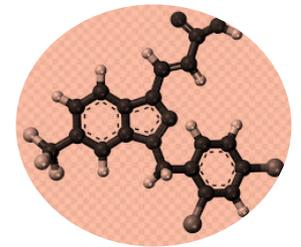
It is considered one of the most important reasons, but the exact method of transmitting these genes is not yet known

Genetics



Responsible for regulating nerve impulses in brain cells, the most important of which is the lack of serotonin, which is the focus of most drug treatments used to treat depression.

An imbalance of neurotransmitters



Depression causes and factors leading to it.

For example, loss of a beloved one or financial difficulties with going into something new like a new job.

Environmental or social factors



It may affect the concentration in dealing with others, and the loss of social relations and may reach the loss of job or the education status.

Drinking alcohol or drugs



Depression causes and factors leading to it.

Including hormonal disorders, especially .
that affect women in the postpartum period,
and other diseases such as secretions of the
thyroid glands.

Diseases and aphysical
ailments

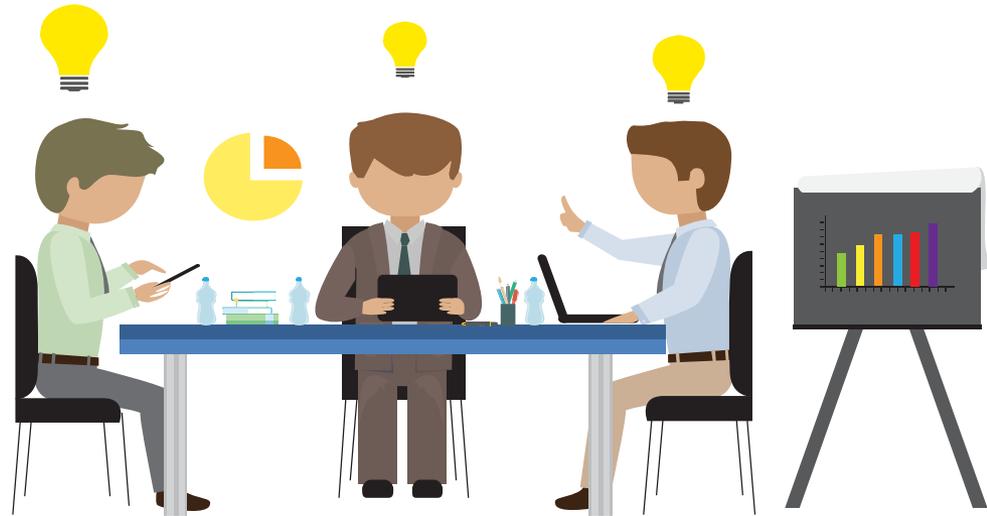


One of the most vulnerable people to this
disease

Pessimistic personality



ICE-BREAK 2



**How do we identify
symptoms of depression?**

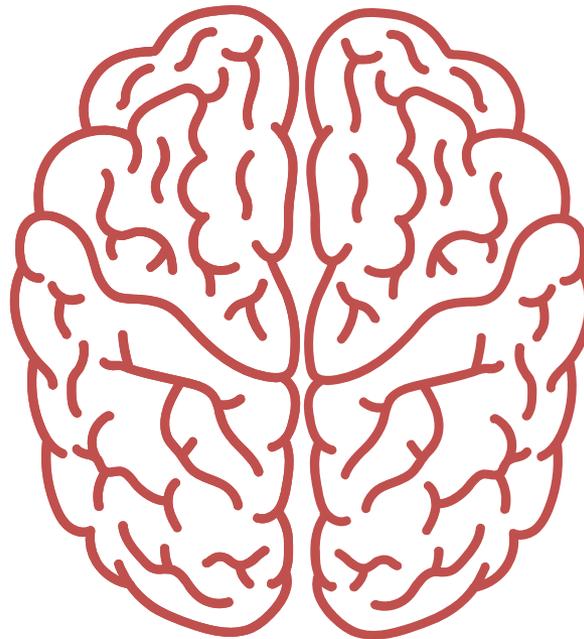


Symptoms of Depression

Feeling frustrated, bored,
and boredom.

Not enjoying the life joys.

feeling despair



Excessive crying without any
reason

Sleep disturbances and may
be in the form of difficulty
sleeping or its abundance.

Difficulties in focusing,
remembering, and decisions
making.

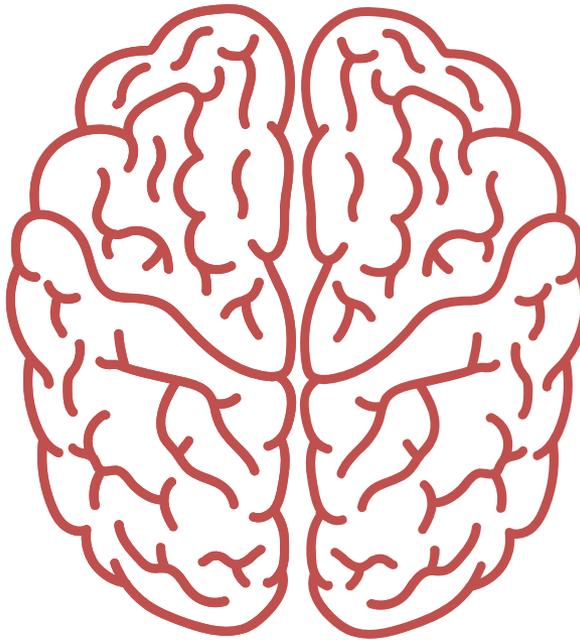


Symptoms of Depression

A pessimistic view of the past and the present.

Feeling of social marginalization

Sensory symptoms such as low back pain or chronic headache without any organic explanation



Tiredness from any effort

Loss of appetite or overeating, leading to a noticeable change in weight.

Anxiety, irritability, anger easily without any reason, constant feeling of guilt..



Types of Depression

Psychotic Depression

It is severe and difficult depression accompanied by psychotic symptoms and appearances, such as hallucinations.

Postpartum Depression

Depression appears in some women after they give birth to new baby. It appears, usually, a month after the delivery.

Reactive Depression

An emotional reactive following a loss, such as the failure of love, marriage, friendship, or work, ranging from 3-6 months, during which the productivity of the affected person decreases.

Seasonal Depression

A periodic disorder, which appears at specific times of the year e.g. at the end of the fall season and recovery from it at the beginning of spring and others.

Main Depression

A severe stage of depression and this type must have five of the previous depression symptoms.

ICE-BREAK 3



What are the correct methods to treat depression?



Depression treatment and prevention methods

Pharmacological therapy

It is the most common treatment method and works by affecting some chemicals in the brain, but it does not treat depression, however it relieves symptoms, and the effect of the drugs appears between two to four weeks.



Sports exercises

It helps those suffering from depression of the medium degree as it increases their self-esteem by improving their body looking and achieving their goals, and also helps release endorphins “a chemical that has an antidepressant effect”.



Psychotherapy

Sessions that provide an opportunity to learn how to deal with external pressures and the best ways to deal with side effects.



Thank you

