



Impact of Depression on Physical and Psychological Health

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ABOUT THE STUDY

Depression is one of the most common psychiatric disorders in the world, affecting approximately 26% of individuals. Although depression is classified as a psychiatric disorder, it also has physical consequences. Feeling sad or nervous is a natural part of life, but if these emotions persist for longer than two weeks, they could be signs of depression. Millions of people are reported to suffer from depression each year. Clinical depression, on the other hand, can disrupt your daily life and produce a cascade of further symptoms if left untreated. Depression has an impact on how you feel and can also cause physical changes. Major depression (a more severe form of depression) is a significant medical illness that can drastically affect your quality of life.

Depression can cause a lot of symptoms within the central nervous system, many of which are easy to dismiss or ignore. Older adults may also have difficulty identifying cognitive changes because it's easy to dismiss the signs of depression as related to "getting older." Older adults with depression have more difficulties with memory loss and reaction time during everyday activities compared with younger adults with depression.

Overwhelming sadness, grief, and guilt are all symptoms of depression. It might be described as a sense of despondency or emptiness. Some people may find it challenging to articulate their sentiments. Because symptoms might show and trigger physical reactions, it may be difficult for children to comprehend. Although not everyone who is depressed cries, frequent episodes of sobbing may be an indication of depression. You may also be constantly weary or have difficulty sleeping. Irritability, rage, and a loss of interest in formerly pleasurable activities, such as sex, are among the other symptoms. Headaches, chronic body aches, and discomfort that do not

respond to treatment are all symptoms of depression. Certain neurological illnesses, such as Alzheimer's disease, epilepsy, and multiple sclerosis, can also cause it. Even though there is a 25-times increased risk of suicide during the recovery process, depression treatment is effective 60 to 80 percent of the time.

Depression affects much more than moods. These are a few of the most common physical symptoms of depression:

- Increased aches and pains, which occur in about two out of three people with depression.
- Chronic fatigue.
- Decreased interest in sex.
- Decreased appetite.
- Insomnia, lack of deep sleep, or oversleeping.

What causes these depression symptoms? Many of the body's systems are affected by changes in the brain. The improper functioning of brain messengers (neurotransmitters) like serotonin, for example, can change your pain threshold. This makes you more sensitive to pain, particularly back discomfort. Serotonin influences sleep and sex drive, and nearly half of people with depression have sex issues.

Patients may have a strong response to treatment; nevertheless, if residual symptoms continue, patients may not totally remit and may be at risk for relapse in the future. A partial remission and a poor treatment prognosis for the patient could come from a therapy that ignores physical symptoms and concentrates solely on core emotional symptoms. To assure remission and a return to full social functioning, as well as to prevent recurrence, it is vital to select effective therapeutic agents that promote the elimination of both the core symptoms and concomitant physical symptoms of depression. There are numerous standardised rating systems that can be used to assess the remission of both physical and emotional symptoms.

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Received: 01-Apr-2022, Manuscript No. JOP-22-16555; **Editor assigned:** 04-Apr-2022, PreQC No. JOP-22-16555(PQ); **Reviewed:** 18-Apr-2022, QC No JOP-22-16555; **Revised:** 25-Apr-2022, Manuscript No. JOP-22-16555(R); **Published:** 02-May-2022, DOI: 10.35248/2378-5756.22.25.501.

Citation: Okayasu H (2022) Impact of Depression on Physical and Psychological Health. J Psychiatry. 25:501.

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