

# DEPRESSION: SIGNS AND SYMPTOMS TO WATCH OUT FOR



Depression affects men, women, and children differently. Women are twice as likely to suffer from the disorder. Feeling sad and low, usually with no real cause/reason, is the most recognizable symptom. However, it is only one aspect of Clinical Depression. Some might not even feel or exhibit unexplained sadness. Certain physical ailments like Tumour in the brain, Vitamin D Deficiency, and Thyroid problems can also mimic Depression.

Some of the symptoms commonly associated with depression include :

#### **Sadness -**

Feeling extreme sadness is the most noticeable symptom of Depression. People with the disorder tend to feel gloomy all the time, cry a lot, feel like they don't deserve happiness, and usually want to be left alone and wallow in self-pity.

#### **Hopelessness -**

People with Depression tend to be overly pessimistic and cynical about everything. They have a constant sense of hopelessness, fearing and sometimes wishing for an impending doom to take away all the suffering. Dark thoughts, thoughts about death, and suicide are often associated with Depression.

#### **Uncontrollable Emotions -**

Individuals with Depression have fluctuating emotions and mood, with little or no control over how it gets expressed. Most of them have disproportionate reactions, be it anger, hurt, sadness, or taking offense to anything and everything. Frequent mood swings are also a characteristic of Bipolar Disorder.

#### **Lack of interest -**

Depression makes the person lose interest and takes away the joy in favorite activities and pastimes they once enjoyed. They also lose the motivation in daily activities and chores, sometimes leading to extreme neglect of caring for themselves.

#### **Unexplained Fatigue, Aches -**

Depression can also affect the physical body and manifest as unexplained severe fatigue, aches, and pains. Some also report digestive problems with no medical cause.

#### **Insomnia and trouble sleeping -**

Depression causes changes in sleep patterns and the individual usually wakes up feeling tired, with the feeling of not having rested. Some may sleep a lot, more than 12-14 hours a day. Others have trouble falling asleep, and once they do, usually cannot sleep well.

#### **Changes in Eating habits -**

Appetite is sometimes one of the first indicators of Depression, with some losing their appetite and consequently losing weight rapidly. Others tend to overindulge in their comfort food, to the point that it becomes an Eating Disorder.

### Trouble Concentrating –

People with Depression tend to have short attention spans with difficulty in concentrating and focusing on daily tasks. They lose focus in activities that don't take too much time as well. For eg, they might not be able to sit through a 5 min music video without losing concentration or their attention being drawn to something else.

If any of these symptoms resonate with you or are noticing it in your loved ones, and have been persistent for more than 2-3 weeks, contact a registered therapist.

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Read more about **DEPRESSION** and other mental health related articles on [www.pamllc.us/resources](http://www.pamllc.us/resources)

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#### NOTE

If you are in immediate distress or are thinking about hurting yourself, all the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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