

## **Depression: The Leading Cause of Many Psychological Disorders and Health Problems**

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Depression is a mental disorder, affecting teenagers, youths and adult. It is characterized by fear, sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. It can be short, long-lasting or recurrent. Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. At a chronic condition it leads to Suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. Globally, it was found that depression is the second-leading cause of disability, with slightly more than 4 percent of the world's population diagnosed with it and more than 300 million people of all ages suffer from depression. The awareness of the severe health problem that can result due to depression is a problem that must be discussed in all health sectors.

**Background:** Depression is at the peak in many developing countries which need proper attention from all health sectors in order to curb the danger it is imposing in the entire world. The aim of this study is to discuss briefly the causes, Risk Factors, types, symptoms of depression and the treatment and drugs that can be used to suppress it. Drugs like SSRIs, SNRIs, NDRI, and MAOIs are discussed briefly in this material. Method: Articles were gathered from different website, textbooks and other related health journals based on the topic at hand.

**Conclusion:** in conclusion I believe this brief material on depression has helped to understand the side effect of depression and how it can be control. There should be stipulated guidelines to control depression.

**Abbreviations:** *SSRIs-- Selective serotonin reuptake inhibitors. SNRIs-- Serotonin norepinephrine reuptake inhibitors. NDRI-- Norepinephrine-dopamine reuptake inhibitors. MAOIs-- Monoamine oxidase inhibitors.*

**Key words:** *Depression, Cause, Psychological Disorders, Health Problems*