



Depression (1850- Present Day)

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Defining Depression and its Historical Context.

Definition

Depression is a serious mental health issue that negatively impacting the way you think, your feelings, and your behaviors.

Depression have several symptoms, a few of which are:

- Weight loss/ gain due to dieting.
- Broken sleeping patterns
- Fatigue
- Deep feeling of sadness that lasts a long period. (1 year or more)

History

2,500 years of similar symptomatic descriptions.

Modern concept arose from 1780-1880. Over these hundred years, early diagnostic formulations of melancholia helped to come to this concept.

1920s depression continued to take shape, due to cognitive psychologists, to what we have and understand today as depression

1850- 1900: Early Perceptions

During the 1850s up to the 19th century, Depression had not been sought out as a medical terminology yet.

The term Melancholic was still being adversely used if symptoms were shown.



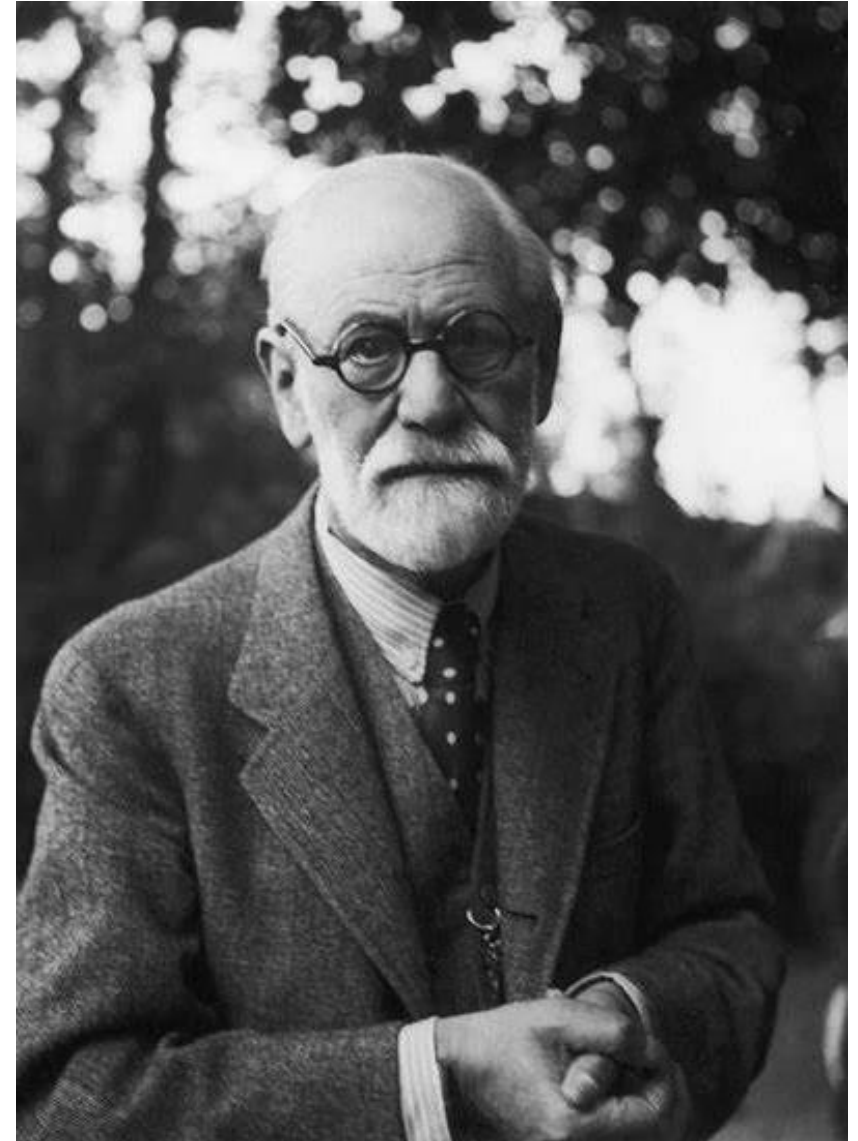
Rudolf Hermann Lotze- German philosopher and logician versed in biology

1900- 1945: Freuds Influence

Freud S. had written two papers during this time touching on depression. These were:

- 1917- "Mourning and Melancholia"
- 1923- "The Ego and the Id"

Within "Mourning and Melancholia" Freud suggests there is a link between Mourning and melancholia and that Mourning has the potential to become melancholic (Depressed). As well as "The Ego and the Id" help to see the relation of how the mind can affect the body.



1945-1970: Rice to Biological Approaches

During this time there were quite a few advancements within the treatment and diagnosis of illnesses including depression.

In 1952 DSM-I started to use the term "Depressive Reaction" and carried on being used in 1968 DSM-II however, this period helped to lay and develop the groundwork for terminology used.

We also see the start of medication being used for the treatment of depression around this time as well.

DIAGNOSTIC •
AND
STATISTICAL •
MANUAL

MENTAL
DISORDERS



AMERICAN PSYCHIATRIC ASSOCIATION



1970- 2000: Shifting Views

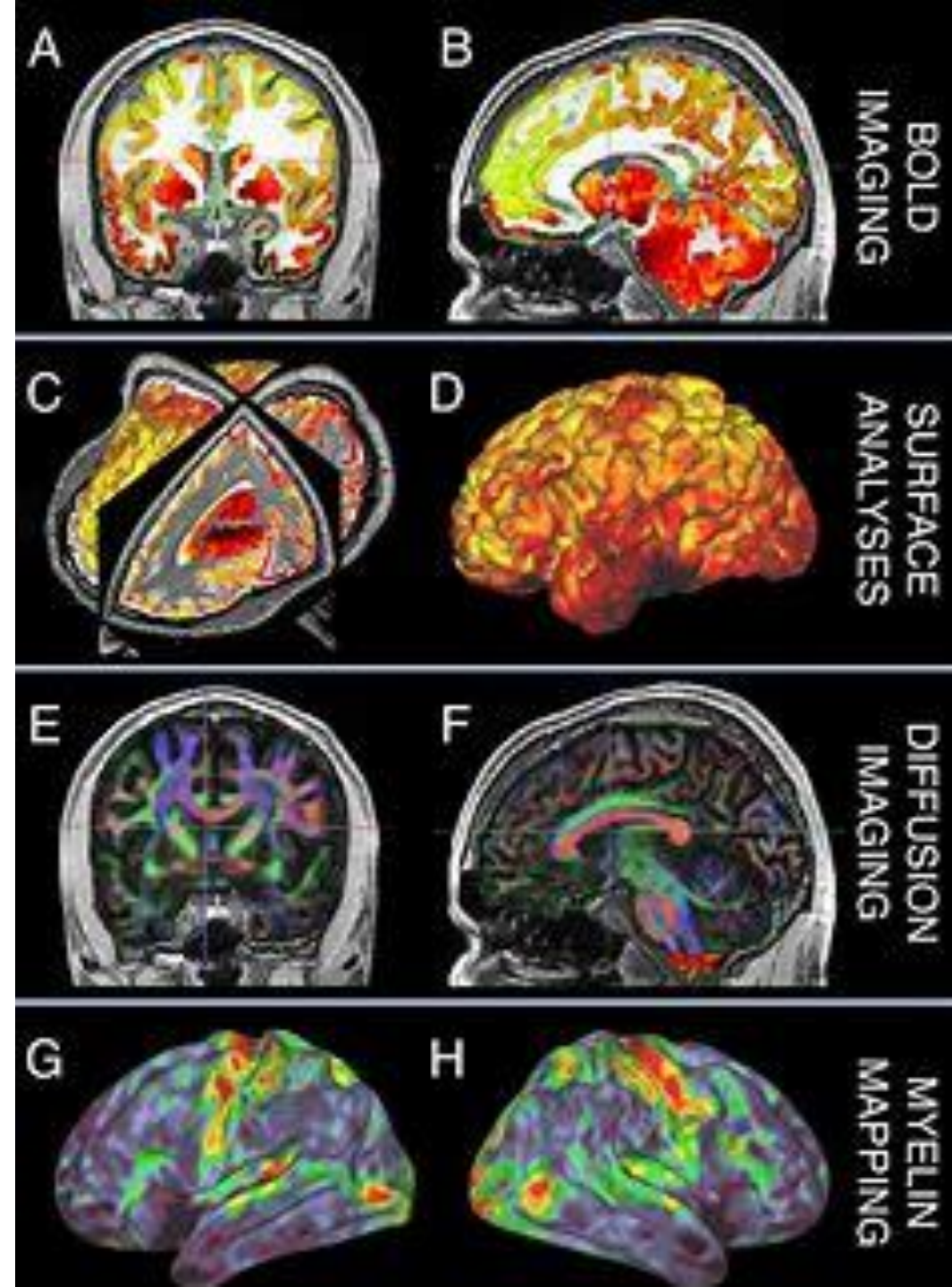
During this period, they started to shift into understanding the reasons someone is depressed as opposed to just relying on medication to block emotions or make someone feel better.

In the United States of America between 1970 and 1990s, the view of anxiety diagnosis often changed to a diagnosis of depressed.

This happened when the DSM-III was introduced in 1980, for classifying and diagnosing mental health disorders.

2000- Present: Advancements in Treatment

- During this time there have been a huge improvement into treatments and the medications used during this time and present-day new medications are coming out that are safer and better reacting for patients suffering with. Michelle will go further into treatments.
- We also have access to imaging machines much better than we ever have and new and improved techniques for how the brain works for different situations and conditions.



Changing Social Perceptions

From 1850- 1920s there was a stigma for someone who was depressed/ melancholic however as times gone on this has not been the case. The stigma has lessened, and it is more accepted however, today there is still a slight stigma surrounding Depression.

Some counties do not invest in mental health care or have a lack of funding to the mental health care of its individuals and well as some countries having massive social stigmas associated with mental health disorders.

Global Trends in Depression



[Depressive disorder \(depression\) \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/depression)

Changes and Future Directions

The future direction for depression is still not solid as it is preceived as being all in the mind, although this can influence the human body. The diagnosis of depression is changing as well, with different types of Depression being identified and classified.

Nuber of Classifications- 9

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