Most healthcare professionals rely on the biomedical health model while delivering their services to patients. In this case, they do not require views of the patients to treat them rather they engage in research to derive the results of what the patient may be ailing from. These kinds of medical professionals depend on what they learned in the field of medicine that a patient has to be infected biologically. However, this may not be the case as some other diseases may be due to the effects of social or psychological, hence doctors or healthcare professionals should also derive the results in these other forms which might result in infections or abnormalities. Therefore, the biomedical model although it is significant it should be combined with the psychosocial model to reach the maximum results. In this case, both the biomedical model and biopsychosocial model strengths and weaknesses depending on their approaches used to treat diseases. Both models are researches on human health and how it can be significantly be brought back to normal, but the biomedical model only concentrates on the physical and biological issues which can have some limitations depending on the situation the individual may be undergoing. Whereas biopsychosocial may go deeper in its research about the health of a patient not only biological and physical effects but also on social and psychological effects thereby proving the best. Secondly, the biomedical model assumes both body and mind normally function independently without affecting each other, nevertheless, the biopsychosocial model depicts that the mind and body are interdependent hence when one is affected it influences the other. Thirdly, both of the models provide concentrate on finding the cure of the infection in light of whether the body or mind is the cause of the disease however, the biopsychosocial model concentrates more on the prevention of the infection. Similarly, both concentrate on diagnostic and prescribing of medication whenever a patient has been found with infection, However to some extend biomedical may not diagnose particular physical symptoms and signs of the infection which can only be provided by the bio-psychosocial model. The two models are expensive to use due to research that is involved but bio-psychosocial since it involves more than research when diagnosing the major cause of the illness.

A depressed person may have certain major features that may affect adults especially the older one. Sometimes depression may have symptoms that at a time may go unnoticed. Some symptoms that can identify that a person has depression: A person may be angry outbursts, tiredness, feeling of hopelessness, irritability, anxiety, restlessness, loss of pleasure, feeling of worthlessness, tearfulness, loss of sleep, slowed thinking. Also, the person may be experiencing feelings to cause trouble, unexplained physical problem, the feeling of suicide, recurrent thought of death. Also, young children may depict symptoms such as sadness, worry, underweight, refusing to go to school, and irritability.

<https://www.sciencedirect.com/science/article/pii/S0149763415302487>

People who have been diagnosed with depression suffer a lot when it has come to social roles. Someone may become less interested in the social related activity and this is a big blow to the families of those people who are affected. A depressed person may not be interested to belong to a certain group. Additionally, depressed people may not like to engage in marriages, fail to befriend people, and also may isolate from people. Besides those people affected with depression may seem to be irritable over some small issues. When depressed people anticipate that while in place may arise some issues which might bring disappointment they withdraw earlier. Still, the person diagnosed with depression may be showing less interest in work, or low performance.

When a person has lost their beloved one may be a family member they can develop depression due to this loss. Also, A person may be abused by their friends, others may emotionally be affected due to sexual abuse. Additionally, some form of conflict may arise hence leading to depression.

<https://www.webmd.com/mental-health/addiction/drug-abuse-addiction#3>

I never knew addiction causes and its effects until I met Kirsten at a certain counseling conference. As I listened I could learn more about certain workers who they used to work with Kirsten. Some of the affected areas the speaker notified us of were behavior and mind. Kirsten explained to us how that work was too addicted as he started to use alcohol it became too hard to stop. We found due to the effects that the drugs have on the mind that it could impair the most vital area of the body. When our brains become affected it affects the way we make a judgment. For instance, as workers, we can raise commotion for a simple issue which would otherwise have been saved if we took time to think critically, or else one can fire a worker without clear evidence due to impaired judgment. Another thing that we learned when the brain has affected the capacity to make the decision is also affected because as worker Kirsten's colleague was not able to perform as he used to perform because making some decision on how to increase the output was hard for him. Also, I got to learn that addiction causes the loss of memory for a person hence one can be hard to remember some finer details. Hence Kirsten's colleague was in that position because he was not able to remember where they left their work on the previous day. As a result, we get to know how crucial it good to retain memory because one could end up repeating the work you did yesterday which can lead to incurring loss for the company. Still, we got to learn how it is also important to keep the brain without any interruption because the time one end up in addiction we cannot be able to learn whereby at any given chance we should be learning from what we do so that we can have progress. Otherwise, if we fail to learn we shall bear the same results that we got yesterday hence retardation.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4780300/>

<https://www.ncbi.nlm.nih.gov/books/NBK64179/>

When one is dealing with the patients he should know about the therapeutic alliance.In this case, when young adults are engaged in treatment it is important as a provider to develop a dynamic ability whereby one should be interested to solve the problem. In which three things will be involved that is bond, task, and bond. Alliance has been depicted as the main predictor of results in psychotherapy. Also, it is the best method to work with people who have serious mental problems. Patients who are in good relationships with therapists and can adhere to the treatment being given they take less time to recover.