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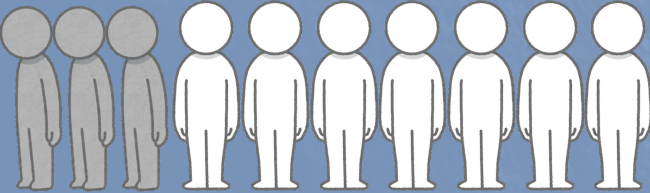
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Module Name: Psychopathological
Classifications and Provisions

DEPRESSION

Introduction

According to the WHO (World Health Organisation), ICD -11 characterises depression/a depressive episode as a depressive mood (e.g., sad, irritable, empty) or loss of pleasure accompanied by other cognitive, behavioural, or neurovegetative symptoms that significantly affect the individual’s ability to function. (WHO, 2025)



Almost 3 in 10 adults have been diagnosed with depression at a point in their lives (American Psychiatric Association, 2024)

Evolution of Treatment (Nancy Schimelpfening, 2025)

- 19th century treatments involved lobotomies (surgery to destroy the brain’s prefrontal lobe). Even though this would calm the patient, there was a high risk of personality changes, bad decision making and even death.
- In the 1950's, doctors used tuberculosis medication called isoniazid which was helpful in treating depression but only in some people.
- Now, psychiatric medication, such as ‘anti-depressants’ is used to treat depression. But these drugs can sometimes cause side effects and have the potential of leading to overdose.

Social & Political Views

- Society can often view depression as a sign of ‘weakness’ or ‘laziness’ which can make the individual feel misunderstood. This can cause the individual to hide their depression and not wanting to reach out for help (Shoji Yokoya et.al., 2018).
- The government is funding the NHS to expand ‘Talking Therapies’. The Mental Health Mission was launched in May 2023, with funding to support innovation in mental health research, services, and digital technology (GOV UK, 2023)
- However, more work must be done to increase depression awareness within society to remove stigma.

The Impact of Depression

- People who suffer from depression symptoms find it difficult to function in social activities with family, at work, or during simple daily routines. (NHS, 2023)
- It affects an individual’s physical, mental and emotional state
- Examples of these effects are fatigue, hopelessness, lack of motivation, loss of interest, no appetite etc. (National Institute of Mental Health, 2024)

Recommendations

- Introduction of anti-stigma campaigns/awareness programmes e.g. through teaching of depression in schools. (WHO, 2024)
- More online tools/methods of therapy for those that do not want to communicate in person (Mayo Clinic, 2022)

Signs and Symptoms of Depression



Persistent feelings of sadness



Loss of interests in activities



Trouble sleeping or oversleeping



Appetite or weight changes



Fatigue or decreased energy



Irritability, frustration, or pessimism



Physical aches and pains



Recurrent thoughts of death or suicide



Difficulty thinking clearly or quickly

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