

## DEPRESSION – A DISEASE THAT SHOULD NOT BE UNDERESTIMATED

About 17% of people around the world suffer from depression. It often seems to us that we are in moments of low mood. We downplay symptoms that may indicate a serious problem. It is worth looking more closely at the symptoms!

### Mark the symptoms you notice in yourself



- Depressed or irritable mood lasting most of the day
- Significant reduction in the experience of pleasure, loss of interest in daily activities
- Significant weight loss despite no diet, weight gain, or an increase or decrease in appetite
- Insomnia or hypersomnia
- Psychomotor agitation or psychomotor inhibition
- Fatigue or lack of energy
- Sense of worthlessness or excessive, often inadequate guilt
- Diminished ability to think or concentrate, indecisiveness
- Recurrent thoughts of death, recurrent suicidal ideation, suicide plans

If **at least five** of the following symptoms apply to you and occur almost every day for two weeks, this result **may suggest clinical depression**.

#### REMEMBER:

There are many types of depression, for example: an episode of depression, chronic depression, seasonal depression, bipolar disorder and others. Each of them should be taken seriously.

Any situation that raises your anxiety should be treated seriously

It is important not to ignore **suicidal thoughts and autoaggressive behavior**.

Remember, if you find in yourself some worrying symptoms – you are not alone. There are people who can help you.

Contact your GP, University Counselling Services ([www.ucs.wum.edu.pl](http://www.ucs.wum.edu.pl)) or other healthcare professionals that you feel comfortable talking to.



#### Sources:

Smith K.M., Renshaw P.F., Bilello J. *The diagnosis of depression: current and emerging methods*. Comprehensive Psychiatry. 2013, 54, 1, pp.1-6  
 Ford B.Q., Shallcross A.J., Mauss I.B., Floerke V.A., Gruber J. *Desperately seeking happiness ford et al. Desperately seeking happiness: valuing happiness is associated with symptoms and diagnosis of depression*. Journal of Social and Clinical Psychology. 2014, 33, 10, pp. 890-905