Depression

URL of this page: http://www.nlm.nih.gov/medlineplus/depression.html

Also called: Clinical depression, Dysthymic disorder, Major depressive disorder, Unipolar depression

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include

- Sadness
- Loss of interest or pleasure in activities you used to enjoy
- Change in weight
- Difficulty sleeping or oversleeping
- Energy loss
- Feelings of worthlessness
- Thoughts of death or suicide

Depression is a disorder of the brain. There are a variety of causes, including genetic, environmental, psychological, and biochemical factors. Depression usually starts between the ages of 15 and 30, and is much more common in women. Women can also get postpartum depression after the birth of a baby. Some people get seasonal affective disorder in the winter. Depression is one part of bipolar disorder.

There are effective treatments for depression, including antidepressants and talk therapy. Most people do best by using both.

NIH: National Institute of Mental Health

Start Here

  Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/depression.printerview.all.html]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/tutorials/depressionspanish.htm/index.htm]

Overviews

- Depression [http://www.psychiatry.org/mental-health/key-topics/depression] (American Psychiatric Association)
- Depression (Major Depression) [http://www.mayoclinic.com/health/depression/DS00175/METHOD=print]
Latest News


Diagnosis/Symptoms

- Signs and Symptoms of Mood Disorders [http://www.dbsalliance.org/site/PageServer?pagename=education_signs_symptoms] (Depression and Bipolar Support Alliance)
  Also available in Spanish [http://www.dbsalliance.org/site/PageServer?pagename=esp_Signs_symptoms]

Treatment

  Also available in Spanish [http://effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=1292&PC=EHCIT9]
  Also available in Spanish [http://www.effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayProduct&productID=1336]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/antidepressants.html]
  Also available in Spanish [http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayProduct&productID=1130]
  Also available in Spanish [http://familydoctor.org/familydoctor/es/prevention-wellness/emotional-wellbeing/mental-health/therapy-and-counseling/printerview.all.html]
Alternative Therapy

- Time to Talk: 5 Things to Know about St. John's Wort and Depression [http://nccam.nih.gov/health/tips/depression] NIH (National Center for Complementary and Alternative Medicine)

Coping

- Depression: Supporting a Family Member or Friend [http://www.mayoclinic.com/print/depression/MH00016/METHOD=print] (Mayo Foundation for Medical Education and Research)

Disease Management


Specific Conditions

- Atypical Depression [http://www.mayoclinic.com/health/atypical-depression/DS01181/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Caregiving and Depression [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=393] (Family Caregiver Alliance) Also available in Spanish [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=537]
Diabetes/doi_diabetes_sp_508.pdf


  Also available in Spanish [http://www.nimh.nih.gov/health/publications/espanol/depresion-y-la-enfermedad-de-parkinson/doi_parkinsons_sp_508.pdf]


  Also available in Spanish [http://familydoctor.org/online/famdoces/home/common/mentalhealth/depression/054.printerview.html]


- Treatment-Resistant Depression [http://www.mayoclinic.com/health/treatment-resistant-depression/DN00016/METHOD=print] (Mayo Foundation for Medical Education and Research)

Related Issues
- Alzheimer's or Depression: Could It Be Both? [http://www.mayoclinic.com/print/alzheimers/HQ00212/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Coping with Unexpected Events: Depression and Trauma [http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_coping_unexpected_events] (Depression and Bipolar Support Alliance)

Tutorials
- Depression [http://nihseniorhealth.gov/depression/aboutdepression/01.html] NIHSeniorHealth (National Institute of Mental Health)

Videos
- If I Had - A Family Member with Psychotic Depression [http://www.insidermedicine.com/Archives/If_I_Had__A_Family_Member_With_Psychotic_Depression__Dr_James_Potash_MD_1986.aspx] (Insidermedicine)
Clinical Trials
- ClinicalTrials.gov: Depression [http://clinicaltrials.gov/search/open/condition=%22Depression%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Dysthmic Disorder [http://clinicaltrials.gov/search/open/condition=%22Dysthmic+Disorder%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Mood Disorders [http://clinicaltrials.gov/search/open/condition=%22Mood+Disorders%22] NIH (National Institutes of Health)

Research
- Genetic Switch Involved in Depression [http://www.nih.gov/researchmatters/september2012/09102012depression.htm] NIH (National Institutes of Health)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
- Find Your Local NAMI [http://www.nami.org/PrinterTemplate.cfm?Section=Your_Local_NAMI&Template=~/CustomSource/AffiliateFinder.cfm] (NAMI)
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator [http://locator.apa.org/] (American Psychological Association)

Organizations
- American Psychiatric Association [http://www.psych.org/]

Statistics
- Estimated 1 in 10 U.S. Adults Report Depression [http://www.cdc.gov/Features/dsDepression/] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/spanish/Datos/Depresion/]
- Major Depressive Episode among Full-Time College Students and Other Young Adults, Aged 18 to 22 [http://www.samhsa.gov/data/2k12/NSDUH060/SR06CollegeStudentsMDE2012.htm] (Substance Abuse and Mental Health Services Administration)
- Percentage of Primary Care Physician Office Visits that Include Depression Screening [https://healthmeasures.aspe.hhs.gov/measure/26] (Department of Health and Human Services)
MedlinePlus Magazine

- "Depression Can Disguise Itself..."--But There Is Help  
  [http://www.nlm.nih.gov/medlineplus/magazine/issues/fall09/articles/fall09pg16-17.html] NIH
- Beating Depression: Working It Out  
- Depression Research  
- Depression: Working It Out  
- Do You Have Major Depression?  
- When Medication Is Prescribed  

Children

- Taking Your Child to a Therapist [http://kidshealth.org/parent/positive/family/finding_therapist.html] (Nemours Foundation)
- Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/finding_therapist_esp.html]
- Also available in Spanish [http://www.nimh.nih.gov/health/publications/espanol/tratamiento-de-ni-os-con-enfermedades-mentales/]
- Understanding Depression (For Parents)  
  [http://kidshealth.org/parent/emotions/feelings/understanding_depression.html] (Nemours Foundation)
- Also available in Spanish  
- Why Am I So Sad?  
  [http://kidshealth.org/kid/feeling/thought/sadness.html] (Nemours Foundation)
  Also available in Spanish  

Teenagers

- Depression [http://www.acog.org/~/media/Departments/Adolescent%20Health%20Care/Teen%20Care%20Tool%20Kit/Depression.pdf] (American College of Obstetricians and Gynecologists) - PDF
- Depression [http://kidshealth.org/teen/your_mind/mental_health/depression.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/depression_esp.html]

Men


Women

- Depression [http://womenshealth.gov/publications/our-publications/fact-sheet/depression.cfm] (Department of Health and Human Services, Office on Women's Health)
• Depression and Pregnancy [http://www.motherandbaby.org/files/depression.pdf] (Organization of Teratology Information Specialists) - PDF
  Also available in Spanish [http://www.motherandbaby.org/files/depression_sp.pdf]
• Depression in Women: Understanding the Gender Gap [http://www.mayoclinic.com/print/depression/MH00035/METHOD=print] (Mayo Foundation for Medical Education and Research)

Seniors
• Depression [http://nihseniorhealth.gov/depression/aboutdepression/01.html] NIHSeniorHealth (National Institute of Mental Health)
  Also available in Spanish [http://www.nia.nih.gov/node/808]
• Older Adults and Depression [http://www.nimh.nih.gov/health/publications/older-adults-and-depression/index.shtml] NIH Easy-to-Read (National Institute of Mental Health)

Patient Handouts
• Depression [http://www.nlm.nih.gov/medlineplus/ency/article/003213.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003213.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001521.htm]
• Depression - stopping your medicines [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000570.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000918.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000918.htm]
• Learning about depression [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000325.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000945.htm]
• Major depression [http://www.nlm.nih.gov/medlineplus/ency/article/000945.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000945.htm]
• Major depression with psychotic features [http://www.nlm.nih.gov/medlineplus/ency/article/000933.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000933.htm]

You may also be interested in these related encyclopedia pages:
• Depression [http://www.nlm.nih.gov/medlineplus/ency/article/003213.htm]
• Depression - stopping your medicines [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000570.htm]
• Helping your teen with depression [http://www.nlm.nih.gov/medlineplus/ency/article/000646.htm]
• Learning about depression [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000325.htm]
• Major depression [http://www.nlm.nih.gov/medlineplus/ency/article/000945.htm]
• Major depression with psychotic features [http://www.nlm.nih.gov/medlineplus/ency/article/000933.htm]
• Managing your depression - teens [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000647.htm]
The primary NIH organization for research on Depression is the National Institute of Mental Health [http://www.nimh.nih.gov]

Depression - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/depression.html]

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