

Kw causes of depression

TITLE: The Main Causes of Depression

Depression is notoriously an illness that in many cases requires months or even years of cure to get to a full recovery. Throughout history, many distinguished philosophers and doctors have given a definition to this dark disease and the **causes of depression** itself: Hippocrates called depression as melancholia, whose literal meaning is black bile. Black bile along with blood, phlegm, and yellow bile were the four humors (fluids) that described the basic medical physiology theory of that time.

For hundreds of years until today, arts and literature have portrayed depression in order to give a shape to this obscure mental state. In the 19th century, depression, classified as clinical depression, was perceived as a form of an inherited weakness of temperament. In the first half of the 20th century, Freud related the **causes of depression** to guilt and conflict. Many more authors wrote about conflict and experiences with their own parents as a driving factor in the development of their own depression.

Nowadays, each years in the world millions of people experience a case of depression. To get the situation worse it is calculated that only a third of those who suffer the disease will ever find a suitable treatment. Since depression is considered as a mental disease, therefore invalidating at personal and social level, many affected people stay away from looking for help from a doctor. And instead of taking depression as a serious mental illness, people try to deal with it by themselves. Depression is a more common mental state than you think and it will not go away by itself.

To start talking about the **causes of depression**, it's sure indeed that there's no one single cause to date, but a combination of more factors. A patient may have no idea why depression has struck him.

Further, depression can't be associated just to a strictly state of mind. In fact, depression also burdens the physical body and creates a dramatic physical change in the brain, since an imbalance of certain chemicals whose function is

carrying signals in your brain and nerves takes place. These chemicals are named neurotransmitters.

Here are the most common factors linked to depression:

- Family history. The genetic factor plays a major role in the development of depression. It can go on in families for generations.
- Trauma and stress. Unexpected events such as financial problems, the breakup of a relationship, or the death of a loved one can lead to depression. You can stumble in depression whenever you meet changes in your life, like starting a new job, graduating from school, or getting married.
- Pessimistic personality. People who focus on low self-esteem and a negative outlook have many more chances of getting to depression. These aspects of one's character can be actually caused by low-level depression (a syndrome known as dysthymia).
- Physical conditions. Important medical conditions as heart disease, cancer, and HIV can worsen a depression case, partly because of the physical weakness and stress they bring on. Moreover, depression can take down this debilitating health since it weakens the immune system and can make pain harder to bear. Sometimes depression can be caused by medications used to treat medical conditions.

To start a recovery from depression, it's mandatory to look for the help of a professional who will be able to manage the proper treatment.

Words: 556