

Editorial

Increasing Incidence of Depression

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Editor

Depression is becoming a common global issue, especially in developing countries. “Almost one million lives are lost yearly due to suicide deaths every day. In fact, depression is the leading cause of disease burden for women in both high income and low income population.” A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way person eats and sleeps, the way one feels about oneself, and the way one thinks about things. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most of the people suffering from it.

Depression accounts for 6 per cent of all mental illnesses in Pakistan and the rate is increasing due to factors like economic loss, insecurity, political uncertainty, unemployment, stressful working conditions, gender discrimination and disruption of the social settings.

According to the health experts depression affects people in all communities across the world. Today, it is estimated to affect 350 million people worldwide. It is estimated Depression and anxiety disorders cost the global economy \$ 1 trillion each year in lost productivity.

This disorder often starts at a young age; they reduce people's functioning and often are recurring. For these reasons, depression is the

leading cause of disability worldwide in terms of total year lost due to disability.

In developing countries, maternal depression may be a risk factor for poor growth in young children. This risk factor could mean low-income countries may have a substantial influence on growth during childhood, with the effects of dispersion, affecting not only this generation but also the next.

Spouses of heart attack victims are at high risk of anxiety, depression. It is observed that a heart attack is a bigger psychological blow to the victim's wife or husband than any other illness and flags up the need for providing them with care and attention. It is observed that more than three times the number of people whose spouses died from a heart attack was using antidepressant in the year after the event compared with the year before. The rates of depression were significantly higher after the event in the fatal heart attack group.

World Mental Health Day is observed on October 10 every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The day provides an opportunity for all stakeholders working on mental health issue to talk about their work, and what more needs to be done to make mental health care reality for people worldwide.