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Introduction

- Mental disorder is any illness with significant psychological or behavioural manifestation.
- Depression affects different individuals by individual ways (Krone, 2020).
- Various situation in the life can lead to depression such as stressful events.
- During the current global COVID-19 pandemic, the cases of depression are increasing dramatically.
- Depression can be treated with medication, supporting strategies from the groups and self-techniques (Colin, 2021).
- Healthy habits are protection from depression (Krone, 2020).

Mental health problems such as depression and anxiety can impose a high burden on society in terms of quality of life, costs, morbidity, and disability (Schueller, 2019). Many individuals have experience with common mental health problems and face barriers to have treatment because of lack of proper services, high costs, problems with location, and time constraints (Schueller).

The aim of this academic presentation is to understand and recognise mental health circumstances as the first stage to better treatment from depression.

In contrast with other diseases such as hypertension and diabetes, depression is not socially acknowledged as a serious disorder. For educated individuals is vital to raise the awareness for better understanding and to backing the patients suffering from depression or anxiety (Colin, 2021). It is significant for them to be proactive and to search for support from organisations, websites, and individuals who can help with therapies. During the current COVID-19 pandemic the cases of depression are increasing (Colin, 2021).

The purpose of this academic work is to identify the gaps in the field and to find new directions for future research. Depression is not the same from the other mood variations and short-lived sensitive reactions to face contests in everyday life.

ICD-10

This is the classification of Mental and Behavioural Disorders. It is regulated by the World Health Organisation (Meng, 2019) for:

- Depression is classified with code F32.3 (WHO, 2021).
- This is a code system that contains codes diseases, signs, and symptoms.
- It promotes international comparability in gathering, classification and processing.
- This is a clinical catalogue with statistics, trends, and diagnosis (Meng, 2019).



Source: (WHO, 2021)

ICD-10 is the Mental Health Programme from the World Health Organisation (WHO, 2021). It provides vital diagnostic guidelines and clinical explanations. The main aim is to expand the classification of mental health disorders. This worldwide programme describes each category of mental health disorder. ICD-10 is scientific progress and experience (WHO, 2021). This is a creative global scientific cooperation for the symptoms, signs, and diseases in the code system.

According to ICD-10, depression is classified with code F32.3 as main depressive disorder, distinct episode, and austere with psychotic sorts (WHO, 2021).

Critical examination

ICD-10 is not perfect but covers the priority conditions for individuals with mental health (Meng, 2021). The WHO starts the programme to close the gaps with global network system with the data from healthcare authorities. WHO provides guidelines for psychological interventions. The advantages are description of the usage of behavioural triggering, problem-solving treatment, and straitening social support. However, more activities are required for full treatment and cure from depression. Many people are without any financial and medical support. In many countries there is a lack of proper knowledge, not enough specialist care, no financial resources for treatment of depression. Vital are online sources with information to treat depression (Meng, 2021).

Case Study of Depression - Sam Smith

- 15-year-old teenage (Hall, 2019).
- Unanticipated combat with another co-player.
- He was diagnosed with major depressive disorder.
- Psychological distress (Hall, 2019).
- Interpersonal psychotherapy for adolescents.
- Psychosocial intervention from suffering from depressive episode (Hall, 2019).

This is a case study in evidence-based practice (Hall, 2019). This article describes the case study of a 15-year-old male. Vital for his life is that he was a captain of the soccer team. He used Interpersonal Psychotherapy for depressed adolescents. This is an empirically held psychosocial intervention for individuals suffering from a depressive episode. He received individual psychotherapy with minimum parental involvement (Hall, 2019). The main focus is on the psychological stress. Vital for the depression are several challenges in his family life. Based on the symptoms, the most appropriate treatment for this teenager is the interpersonal psychotherapy for adolescents (Hall, 2019).

Definition of Depression

- This is a protracted, debilitating sadness, from time to time attended by emotion of hopelessness and thoughts of suicide (Nieto, 2017).
- Severe dejection and despondency, accompanied by feeling of inadequacy (Hall, 2019).
- A circumstance of mental disturbance, usually with lack of energy and difficulties in maintaining concentration or attention in lifetime (Hunter, 2021).



Source: (Eatthis, 2021)

Depression is a common mood disorder. The origin is a lack of motivation and a persistent feeling of sadness. Many individuals have experiences to take their own life. Very often the patients are overwhelmed by thoughts of despair and hopelessness (Nieto, 2017). Half of the suicides in the UK are the result of major depression.

However, based on the systematic surveys the different concepts of depression can be provided. There is a precise alteration in mood such as indifference, unhappiness and loneliness. The others are a harmful self-concept related with self-reproaches and self-blame, reverting and self-punitive requirements such as wishes to escape, and change in action level such as agitation or retardation (Hunter, 2021).

History of Depression

- It was called “melancholia” and appeared in ancient Mesopotamia in 2 millennium BC (Taylor, 2021).
- In 14 century, depression was derived from Latin “to press down”
- In 1665, Richard Baker described it as “ a great depression of spirit”
- In 1853, the term was referring to a psychiatric symptom (Taylor, 2021).
- Mid 1970s, depressive disorder was introduced in US clinics.
- In Ancient Greece, this was due to an imbalance in the four body fluids (Taylor, 2021).



Source: (Topdoctors, 2021)

There are different histories for depression. However, in the ancient history the people didn't know anything for depression. They had different ideas for the causes and treatments. Nowadays, there is understanding for the human brain, life of thoughts, and the human emotions. The different parts of the brain control various things, activities, and behaviour. On the same principle is genetics (Taylor, 2021). According to historical sources this mental illness is caused by spirits (Taylor, 2021). In the ancient times was known as melancholia. During the Renaissance in Italy, there was the first progressive thinking for the causes of this mental illness.

Impacts of Depression

- Feeling sad (Howard, 2020)
- Having trouble concentrating
- Hurting yourself
- Worthless (Howard, 2020).
- Experiencing aches, pains and headaches
- Eating more (Howard, 2020).



Source: (Topdoctors, 2021)

Impacts of depression are feeling sad or anxious, feeling irritable, having trouble falling asleep, feeling tired, eating more, helpless, thinking of suicide, hurting yourself, having trouble concentrating, no appetite (Howard, 2020).

Additional **signs** include loss of warm feelings for friends and family, loss of self-esteem, irritability, feelings of guilt and self-blame, loss of sexual desire, and the inability to enjoy anything (Howard, 2020).

Early morning signs are known as prodromal depression symptoms. They are before the individual to face the full depression (Howard, 2020).

There are two groups of symptoms such as **physical and psychological**. The **psychological symptoms** include lack of motivation and satisfaction, loss of interest, anxiety, unhappiness, hopelessness, bad mood, and suicidal thoughts. **The physical symptoms** include pains, bad sleep, lack of appetite, tiredness, and aches (Howard, 2020).

According to based-evidence researches the experiences from the full major depressive disorder include:

Insomnia -45%, Irritability- 45%, Reduced energy – 43.8%, Increased fatigue -36.3%, Interrupted sleep -36.3%, Psychic tension -32.5%, Psychic anxiety -28.7%, Early morning awakening -26.3%, and Decrease in sleep duration -22.5% (Howard, 2020).

The symptoms of depression can be separated in to four groups such as cognitive, emotional, motivational, and physical. The **emotional** depression includes huge sorrowful feelings. The **motivational** group includes lack of aspiration and motivation. The cognitive group includes feelings of low self-worth or unbecoming guilt. The last group is physical such as loss of appetite and forms of insomnia (Howard, 2020).

Depression leads to **functional and structural brain changes**. Structural studies showed that patients with dementia have smaller hippocampal volume in the term of major depression. The functional studies showed that the key processes in the brain network have emotion regulation related to the self-awareness (Howard, 2020).

Behaviour and Attitude Changes

- Poor memory (Chantler, 2020).
- Neglect of responsibilities
- Poor appearance (Chantler, 2020)
- Negative feelings
- Bad behaviour
- Inability for concentration
- Totally slowing down (Chantler, 2020).



Source: (Eatthis, 2021)

Physical complaints may include loss of appetite, weight gain/loss, lack of energy, insomnia, sleep disturbances, stomach aches, indigestion, back pain, and early morning walking (Chantler, 2020).

The support of the UK patients organisations, the Charity Organisations for mental health is vital such as Mind UK and Mental Health Foundation.

The **key risk factors** for depression are isolation, loneliness, abusive relationships, chronic illness, abuses, early childhood trauma, drug abuse, negative outlook, low self-esteem, alcohol abuse, divorce, and unemployment (Chantler, 2020).

For the **case study**, there are attitude and behaviour changes such as unexpected fighting with another co-player and bad behaviour (Hall, 2019). Sam Smith neglected his responsibilities with unexpected bad behaviour, inability for concentration, and negative feelings.

Aetiology

- Major Life Events (Hunter, 2021).
- Personal Conflicts
- Death of someone close to you (Hunter, 2021).
- Biological Factors
- Environmental and personal vulnerability
- Co-occurring disorders (Hunter, 2021).
- COVID-19 pandemic (WHO, 2021).



Source: (Eatthis, 2021)

Depression is a compound disease with various roots. The traumatic life actions are the main reasons such as a household history of unhappiness, relationships problems, and character personalities (Hunter, 2021). The factors that lead to depression are always several causes. Usually, the individuals with depression isolate themselves from the families and friends. Many of them develop suicidal thoughts.

According to Hunter (2021), the main reason for depression is the disconnection from everyday healthy living. Another main reason is that more than 80% of the people who suffer from depression never look for treatment. However, the number of the individuals experiencing depression is close to the epidemic status. The most important is to improve the quality of patient's life (Hunter, 2021).

Aetiology of depression includes the biological factors such as genetic, hormonal, and neurological (Hunter, 2021). The environmental and personal vulnerabilities are due to psychological and biological circumstances.

The current **COVID-19** pandemic leads to increasing the number of people suffering from depression because the coronavirus affects the central nervous system and brain (WHO, 2021).

Prevalence

- People from all background, ages, and genders
- 267 million individuals agonise from depression globally (WHO, 2021).
- It is between the principal origins of disability (WHO, 2021).
- It can be reliably diagnosed and treated in prime care
- Less than 24% of individuals with depression receive an efficient treatment (WHO, 2021)



Source: (Eatthis, 2021)

Individuals aged 18-44 are more likely to suffer from depression (WHO, 2021). Depression is the primary reason of incapacity and early death. The worldwide occurrence of depression is assessed to 4.5% while the occurrence in the UK is 4.5% (NHS, 2021). There is a sharp increase of the number of people who suffer from depression 2005 to 2015 by 18.4%. Prevalence varies with sex and age, peaking in older adults. For the age range 55-74 there are 7.5% females and 5.5% males (WHO, 2021).

Depression is on the second-place by admission in the mental hospitals. On the first position is schizophrenia. However, the depression is one of the leading causes of disability. 5-12% of the global male population and 10 to 25% of the global female population have a probability to develop a major depressive disorder their lifetime (WHO, 2021).

Statistics

- Depression disturbs 1 in 10 during their generation (WHO, 2021).
- 4% of the kids in the UK are nervous or depressed
- 50% of individuals who have an episode of depression will have a relapse.
- Over 6,000 suicides in the UK each year (WHO, 2021)
- 9.9 million days in the UK are lost due to depression
- Women are twice likely to have depression than men (WHO, 2021).



Source: (Eatthis, 2021)

According to the WHO, the most common mental health condition is Major Depressive Disorder. It affects around 6-7% of the global population (WHO, 2021). Around 17 million Americans have experience with a major depressive episode. More than 3 million people in the UK are diagnosed with this mental issue. 1 out of 4 individuals in the UK has mental health difficulties such as depression, anxiety, and phobias (WHO, 2021).

The current **COVID-19** pandemic has an impact on the people with depression. 21% of the people diagnosed with coronavirus are then diagnosed with depression and anxiety (WHO, 2021).

According to the WHO, depression is the second important reason of global incapacity in 2021. This is a problematic mental disorder and requires support from friends and families. The most important is the right treatment is desired (WHO, 2021).

Other important statistics are: 15% of the new mothers have depression, every 90 minutes a person kills himself because of depression, and usually, depression lasts between 6 and 8 months (WHO, 2021).

More than 810,000 individuals die from suicide each year in the world. Suicide is the second major reason of death in 15-29 years-old (WHO, 2021).

Illnesses often co-exist with Depression

- Panic Disorder Post-traumatic stress disorder (Hall, 2019).
- Obsessive-compulsive disorder
- Diabetes (Hall 2019).
- Social Phobia
- Parkinson's disease (Hall, 2019).
- COVID-19 (WHO, 2021)



Source: (Eatthis, 2021)

Depression frequently happens with bodily indicators as pains and aches. This is the reason that individuals don't recognise signs of mental disease. The illnesses often co-exist with depression the most often are social phobia and panic syndrome (Hall, 2019).

The current COVID-19 pandemic is added as a risk factor for depression. There is a highly possibility of the coronavirus patients to get anxiety and depression.

Diagnosis

- Living with depression symptoms (Krone, 2020).
- Recognising the signs of depression
- Diagnosis from GP
- Treatment (Krone, 2020).



Source: (Eatthis, 2021)

Living with depression – for this is necessary to manage the symptoms of depression to reach full recovery. This is more than just feeling unhappy. It includes physical and mental symptoms with the experience of the episodes of depression (Krone, 2020).

There is wider range of symptoms such as physical and mental. The most possible signs are hopeless, feeling lonely, tired, anxious, exhausted, insomnia, no appetite, lack of self-esteem, and suicidal thoughts (Krone, 2020).

GP can see the whole history of the patient and to make connection with the symptoms. The patients can benefit from the Cognitive Behavioural Therapy.

For the case study is important that Sam Smith was diagnosed with psychological distress and individual psychotherapy is preferred as the most appropriate for his case with minimum parental involvement (Hall, 2019).

Treatment

- Behavioural Therapy (Pearcey, 2021).
- Cognitive Behavioural Therapy (Pearcey, 2021).
- Mindfulness founded Cognitive Therapy
- Interpersonal Psychotherapy (Pearcey, 2021).
- Narrative Therapy
- Medication (Pearcey, 2021)
- Antidepressants



Source: (Eatthis, 2021)

There is no unique treatment for depression but evidence-based therapies can support the recovery (Pearcey, 2021). Vital for the full recovery is to have full support from the right organisations in the UK for understanding the depression such as Mental Health Foundations and Rethink Mental Illness. The patients need to have a healthy diet and sleep well (Pearcey, 2021). The nutrition includes vegetables, fruits, fish, and less meat. Improving sleeping habits is a major factor for a full recovery. The patients need a relaxing atmosphere and a regular bedtime ritual.

The treatment of the clinical depression in the UK includes a combination of talking therapies, medicine and self-help (Pearcey, 2021).

Mild depression includes a GP diagnosis, exercises, self-help, and mental help tools from the NHS Apps Library.

Mild to moderate depression include **Cognitive Behavioural Therapy** and counselling. Cognitive behavioural therapy is a talking treatment that is founded on the perception that emotional state, physical senses, and activities are unified and the negative feelings and thoughts can trap the individual in a malicious rotation. **Counselling** is a talking therapy that includes a skilled psychotherapist to deal with emotionally problematic issues (Pearcey, 2021). **Behavioural therapy** is a therapeutic approach that uses behavioural techniques for the elimination of unwanted behaviours. **Interpersonal Psychotherapy** is developed as a brief therapy for depression and includes communal treatment options for people with experiences (Pearcey, 2021). **Narrative therapy** separates the individuals from difficulties and outlooks them as functional people to engage their thought patterns. Some of the **medications** for depression are Steroids, Sedatives, and Anticonvulsants.

Moderate to severe depression includes **antidepressants** and combination

therapy. Antidepressants are medicines that treat the symptoms of depression (Pearcey, 2021).

Evaluation of the historical and contemporary support, provisions and treatment

For many individuals depression can have a negative impact on all areas of their life (Taylor, 2021). However, more important phases are required for full recovery. Wellbeing centres are vital for intensive treatment of depression. Vital for treatment of severe depression is to eliminate any negative influences that can lead to worsen of depression. 24-hour support helpline is required for the people in need (Taylor, 2021).

Depression can't be unwritten in standings of its **paradoxes** (John, 2018). For example, there is a shocking distinction between the miserable individual's appearance and the objective facts. Many individuals suffer and have experience based on self-debasing ideas without objective evidence and logical demonstration. The unreasonable nature of their thoughts can't enhance their suffering (John, 2018). Depression has been recognised as a clinical syndrome but there are no satisfactory explanation of the paradoxical features. There are many unresolved issues for the nature of depression, its classification and etiology. One of the most important is that there is **no effective treatment of depression** (John, 2018).

Legislation

- Mental Capacity Act 2005 (Legislation.gov.uk, 2021).
- Human Rights Act 1989.
- Equality Act 2010 (Legislation.gov.uk, 2021)
- Data Protection Act 2018.
- Care Act 2014 (applies to England).

Source: (legislation.gov.uk, 2021)

The UK Legislation for Depression

Mental Health Act 1983 is the law in England and Wales and was updated in 2007 for individuals with mental health difficulties (Legislation.gov.uk, 2021).

It describes treatment in the community, valuation and treatment within the healthcare sector, and pathways into the hospital. This act covers individual rights and patient rights.

Equality Act 2010 is the law that protects the rights from discrimination because of mental health conditions (Legislation.gov.uk, 2021).

Care Act 2014 shapes the duties of the local specialists in connection to the needs of the individuals. This law is valid in England.

Social Services and Well-being (Wales) Act 2014 is the law by the Welsh parliament and governs the social care need in Wales.

Human Act 1998 is the law for the human right and how to respect them (Legislation.gov.uk, 2021).

Data Protection Act 2018 shapes the development of information that must be handled by the organisations (Legislation.gov.uk, 2021).

Sexual Offences Act 2003 announces the measurements to define and determine all sexual offences in the UK.

Criminal Procedure (Insanity) Act 1964 is the law that outlines the process to define whether an accused person is under a disability. (Legislation.gov.uk, 2021).

Recommendations

- Providing information and support for early detection and treatment of depression (Nieto, 2017).
- Improvement of the current way of measuring depression (Nieto, 2017).
- More studies with measurements in global clinical trials (Schueller, 2019).
- More analysis of the evidence-based results of early signs (Nieto, 2017).

Recommendations

Recommendations are required for treatment programme based on the individual necessity (Schueller, 2019). The quality of mental health services must be improve. More clinical trials are required for effective depression treatment.

Vital **future research** is essential to fill the **cracks in the literature**. The main fields are measurement and evaluation of depression, exploration of various processes of depression related with the recurrent episodes, potential gender transformations and exposure, reactivity to stressors, and understanding the biological stress processes (John, 2018).

In terms of **measurement of depression**, there are depression rating scales. However, they are psychiatric measuring instruments that use descriptive words for indication of severity of depression. They are created by researchers. However, future researchers must find the direction for the precise evaluation of the depressive disorder diagnosis (John, 2018).

It is important for individuals who suffer from depression to sport, to have meditation, psychotherapies, healthy sleep, medication, diary, and support from mindfulness organisations. Based-evidence recognises sport and meditation can improve mental health. It is very important for patients to get mindful in their everyday life (McKeown, 2021). Factors that support resilience are stable employment, healthy eating habits, family and social support, exercises and physical activities. It includes low level of alcohol and drug use (McKeown, 2021).

Conclusion

- Depression is a reflection of negative self-scheme.
- Identification of all data support supports the process of right treatment.
- Individuals often have an attitude of helpless resignation when face negative events.
- Depression is treatable and the most patients have improvement in their symptoms
- The treatment should be individualised because there are different factors that lead to depression to every single person.

Vital for individuals who suffer from depression is the identification of the factors of her influence, symptoms, causes, and the treatment. People can prevent the disease by the signs and obtain proper medical help. Vital to find the cure is the support from families and friends. Doctors follow in the ICD-10 guidance. People with more problems are more likely to experience depression. Different types of therapies are offered to treat the disease. Healthy diets and exercises are vital for a person's good mood.

The summary for this academic work is that major depression is a common disease that severely restrictions psychosocial functioning and diminishes quality of life. This is the second-leading illness in the case of burden. The most common burden is known as major depression. Long-term of treatment is required to have reduction of the symptoms.

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