



## Opinion

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# Depression from Sadness to Melancholia

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## Opinion

Sometimes we have felt so sad and so disappointed for a few hours or days, situation that leads us to sleep badly, have awakenings consists before, decreased appetite, easy crying, tiredness, attention deficit, grumpy, even wanting to “swallow the Earth” which is a small thought to “want to die”; These situations are normal in the mood swings we experience throughout the day or in a few weeks, and that is recovering with the passage of time, thanks to the adjustment in your brain neurotransmitters experience, we have already commented that they are chemicals in the brain that allow to carry out the different phases of thought.

This series of symptoms or sensations we come from a series of external stimuli or characteristic experiences that all, absolutely everyone must go through once in our lives, as are the heartbreaks, both marital separation and the various breakups of courtship, The loss of a loved one, an economic bankruptcy, A robbery, a job dismissal, anyway. The big problem lies in the times, that is to say, when this series of situations are presented to the passage of a month, and that they become incapacitated for their work, for their family, for the life in general, this is when it goes from being a moment of sadness to the moment of using the word sounding Depression.

And it is that depression does not respect age, sex, religion, social position or other variant of the human being; It has different presentations because in children we can see it with attention deficit, irritability, unsocial personality or avoids meetings, or kicker or let them hit in school; In adolescents with difficulties sleeping, either with lack or excess, sadness, easy crying, loss of daily habits; Or in elderly people with severe forgetfulness that simulates Alzheimer's disease.

In Mexico of every 100 people, 12 suffer only depression or its variants, without counting other types of mental ailments, and of these 12 one will try to commit suicide in some way or another; This data does not mention the great loss of business days and that

apart is the first cause of consultation at the level of the specialty of psychiatry And of the top ten causes of general consultation.

So we are going to apply the following test, called Beck, to know whether or not we have depression and make the decision to attend medical consultation.

Beck's depression inventory.

- I don't feel sad
- I feel sad.
- I feel sad continually and I can't stop being.
- I feel so sad or miserable that I can't stand it.
- I don't feel particularly discouraged about the future.
- I feel discouraged about the future.
- I feel like I don't have to wait for anything.
- I feel that the future is hopeless and things don't improve.
- I don't feel unsuccessful.
- I think I've failed more than most people.
- When I look back, I only see failure after failure.
- I feel like a totally unsuccessful person.
- Things satisfy me as much as before.
- I don't enjoy things as much as I used to.
- I no longer get an authentic satisfaction of things.
- I'm dissatisfied or bored of everything.
- I don't feel particularly guilty.
- I feel guilty on many occasions.
- I feel guilty on most occasions.

- I feel guilty all the time.
- I don't think he's being punished.
- I feel like I'm going to be punished.
- I hope to be punished.
- I feel like I'm being punished.
- I'm not disappointed in myself.
- I'm disappointed in myself.
- I'm ashamed of myself.
- I hate it.
- I don't consider myself worse than any other.
- I criticize myself for my weaknesses or my mistakes.
- I continually blame myself for my faults.
- I blame myself for all the bad things that happen.
- I have no thoughts of suicide.
- Sometimes I think about killing myself, but I wouldn't commit it.
- I wish I could kill myself.
- I'd kill myself if I had the chance.
- I don't cry any more than I used to cry.
- Now I cry more than before.
- I cry continually.
- Before I was able to cry, but now I can't even though Want.
- I'm not more irritated than usual in me.
- I bother or irritated more easily than before.
- I'm constantly irritated.
- I irritated absolutely nothing for the things that used to be irritarme.
- I have not lost interest in others.
- I'm less interested in others than before.
- I've lost most of my interest in others.
- I've lost all interest in others.
- I make decisions more or less as I have always done.
- I avoid making decisions more than before.
- Making decisions is much harder than before.
- It's impossible for me to make decisions.
- I don't think I look any worse than before.
- I'm afraid I look older or unattractive now.
- I think there have been permanent changes in my appearance That make me look unattractive.
- I think I look awful.
- I work just like before.
- It costs Me an extra effort to start doing something.
- I have to force myself a lot to do something.
- I can't do anything at all.
- I sleep as well as ever.
- I don't sleep as well as I did before.
- I wake up an hour or two earlier than usual and I find it Hard to go back to sleep.
- I wake up several hours earlier than usual and I can't Go back to sleep.
- I don't feel more tired than usual.
- I get tired more easily than before.
- I get tired as soon as I do anything.
- I'm too tired to do anything.
- My appetite has not diminished.
- I don't have as good an appetite as I used to.
- Now I have much less appetite.
- I've completely lost my appetite.
- Lately I have lost little weight or I have not lost anything.
- I've lost over two and a half pounds.
- I've lost more than four kilos.
- I've lost over 7 kilos.
- I am on a diet to lose weight if/NO.
- I'm not worried about my health any more than normal.
- I'm worried about physical problems like aches, pains, Stomach upset or constipation.
- I'm worried about my physical problems and I find it difficult Think of something else.
- I'm so worried about my physical problems that I'm unable To think of anything.
- I have not observed any recent change in my interest.
- I'm less interested in sex than before.
- I'm much less interested in sex.
- I've totally lost my interest in sex.

Beck Depression Inventory Interpretation Guide:

Score Level of depression

1-10..... These ups and downs are considered normal.

11-16..... Slight disturbance of the mood.

17-20..... Intermittent depression states.

21-30..... Moderate depression.

+ 40..... Extreme depression.

31-40..... Severe depression.

\*A persistent score of 17 or more indicates that you may need help Professional.