

Prevalence of Associated Factors of Depressive Symptoms among School Going Children's

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Abstract

Depression is the most often encountered in the world of mental illness. In adulthood these mental disorders do not understand as people do not want to share their mental illness with health care providers, they are fearful of receiving approval from the physician. The community people in the last century did not accept the existence of mental illness to the children. Nowadays some studies can provide evidence of mental illness and treatment, or the medical field is also evolving so that people believe disease and death rates. Earlier studies show that depression is prevalent in adolescents (10% to 60%). The mood disorder (depressive mood) may inform lows all around, people may go to sadness in this condition, and in a severe case, people may end their lives. A person may suffer for a long period in a situation in which he or she feels sad and does not participate in social, personal, professional life. In all life situations, the person feels low and does not feel pleasure in everyday life, so if the individual can feel these things in their life so that they consider depression. 3 influence of depression mood which is unusual at a particular age. This can lead to negative effects on a friend, social, and family relationship. 4 most suicide and suicidal behavior can lead to major depressive disorders. Younger depression can lead to chronic waxing and increased risk of major depression in adulthood. Some studies can indicate that depression may occur early in adulthood as opposed to people's past lives.

Keywords: prevalence, depression, mental illness, suicidal behavior.

Introduction

Depression (major depressive disorder) is a commonly diagnosed health problem that has a negative impact on how you feel, perceive and act. Fortunately this is always treatable. Sadness leads to the feeling of depression and/or lack of enthusiasm for once loved activities. It can contribute to many emotional and physical challenges which can impair an individual's

capacity to act at home and at work Important events in life, such as poverty or job loss, could cause depression. But doctors only see feelings of distress as part of depression if they carry on. Depression is a persistent and not a passing problem. This is made up of episodes where symptoms last for a minimum of 2 weeks. Depression can take several weeks, months , or years to last.¹

The mood disorder (depressive mood) will explain the emotional lows all around, people with this condition can go through depression, and people in a serious situation can end their lives.² In certain cases a person may suffer for an extended period of time because he feels depressed and is not involved in social, family, or professional life. The person who feels low in every situation of life and does not feel joy in everyday life and if the individual can feel these things in their life then

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he / she considers depression.³ In this particular period the influence of depressed mood is extraordinary. It will have a negative impact on relationships with friends, the social, and family.⁴ A major depressive disorder can cause most depression and suicidal actions. The greatest depressive disorder also affects the most suicide and suicidal behaviour. Younger depression can lead to constant waxing and an increased risk of serious adult depression.⁵ Some research may indicate that depression can lead to early adulthood as opposed to previous lives.⁶

Definition

Depression is a mood condition which implies a lasting sense of depression and lack of interest. This is different from the mood swings that people regularly experience as part of life.⁷

Prevalence

Data available show that the point prevalence of depression / affective disorders varies from 1.2% to 21% in clinical-based studies; 3%-68% in school-based studies, and 0.1%-6.94% in community-based studies. India has only performed one incidence analysis estimating the incidence to be 1.6 percent.

Risk Factors

Genetics: A family history of depression can increase chances of having a depression. The disease may be passed on, it's believed. The precise manner in which this occurs is not clear though.

Death or loss: Sadness and sorrow are natural reactions. Nevertheless, these great pressures can often carry with them severe signs of depression, such as thoughts of suicide or feelings of worthlessness.

Conflict: Personal disputes or disagreements between family and friends may lead to depression.

Abuse: It may also be brought about by physical, sexual, or emotional violence.

Events in life: Even good things could make you depressed, like moving or graduating.

Different diseases: Depression often pairs with another disorder, or can be a reaction to it.

Medicines: Depression can be a side effect of

medication that patients taking for a particular illness .

Abuse of substances: Up to 30 percent of people who use drugs or alcohol also have depression. Some people misuse drugs when they're feeling down. In others, heavy alcohol or drug use may cause depressive symptoms.

Other issues: Issues such as social isolation from another illness or family or social group alienation may lead to depression.

Causes

Although don't know exactly what is the causes depression, several factors often correlate with its development. Depression is usually the result of combining recent events with other long-term or personal triggers, instead of an immediate crisis or accident.

Life events: Evidence suggests that chronic long-term unemployment problems, living in an abusive or dysfunctional relationship, long-term alienation or loneliness, constant work-related stress – are more likely to cause depression than recent life stress. However if the person is at risk due to past bad experiences or personal factors, recent events (such as losing person job) or a combination of events may cause depression. Evidence suggests that persistent long-term unemployment issues, living in an abusive or carefree relationship, long-term loneliness or isolation, excessive tension at work – are more likely to trigger depression than recent life stress. However, if the previous negative experiences or personal factors, the patient is still at risk.

Person factors:

- The history of a family
- Full personality
- Serious medical condition
- Alcohol and drug use¹⁰

Sign and Symptoms

Depression symptoms typically progress over days or weeks but person can experience an anxiety or moderate depression period that persists for weeks or months in advance. Not everyone who has depression should be complaining about misery or constant low

mood. a person can experience other symptoms of depression, for example, sleep issues. Some would mourn the ambiguous physical signs.

Signs to feel a person include:

§ A person can experience other symptoms of depression, for example, sleep issues. Some would mourn the ambiguous physical signs.

§ Lack of interest in daily hobbies and enjoyment. That is a reduced enjoyment performance. this comes with a lack of sexual desire.

§ It's a mood irritable. This may be the main change in mood, especially among young people, and among men (For Maori and Pacific minority groups in particular).

§ Changes in Sleep habits. Sleep deteriorated more often, with difficulty sleeping, sleep disrupted and/or early waking and unable to sleep again. Several men are oversleeping.

§ Shift in famine. Too many people don't feel like eating, and may have lost weight as a result. Many people feel hungrier, even after having fun. For those who do more sleep this is also seen.

§ Less strength, less exhaustion and less exhaustion. Such feelings can be so serious that it seems too difficult to finish even the smallest task.

§ Physical slowing or restlessness also leads to extreme depression. For periods, the person may sit in one place, and turn, react, and talk very slowly; or maybe they can't sit still, but hold pace and wring their hands. The same person can experience alternations which are slowing and agitating.

§ Truth or shame feelings. Thoughts of guilt or worthlessness. People may withdraw from doing things and contact others because they feel bad about themselves.

§ Hopelessness, and feelings of death. No hope in life can be felt by the individual, the wish that they were dead or feel suicidal.

§ Talk of danger. People can consider concentrating hard. Person can not read the paper or

watch a TV. We can find it very difficult even to make easy daily decisions

Anxiety symptoms

These are very common as a part of depression but these signs usually stop as depression is treated. Signs of fear include:

- Excessive restlessness or anxiety associated with physical signs such as stress in the body, dry mouth and heart attack.

- Attacks over panic. Sudden bouts of intense panic and anxiety, including signs of physical cravings.

- Falun Gong. Concerns unique to circumstances, items or creatures

- The physical wellbeing issues are severe.

Symptoms include depressed mood, diminished participation in play activities, attention issues, anger and behavioral problems such as aggression, pessimism, decreased appetite, reduced sleep, anhedonia, and somatic symptoms should include.⁸

Treatment

Depression can't go anywhere, by itself. However, if left untreated and ignored, depression can continue for months, even years, and can have many negative effects on a person's life.

Each one has to find the care they need. Finding a workable cure will take time and patience.

Various forms of depression demand different treatment. Mild symptoms can be soothed by: ---->Knowing the Condition

>Changes in lifestyle (for example regular physical exercise)

>Psychiatric care offered by a mental health professional or by online e-therapy.

Medical treatments, in combination with these other treatments, are likely to be needed for moderate to more severe depression.

Depression treatment should start with a patient's condition. Book an extended consultation to give time

to discuss symptoms and options for treatment. The doctor may ask to complete a screening questionnaire or perform certain tests to rule out other conditions.

Patients should be referred to a psychologist, social worker, counselor or psychiatrist by a doctor. Access a rebate through Medicare to see most of those professionals. This requires that physicians write a patient GP Mental Health Plan.

- Local community health center-get in touch with someone at your local council for details

- Local triage mental health service – they can give you advice about your nearest major hospital with a psychiatric department with mental health assessment staff available.

Psychological treatments for depression

Psychological therapy (also called speech therapy) have been shown to be an successful way to combat depression. We will help people adjust thought habits and develop their coping skills, so that you are better able to cope with life's pressures and conflicts.

Through understanding and modifying unhelpful thoughts and behaviors, psychological therapy will help you remain well.

Several types of psychiatric therapies exist including:

- Cognitive behavior therapy (CBT)
- Interpersonal (IPT) therapy;
- Comportemental therapy
- Cognitive therapy (MBCT) focused on alertness.

CBT is among therapies that are most widely used. This helps people with depression monitor and change negative thought patterns, and increases their ability to cope better with life's stresses and conflicts.

A large variety of appropriate treatments are available for the major depressive disorder. Relevant medications (see Medication) and brief psychotherapy (e.g. cognitive-behavioral therapy, interpersonal counseling) can be used to relieve depressive symptoms. Scientific evidence also accounts for the ability of brief

psychotherapy (CBT) to prevent relapse.

However, pharmacotherapy by itself is ineffective care in children and adolescents. Nevertheless, the combination of medication and psychotherapy typically provides the quickest and most effective solution in all patient groups.¹¹

Complementary therapies

The word alternative therapy is widely used to describe methods and therapies that vary from conventional Western medicine, and can be used to support and maintain it. Some natural therapies will improve your life, and help patients stay healthy. It has been shown in general that attentiveness, hypnotherapy, meditation, exercise, relaxation, massage, mirimiri and aromatherapy all have some effect in alleviating mental distress.

COMPLICATIONS

Depression can get worse if left untreated and can lead to problems affecting any part of your life such as social, mental, behavioral, and physical.

- Panic assaults
- Social anxiety or a phobia that results in social isolation
- Weight loss or excessive weight gain
- Physical disorders and illnesses
- Attempts and suicidal thoughts
- Substance misuses like alcohol and medications
- Can affect the immune system

PREVENTION

Even if evidence-based care could be given to all individuals afflicted by a depressive illness due to the constant influx of new patients and the limited efficacy of medications currently available, the effect on averting disabled years will be marginal.¹²

Prevention will offer new ways of reducing the burden of depressive disorders on the disease. Research by the Institute of Medicine described prevention as an initiative aimed at preventing new cases of mental

disorders that occur in individuals that are not yet meeting the criteria for such disorders.¹³

Conclusion

Depression is the commonest condition in primary care, but it mostly undiagnosed, unrecognized and undiagnosed because of that prevalence will be an increase in the mental disorders. Depression having a high rate of mortality and morbidity when it was untreated. Most of the patient those who are suffering from depression never accept the condition and they feel afraid to get treated, but when the condition goes worse that time it will showing the sigh and symptoms that under controlled by the person. Psychotherapy that is the first line and effective treatment for the depression in mild and moderate phase but when a severe case is their so give treatment along with psychotherapy and medications. Those patients are live with depression along with their family and friends.

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