

ATYPICAL DEPRESSION: INCIDENCE OF SYMPTOMS

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Abstract: Depressive disorder, often called depression, is a complex condition. It's more complicated than being sad or just going through a hard time. Depression is a real mental illness caused by a combination of factors and should be taken seriously. When the right ingredients come together for someone, symptoms of depression begin and can be fatal if left untreated. Postpartum depression is a common and potentially serious condition that is usually diagnosed during or after pregnancy.

Key words: Depression, mental state, patient, mental illness, endogenous depression, bipolar depression, antidepressants, psychotherapy.

According to the American College of Obstetricians and Gynecologists (ACOG), “depression is a common complication of pregnancy and can have devastating consequences if it is not recognized and treated. It feels sleepy or lack of energy. People may change their sleeping, eating or hygiene routines and stop seeing friends or going to work. They may also notice that they are not interested in things they used to enjoy, such as hobbies. People with postpartum depression also feel distant about their baby, doubt their ability to care for them, and worry about harming themselves or their baby. They may experience thoughts and feelings. Sometimes, those going through a period of depression may feel hopeless or that life is no longer worth living, which may come with suicidal thoughts. It is necessary to pay attention to suicidal thoughts in people suffering from this disease. For more information on suicide, visit here.

Depression is a serious illness characterized by a serious mental disorder. Currently, doctors distinguish three main types of depressive disorder:

neurotic depression - caused by an emotional reaction to events in life;

endogenous depression - problems in the state of the body, associated with hormonal balance;

bipolar depression is characterized by sudden changes from depression to euphoria.

Illness can occur for various reasons, mainly due to mental problems or external influences. Factors affecting the development of depression are:

disruption of chemical and biological processes in the brain;

heredity;

factors affecting the psyche (death of relatives and friends, violence);

stress (dismissal, conflicts, divorce, money problems, serious illnesses, etc.);

long-term chronic diseases;

alcoholism, drug addiction;

hormonal imbalance.

Depressive disorder is characterized by the following symptoms:

moodiness, depression, apathy;

decreased activity and performance;

constant fatigue;
dissatisfaction with life, loss of interest in it, unwillingness to live;
body movements are inhibited or, on the contrary, irregular and restless;
inability to concentrate;
to be unreasonably restless;
low self-esteem, loss of self-confidence;
insomnia or, on the contrary, constant sleep;
loss of appetite or overeating;
sudden weight loss or weight gain;
lack of sexual desire;

Depression is a mental illness that can cause a person to feel hopeless about life, distrust people, depression, loneliness, stress, constant worry, and similar negative emotions. In extreme cases, some try to distract themselves with vices such as smoking, drinking alcohol, and sleeping too much. Adolescents who listen to too much music can suffer from depression. A person may overeat during depression.

Major depression (clinical depression) has severe or severe symptoms that last more than two weeks. These symptoms interfere with daily life.

Types of depression: Bipolar depression — People with bipolar disorder have alternating periods of low mood and very high energy. During a low period, they may feel sad or hopeless, or have symptoms of depression, such as a lack of energy. Perinatal and Postpartum Depression: "Perinatal" means around birth. Many people refer to this type as postpartum depression. Perinatal depression can occur during pregnancy and up to a year after a baby. Go behind the signs which cause a little pity, anxiety or stress. Persistent depressive disorder: PDD is also known as dysthymia. Symptoms of PDD are less severe than those of major depression. But people experience symptoms of PDD for two years or more. Premenstrual dysphoric disorder: Premenstrual dysphoric disorder is a severe form of premenstrual disorder (PMS). It affects women in the days or weeks leading up to their period.

Psychotic depression: People with psychotic depression have severe depressive symptoms and delusions or hallucinations. Delusions are the belief that things are not based on reality, while hallucinations involve seeing, hearing, or feeling touched by things that are not actually there. Seasonal Affective Disorder (SAD): Seasonal depression, or seasonal affective disorder, usually begins in late fall and early winter.

To diagnose a depressive disorder, a psychotherapist is examined, an anamnesis is collected, an interview is conducted with the patient, and then the severity of depression is determined using a special test system.

The doctor may prescribe the following tests:

general analysis of blood;
general analysis of urine;
bacteriological analyses;
electrocardiogram.

Consultations of a therapist, gynecologist, ophthalmologist and neurologist may also be required. Treatment of depression includes:

taking antidepressants;

taking tranquilizers (in severe cases);
psychotherapy.

Conclusion:

To combat depression, the doctor prescribes a special diet based on Mediterranean cuisine. This includes sea fish, vegetables and fruits, vegetable oil. If a way to get rid of depression is not found in time, the risk of the patient trying to commit suicide is high.

The risk group includes:

patients with a genetic predisposition to mental illness;
pregnant women, postpartum and menopausal women;
patients in adolescence and youth, as well as middle-aged patients (35-40 years old).

To prevent this disease, doctors recommend the following to patients:
organizing rest and not overburdening oneself;
avoiding stress and emotional shocks;
proper formulation of a diet containing all the necessary vitamins.

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