

Symptoms: Persistent sadness, loss of interest, fatigue

Diagnosis: Major Depressive Disorder (Depression)

Initial Treatment: SSRIs (Sertraline, Fluoxetine), Cognitive Behavioral Therapy (CBT)

Procedure: Psychological evaluation -> Medication initiation -> Therapy sessions

Recovery Time: 3-6 months (varies)

Final Medication: Antidepressants, therapy continuation if needed

Follow-up: Psychiatric monitoring, lifestyle interventions