

## Major depressive disorder

Major depressive disorder (MDD) is a mental abnormality in which that a patient has depression for at least two weeks in almost every situation. It usually coexists with a lack of self-pride, loss of interest in normally enjoyable activities, fatigue, and pain with unidentified causes. The patients may have delusions or hallucinations. Some patients have depression for a short period, or up to a moment after year, while some always have the symptoms. Major depressive disorder adversely affects the patients in various aspects including personal life, school life, or work life as well as sleeping, eating habits, and general health conditions. Around 2-7% of adult patients having major depressive disorder die from suicide while 60% of the suicidal group has depression together with other emotional abnormalities.

The term "depression" can be used variously. It may refer to a group of these symptoms or it may indicate other psychological abnormalities or just a depressive condition. The major depressive disorder leads to disability which brings about disadvantages to the family, work, life, school, sleeping and eating habits, and the overall health condition of individuals. In the United States of America, 3.4% of the patients with the major depressive disorder committed suicide and more than 60% of those suicidal people had depression combined with other emotional abnormalities. In Thailand, Major depressive disorder is the most common psychological abnormality (3.7% could access services), and it caused disability-adjusted life years (DALY) to rank the highest rank in the top ten of the world, ranking provided that it ranked number 1 among women and number 4 among men.

To diagnose the major depressive disorder requires experience, individual reports, and mental health testing although there is with no laboratory test for the major depressive disorder. However, a doctor may have it tested to separate it from physical conditions that causes similar symptoms. The major depressive disorder should be differentiated from grief, which is normal in life, but it is less severe. The depressive symptoms are denominated, described, and categorized as mood disorders. In the manual for psychological abnormality diagnosis and statistics published in making year 1980 by of the United States Preventive Services Taskforce (USPSTF) it was suggested that major depressive disorder screening should be performed in with persons aged more than 12 years, but the Cochrane Review stated earlier that there was in no adequate evidence for disease screening.

In general, the major depressive disorder can be treated with psychotherapy and anti-depressants. It seems that the medications are effective, but their actions may be specific to those enduring in severe cases of depression. I, but it is unclear whether the drugs affect suicidal risk or not. The applied psychotherapy includes cognitive behavioral therapy and interpersonal therapy. If other measures are not successful, the electroconvulsive therapy

(ECT) may be exercised, and patients ~~who~~that are at risk of self-harm should be hospitalized despite this being against their personal will.

The uUnderstanding of the natures and causes of depression has been continuously developed even though it ~~is~~has not ~~yet~~been complete. However, there remains a number of topics to be further examined. The proposed causes are mental, psychosocial, genetic, and evolutionary issues and other physical factors. Abusing drugs for long periodtime may worsen the depression. Psychotherapy relies on theories related to personality, and interpersonal communication and learning. Biological theories are focused on neurotransmitters in monoamine types such as serotonin, norepinephrine, and dopamine which naturally exist in the brain and contribute to communication between neurons.