

# Depression



## What is Depression?

Depression is a mood disorder in which emotions are affected: sadness, loss, anger or frustration. In addition, it can affect people's daily lives for weeks or even years. The person with this disorder may think that life has no meaning.

## What causes depression?

In the search for the cause of depression, several investigations have been performed. Among the possible causes that have been identified genetic, biological, environmental, and psychological factors. There may be other risk factors, such as:

- Family history with depression disorder
- Traumatic events; loss of a loved one, economic problems, unemployment, among others
- Diseases: cancer, degenerative diseases, diabetes, thyroid, asthma, among others
- Use and/or abuse of alcohol, drugs or restricted (controlled) medications

## Warning signs

If you identify five or more of these symptoms, you should seek help:

- Feeling sad or anxious
- Loss of interest in activities that you performed
- Feeling upset, tired, or angry
- Sleep problems
- Nutrition problems
- Physical problems: headache, stomach, dizziness
- It becomes difficult to concentrate, you feel that everything is wrong
- Isolation, do not want to talk to anyone
- You may have negative thoughts, suicidal ideas or thoughts

## References:

Medline Plus (November, 2021). *Depression*. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services. Retrieved from: <https://www.cdc.gov/tobacco/campaign/tips/spanish/enfermedades/tabaquismo-afecciones-mentales-depresion-ansiedad.html>

National Institute of Mental Health (2021). *Depression*. U.S. Department of Health and Human Services, National Institutes of Health. Retrieved from: <https://www.nimh.nih.gov/health/publications/espanol/depression-sp>

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