Group 2

Depression

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GOALS AND OBJECTIVES

Motivation

Depression is "a common and serious medical illness that negatively affects how you feel, the way you think and how you act."[1] The symptoms of depression ranges from changes in appetite, loss of interest or pleasure in activities once enjoyed, thoughts of death or suicide, and etc.[2] Leaving these symptoms unidentified and untreated has unfortunately claimed the lives of 800,000 people every year.[3] It also has lasting impacts on education. High school students with recent symptoms of depression are more than twice as likely as their peers to drop out.[5] This is troubling, because during the COVID-19 Pandemic there has been an elevated amount of adverse mental health conditions with depression being the lead condition. This is why our project wants to investigate the significance of variables that cause depression to create a better understanding of their impacts.

Significance

The following are the reasonings for the significance of this project.

1. The further the investigation on variables related to depression may improve our ability to diagnose depression and identify factors that contribute to it.

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[1] https://www.psychiatry.org/patients-families/depression/what-is-depression
[2] https://www.nimh.nih.gov/health/topics/depression/index.shtml
[3] https://www.who.int/news-room/fact-sheets/detail/depression
[5]https://pubmed.ncbi.nlm.nih.gov/29195763/

2. The project can help provide infographics that medical organizations can use to educate the public.
3. "Globally, more than 264 million people of all ages suffer from depression."[3] So, with researching this topic we'd help understand an issue that impacts a significant amount of people globally.

Objectives

In this project, we are determined to find the common attributes between patients who are depressed that differs between healthy individuals. By using the different attributes provided in the dataset, we will be able to determine whether there is a relationship between depression and physical activities, education level or marriage status.

Features

This project will be able to determine whether there is a relationship between different aspects of a patient's life to the state of depression they are in. With this finding, we can potentially identify which areas of life that would have a larger effect on the state of depression and the typical patterns of depression. However, this project is not to be taken as a professional advice nor should it be used as a main source to identify symptoms of depression.

STORY TELLING

Who?

As per the World Health Organisation more than 264 million people in all the age groups are affected by depression. Treating depression also helps in suicide prevention as 45% of people who commit suicide as affected by some kind of mental-illness. Even children who are joyful can be affected by depression. Depression is not always related to work or financial issues.

What?

Depression can cause many problems:

- Feeling Sadness or emptiness.
- Insomnia
- Memory or Decision troubles.
- Motivation to sucide.
- Heart Attack.
- Fatigue
- Weakened Immune System

- Overeating or appetite loss leading to weight fluctuations.

These symptoms can interfere with a person's life in many major ways. They can impact education, employment, and relationships. Mental health is a contributing factor in the likelihood of a student dropping out of school,[6] and the symptoms of depression are a significant influence of one's work status.[7]

When?

As of 2021, we are currently facing a worldwide pandemic where billions of people are potentially at risk. Leaders around the globe began advising people to stay isolated at home and be socially distant from each other. This call for separation caused a huge spike in the depression and suicide rate around everywhere. For example, Japan has recently announced, in February 2021, a minister of loneliness "to address matters of national importance 'including the issue of increasing women's suicide rate under the pandemic.'"[4]

Where?

Depression is a mental illness that has no constraints on who it can affect. People all around the globe have individuals who are affected by depression. However, what really makes an impact is where the people are. This is so, because societies around the world have different takes on mental illness. While some are more progressive, others still have stigmas about mental illness. With the current pandemic, this makes it even harder for people living in these stigmatized parts of the world.

Why?

Mental illness hasn't always been an open topic for discussion like it is now. Mental illness has become more accepted in many Western cultures, however many Eastern cultures, for example, still see mental illness as a taboo. So, one part of moving towards removing the stigma on mental illness globally lies both on the societal level and scholarly level. We must be able to provide more clear and concise information about mental health to the public in order to normalize it.

We also have observed significant impacts from depression on an individual's life. From education to employment and one's personal life, depression causes numerous challenges to overcome. By examining this issue more closely, we hope to find information that can help reduce the challenges faced and improve lives not only on an individual level but a societal one.

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https://www.businesstoday.in/current/world/japan-appoints-loneliness-minister-to-tackle-suicide-rates/story/432226.html

[6] https://pubmed.ncbi.nlm.nih.gov/27627885/

[7] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4314052/

CONTRIBUTION OF WORK

This document was created and in cooperation with:

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[4] https://www.businesstoday.in/current/world/japan-appoints-loneliness-minister-to-tackle-suicide-rates/story/432226.html
[5] https://pubmed.ncbi.nlm.nih.gov/29195763/
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