

Depression

and why you (probably) don't have it

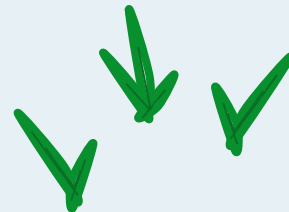
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You may be depressed if you:

- Have persistent feelings of sadness
- Feel hopeless, or lost
- Have feelings of frustration, or restlessness
- Have lost interest in hobbies you used to find fun
- Are fatigued, or have a lack of energy
- Have difficulty concentrating
- Have difficulty remembering small tasks
- Have difficulty sleeping or waking up
- Feel tired frequently
- Eat or do not eat when you don't know what to do
- Have frequent headaches or cramps
- Are depressed

(NIMH, 2023)





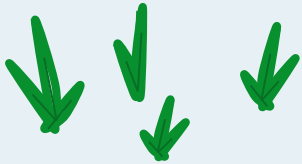
Don't worry!

Although indicative of depression when presenting together over extended time, ups and downs during life are completely normal and do not mean that you have to jump to conclusions and state that clinical depression is the culprit.

If you have all of these symptoms, please seek psychological evaluation and help.

How depression is diagnosed:

- Depression, although a complex, multi-faceted disorder; actually has a particularly simple diagnoses.
- In order to be diagnosed formally with depression, a person must experience primarily a depressed mood or lack of interest or pleasure in activities for most of the day, nearly every day, for at least two weeks.
- Depression is a complex diagnoses, and those who have fewer symptoms are more likely to be able to benefit from treatment. Though that doesn't mean that depressed individuals with a range of depressive symptoms can't benefit from treatment.
- See a medical professional!



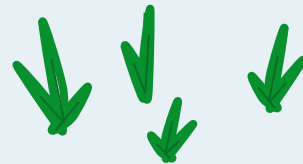
The potential danger of self diagnoses:

Social media has impacted the public's opinion on mental disorders; creating an environment where a mental disorder could be seen as a desirable.

Misinformation in media has become an issue for younger generations that will need to confront. Constant information enters the media daily, and negatively influences people browsing social media; One in five consumers admit to misdiagnosing themselves after relying on online health advice. (Robertson et al., 2014)

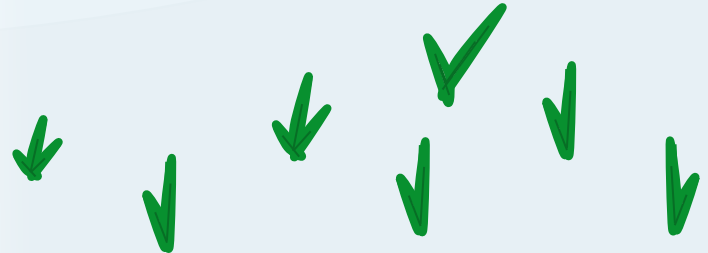
In summary:

Self diagnosing creates an influx of individuals that inject themselves into a group of people that they can identify with, despite not having a real diagnosis. This creates a problem where people with real diagnoses could be given potentially less attention than needed in favor of a person with a self described illness. In addition, the fad where self diagnoses are prevalent gives people with real diagnoses a bad name.



Help is Available!

Self diagnoses has one advantage: If you truly feel like you feel symptoms of a mental illness, you can take that as initiative to undertake a real psychological evaluation to either reassure yourself in your safety or unveil a real diagnosis, or simply to use your questions as an intervention to seek therapy or audience with a psychologist.





Thank you for your attention!



References

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