

UNIDAD EDUCATIVA JAVIER

Bachelor in Sciences

MONOGRAPH

“Development of depression in young people and its consequences in the future. Measures of detention and prevention”

Student Name:

Pedro Andres Salazar Llerena

Advisor

Lcda. Laura Ortuño

3rd.BGU - Course B

2018-2019

ACKNOWLEDGEENT

I want to thank God for giving me the opportunity to have been in this well renowned school and for having put so many incredible people like my family and friends in path, they are who have helped me daily to be able to continue progressing, both in school and in life. One of the reasons why I always try to give my best effort is for my mother, since she is the one who has always been there for me and always seeks my well-being in spite of everything. I must say that all these years of student has not always been easy, but thanks to the support of my family, I have been able to achieve many of the goals. I have set for myself and I am committed to continue improving for myself in the future to give back what they did for me.

II

Summary

When talking about depression, you can cover several topics that all lead back to the beginning of the path of the problem, since it is currently one of the most common mental illnesses affecting young people because they have problems in their personal lives as in student life. Many of these problems can be useful for sexual abuse suffered by children, loss of family members or not knowing they want to be at any time.

Many people blame themselves unnecessarily for negative events that have happened to them, such as fighting with your partner or your family members and it is not their fault but that of other people, but the fear that you will never recover them in your life. Important make them think that everything is your mistake. Another factor is irritability, many people think that depression leads only to the great sadness we feel inside, but in reality people feel more irritability than despair.

Alcohol and substances are commonly abused as a form of drugs which is another factor which should be taken into account because when they are consumed frequently, we can get to a point of becoming addicted to these things that make us feel all is wrong and slowly killing us inside. The desire to continue to ingest these harmful products excessively can even lead people to poverty in the long run because they continue to have difficulties which can progressively snowball and to continue to entrap the person making them feel they cannot go on living without having ingested some sort of drug or alcohol.

What you should do if you think you have fallen into depression is to ask for professional help because these are the people who can help with the problems which need to be tended and confronted head on. Normally people go to a psychologist to

vent a little of their problems, but some are also in need of some antidepressant pills which, properly prescribed conserve the patient by allowing them to relax a little and not feel whatever they may be feeling which has caused them so much stress.

III

The worst mistakes one can make when in depression is not asking for help. When this happens we allow problems to grow a little bigger until they can no longer be addressed. Many people who did not ask for help at the necessary time could no longer continue to endure the hardships they faced so, as they felt alone, some have unfortunately made the wrong decision, resorting to suicide.

IV

Index

Cover Page.....
I	
Gratitude.....ii
Summary.....iii
Index.....v
Introduction.....1
Chapter I: Depression in Youth.....2
1.1 Definition of depression.....2
1.2 Causes.....2
1.3 Ramifications.....3
1.4 Types of depression.....4
1.5 Risk factors.....4
1.6 Treatments for depression.....5
1.7 Background.....6
Chapter II: Impact on society.....7
2.1 Ways to prevent depression.....9
2.2 Symptoms of depression.....11

Chapter III: Mental

Health	13
3.1 Mental Health Status in teenagers.....	13
3.1.1 Teenagers in Ecuador suffering from Mental diseases.....	13
3.2 Studying psychology in Ecuador.	16
3.3 Depression in Ecuador relating to Latin America.....	17
Conclusions	24
Recommendation	26
References	27

Introduction

In this research paper we will be exploring mental health issues, mainly depression. We will be analyzing causes and consequences of depression in old and young people, but with a special focus on teenagers since they have come to become the age group which suffers the most from this type of mental disease in this day in age.

Either directly or indirectly, most people will indeed be affected by depression at some point in their life. This state could be brought by various circumstances, be it through their own experiences, a friend or family. Depression is characterized by common symptoms, the most outstanding is when the person suffering from it is found staying sad for a long period of time, having anxiety attacks or being prone to feel themselves in a “empty mood”, feeling hopeless or pessimistic almost every day, for whole weeks and even months on end.

The problem with depression is that the people that suffer from this ailment no longer takes interest or pleasure in their hobbies or any activities that they may have enjoyed in the past, in addition to make excuses so as not to go out with their friends or venture far or even leave the place where they sleep. Also, this is also correlated with having insomnia, early-awakening, and oversleeping.

There are a lot of problems that accompany depression, the most harmful are weight gain or weight loss, by overeating or if the person stops eating all together. This, in addition to fatigue and decreased energy, are the secondary consequences of having depression, specially when you are a teenager.

Chapter I

Depression in Youth

1.1 Definition of depression

Depression is currently considered a disease that is becoming more common in young people. This symptom is something that hurts the person affected internally because it promotes sadness and anger at the same time, which can sometimes lead to bad decision making. It has come to be considered a psychological illness.

1.2 Causes

Sexual Abuse: Sexual abuse is one of the main reasons why a person can become depressed as they cannot deal with the problem and can even grow up with a trauma that prevents them from ever forgetting or dealing with what happened.

Bullying: Nowadays bullying is something that unfortunately is becoming very famous in schools because there are people who think they are superior to others. Unfortunately, they do great harm to the meek and find pleasure in humiliating them, mistreating them and making them feel helpless.

Negative Thoughts: Depression in young people is also related to people who feel they have become powerless instead, which forbids them from being able to find a solution to the problem they should be helped to face.

Biological Chemistry: When the neurotransmitters are altered or not normal, the nervous systems change their functions, which can lead to depression.

Hormones: Changes in hormones can cause sudden changes in one's mood and can lead to depression.

Trauma: The loss of a family member at an early age can bring upon changes in the brain that make it easier for a person to become depressed.

Alcohol and drugs: People who start using alcohol or drugs excessively become addicted to a certain extent, to the point where they cannot stop using them without the proper encouragement. When they do not, they despair and little by little become conflictive cause them even more problems until they spiral and eventually reach depression.

1.3 Ramifications

Suicide: People who no longer know how to lead their lives with so many disappointments or problems make bad decisions, and so resort to suicide believing it to be their best or only option without thinking about the sadness their loved ones will suffer.

Failures: People who are depressed can come to become bankrupt and their business can fall ruin or even be lost as well as the distancing or lose of loved ones.

Obsession and Madness: There are people who may be obsessing over an object and may even imagine things related to that object.

Apathy: That is to say that they stop you from gaining the ability to perform any type of activity.

Susceptibility: Those who suffer from depression are more easily angered by anything.

Affects the mind and body: Depression is capable of hindering the mind and body by making it so that they cannot respond properly.

They don't fight: These people stop fighting for dreams they once had and easily give in to some problem they are going through.

Tiredness: People may appear to be physically well, but they actually feel tired and unwilling to engage in any activity.

Solitude: These people refer to being alone because they do not enjoy the company of anyone.

Indifference in love: For obvious reasons these people do not get a partner because for that you have to be emotionally well.

1.4 Types of depression

There are three types of depression in which they are known as:

Moderate: These people have difficulties in carrying out their daily activities. These people usually stop doing the activities they like and can't concentrate as easily as they used to.

Mild: These people are able to continue with their activities as normal, meaning that they are not so affected by the problems they may be going through.

Severe: These people increase their capacity for fatigue, meaning that they spend most of the day stressed, have low self-esteem and feel completely useless. They also often have thoughts of death or suicide, sleep disturbances and variations in body weight as they often lose their appetite.

1.5 Risk factors

Some of the factors that increase the risk of falling into depression are:

- Being a victim of sexual or physical abuse
- Having learning problems
- Being gay or bisexual in an environment that does not accept you
- Having a troubled family
- Having a family member with depression or bipolar disorder
- Break-up with your partner from many years of relationship
- Having some kind of terminal illness such as cancer
- Having a family member who committed suicide
- Excessive alcohol consumption
- The use of drugs
- Having low self-esteem
- Having a physical disability

1.6 Treatments for depression

Depression can be treated in several ways, but the most common are those treated through medication prescribed by doctors or psychotherapy. The type of treatment should also be chosen based on the severity of the person's symptoms, the suitability of the person, and the history of the disease. If you choose to ask for help with medication, you should consult a doctor to see the approximate amount you might need. These pills are called antidepressants and their effect is to give you a chemical balance in the brain that is related to emotions. The time this medicine works is 4 to 6

weeks, but some people are recommended 6 to 8 weeks. Once the patient feels better, it is recommended that he or she continue the medication for a period of 5 to 8 months.

“After a month of therapy and taking medication, I felt hope again, I feel like I used to.

My family is relieved and happy to see me like this” Mental Health America(s.f.).

If one wished to seek psychotherapy, each person must decide what kind of therapy they want to pursue, but this also depends a lot on the problems they may be facing. There is family and individual therapy.

1.7 Background

An example of one who overcame depression is Jim Carrey, this actor fell into depression after the death of his ex-wife. Once the depression was over, he went back to what he likes most about acting and said that every time something happens to him, he doesn't make a mess like he used to. InfoBase (2015)

Another is Robbie Williams, a famous singer who said that “I don't know if I'd have been a mental patient without fame. I don't think it would have been so serious or so powerful if it hadn't been for the popularity” While one of the most famous notices about depression is the suicide of Kurt Cobain, the creator of the famous band “Nirvana” believed that he had suicidal genes and “it's better to be burned than to fade” he said in one of his suicide letters.

Chapter II

Impact on society

It is said that one in four families has a member who suffers from depression. Since 1990, the number of people suffering from this type of illness has increased to

approximately 15%. It is estimated that 121 million people worldwide are involved in this problem and women are twice as likely as men to fall into depression. "Suicide in young people, especially children and adolescents, is a phenomenon that has been growing since the mid-twentieth century. It is striking not only to note the increase in suicide rates in these age groups, but also the age of onset of such behavior, since cases have been reported of 6 and 7 years of age" (Granados, Paredes & Guzman, 2011)

Every year more than 4 million adolescents attempt suicide and of these 100,000 succeed. The number of suicides varies from country to country as they depend on a person's socioeconomic stability, alcohol consumption and ease of access to lethal methods. "Depression increasingly affects young people, and as one of its consequences, more than 800,000 people commit suicide each year, with the highest suicide rates in recent years among young populations, including children and adolescents, both for attempted and consummated suicide" (Granados, Paredes & Guzman, 2011).

Unwanted pregnancy in women is one of the main reasons why they may be depressed because they are afraid of being bad mothers or of having all the necessary resources to have the baby they will have. This is frowned upon in society because they consider that it is a lack of responsibility to have a child at a young age and they begin to judge not only the adolescent but also the family and they are already labeled as people who do not think about what they are doing, unless they drink it is a result of rape.

Another very important cause that affects both men and women today is not to accept themselves as they are, they reject their bodies if they have defects and this leads to spiritual problems which lead to depression and self-pity. Depression is currently one of

the illnesses that generates the greatest expenses in treatments such as therapies or the consumption of antidepressant pills. These pills must be taken in an appropriate way since the excess consumption can cause an addiction and this when stopping using them can cause anxiety and lead to depression. According to studies, it is estimated that by 2020 depression will be the second most relevant illness caused by mental problems that can be cured with psychological treatment and state resources aimed at preventing it with regular talks in student centers.

In recent months we have heard of famous people who have lost their lives to depression, a silent but powerful disease that is slowly killing not only the person who is suffering from it but also their families who do not know how to help them get by despite having the necessary resources (money). For a person with this illness, wanting to solve many problems at the same time attracts depression, so it is important that friends and family accept the truth, understand the suffering of the illness, help and not feel guilty or responsible. The ailing person is looking for understanding, support and affection from all those around him, feeling important, loved and valued in order to increase his self-esteem.

There are also authors who:

Children and adolescents with anxiety symptoms consult their pediatrician first and present with fear or worry, and usually do not recognize their fear as irrational. They commonly have somatic complaints of headache, abdominal pain, crying, irritability and anger, which can be misinterpreted as

opposition or disobedience; when in fact they represent the expression of the patient's fear or anxiety or the child's effort to avoid the stimulus that causes fear or anxiety.

2.1 Ways to prevent depression

We are all at risk of depression, because at some point in our lives we have all suffered for one reason or another, the difference is in how we solve the problem, how we analyze it and what solution we seek instead of getting involved in things that are suddenly trivial, but at that moment, we think they are the worst thing in this life.

Depression is not something inevitable or something that is always there, we have to put in our minds that it can be avoided, combated and removed from our lives. “Prevention can be understood as a strategy or approach that reduces the probability of any risk or reduces the negative impact of certain conditions or behaviors” (Medina, Macias & Chavez, 2008) The prevention of depression is listed as one of the most important things to do, however, it is something that has not been given enough attention and that is why more and more people are falling into this disease. By prevention, it can be implied that these are strategies that reduce the possibility of a negative event occurring.

The classic medical model of prevention is divided into 3 levels

Primary prevention. - Try to avoid new cases of depression. It has three types of interventions: universal, selective, indicated.

Secondary prevention. - This is based on therapy, social support.

Tertiary prevention. - They reduce disability, promote rehabilitation and prevent relapses and recurrences of the disease.

Another way to prevent depression is:

Balanced mind

Having God in our hearts

Good nutrition

Exercise

If we put these four simple elements together we are going to have a magic formula and instead of devoting ourselves to feeling sorry for ourselves, what we are going to achieve is to take advantage of the suffering and take away all the bad thoughts that do not lead us to anything productive and what can cause us is to enter into an extreme depression. Leisure is being idle, it can distract us from depression for a while, but it doesn't take it away.

Several types of surveys can be carried out in schools in order to observe the number of young people suffering from depression and to identify them so that they can be helped in time by offering talks by certain psychologists to find out what the main reason they are involved in this illness is and so that they can react so that they can go on with their lives in a normal way without having similar problems in the near future.

2.2 Symptoms of depression

One of the most common symptoms that can be observed is anxiety, which can be caused by late adolescence, physical, psychological, and socio-cultural changes. Anxiety can also be caused by not knowing how to manage our emotions properly and this can lead to academic failure, aggressive behavior, suicidal behavior, or substance abuse.

Many teens show signs of various symptoms and these vary depending on the state of their lives, but at first it is difficult for them to know if they are depressed or not and that is why they are not given much importance apart from the fact that they do not like to receive help from others because they tend to believe that they already have everything under control.

Disappointment, or a bad experience can result in students who miss a lot of days in the school year. Those mainly affected can be children of divorced parents, or people who have bankrupt businesses amongst others.

Depression begins in the mind, continues through the feeling and ends up affecting the physical part of the body.

- They lose sleep
- They walk around all day reluctantly
- Loss of appetite
- Neglected appearance
- Pain in the body

Other symptoms include

- Constant sadness
- Pessimistic behavior
- Irritability

- Excessive nerves
- Absence of a statement of reasons
- Loss of initiatives
- Emotional instability
- Unsociable
- Poor academic performance
- Poor presentation

Depression makes a person nervous, restless, bitter, often feels misplaced and fails to fit into a group, does not get along with others. He who is depressed becomes aggressive, exhibitionist and pretends to be sick (who are persecuted or victims of injustice).

Chapter III

Mental Health

3.1 Mental Health Status in teenagers

3.1.1 Teenagers in Ecuador suffering from Mental diseases.

The World Health Organization (or Organization Mundial de la Salud in Spanish) years ago started to qualify mental diseases as “the combination of thought alteration, perception, emotions, conduct and relationships with other people”. Before the WHO decided to include this type of conduct into the range of “mental disease”, people who suffer this were most likely introduced into a Mental Health Institution or were even exorcised.

As a matter of time, people started to accept that mental diseases are not only schizophrenia, bipolarity and dementia, but also depression, anxiety, mental incapacities, etc.

But how did the WHO realize this were also mental diseases? They found out that people who suffered from this weren't able to sustain a healthy way of life. That is when they found out that without mental health, there was no health at all. They pointed out that “mental health is a state of happiness in which a person is able to fulfill their needs and is able to conform normal life stress, which comes out of working productively and contributing to his community” There were studies made in Ecuador at the beginning of 2018; and in January, 42823 cases of mental health showed up in the research made by the “Public Health Ministry” (or “Ministerio de Salud Pública” as it is known properly in Ecuador). Most of the cases were emotional disorders, followed by

neurotic and stress disorders, respectively. That means that the country is following the global tendency that the WHO calculated, which says that approximately 300 million of people are depressed.

Few specialists that were part of the research made in Ecuador also gave their thoughts about their research; David Jaramillo, a psychologist specialized in intervention and Family Therapy, said that “Ecuadorians have a very fast life rhythm, in which both fathers work and have few time for their children, that leaves the kid in a very weak state if the parents don’t raise him properly”. That may seem harmless in the early stages of life but as he keeps growing up, facing life as it is will seem harder for him since he wasn't raised to be mentally prepared to face the everyday challenges life gives. That, in most of the cases, would lead unfortunately to depression or anxiety, and since teenagers do not know how to handle depression or anxiety properly they would end up facing bigger problems when their mental and physical health starts to deteriorate. “There are some risk factors directly related to other diseases. For example, some conditions such as Parkinson's disease and stroke cause changes in the brain. In some cases, these changes may have a direct role in depression” (National Institute of Mental Health)

He assures that home stability is one of the key things for a good mental health, if there is no stability at home, that could affect mental health of both children and parents and could also affect parents’ productivity during work. It also continues from there, because since there is no stability at home, parents are most likely to start arguing with each other which tears up children mental health into more pieces; this could lead up to divorce which would only help to fully destroy children mental health now that their parents are not together anymore.

Not only that; in patients, the high index of divorces creates a lot of depression, in addition to that, crisis and unemployment for people older than 40 could lead up to anxiety too.

Another specialist, Rodolfo Cabrera, said that Ecuadorians should stop complaining about life so much and start to accept it the way it is, and in that way, we could stabilize our mental health. He says “people are so focused on what the other people have, and they don’t; but they don’t see the amount sacrifice and hours of time they had to put in order to get where they are right now. Most of the people see what they want to see, but they miss the most important parts of the picture, the sacrifices made by the other people.”

In private offices, a cost for a single session is between \$40 and \$80, while in the 743 offices that the Public Health Ministry offers, treatments and sessions are free. Nevertheless, they not only attend cases of mental diseases, they also have cases of addictions, like alcohol, cigarette or other kind of addictions, which summed up to 113461 cases in the whole year of 2017.

3.2 Studying psychology in Ecuador.

There are two places in which you could study psychology in Ecuador: Universidad Central, located in Quito, and Universidad de Guayaquil, located obviously in Guayaquil. Following the Senescyt data, at this moment there are 32 teenagers studying Psychology in Quito and Guayaquil. This could be because of two reasons, says Gonzalo Mantilla (director of Health Sciences in Universidad San Francisco de Quito), because there are not many universities that offer this program, and because the area of

Health Science is not well prepared in those schools, which demotivates the students trying to study Psychology in Ecuador.

Why is it so important for people to study Psychology in Ecuador? Because this is one of the primary ways to decrease depression in our country. Only in our country, 5 out of 100 teens suffer from depression, caused by many different problems that could be affective problems or psychotrauma. The most common examples of these kinds of traumas are rape, losing somebody close to you and divorces.

3.3 Depression in Ecuador relating to Latin America

A study made by the WHO related to depression in Latin America shows that depression is more common between women (5.1%) than between men (3.6%); nevertheless, Ecuador is not between the top 10 countries who have the most depression cases. Brazil is the country with most cases of depression with 5.8% followed closely by Cuba with a 5.5%, next is Paraguay with a 5.2% before Chile and Uruguay that tie with the same percentage of depression cases, a 5%. Completing the top 10 are Peru with 4.8% and Argentina, Colombia, Costa Rica and Republica Dominicana all with 4.7%.

Although this sounds promising, Ecuador still has a lot of depression cases, falling just behind all the other countries with a 4.6%. And this being said, depression is the most common cause in suicide deaths with approximately 800.000 a year.

Conclusions

- Depression is a dangerous mental illness and for that reason you have to take precautions.
- If you find someone who is under the depression it is advisable that you help him look professional.
- You can say that this affects you a lot in the family, social and economic problems for the reason that people are stressed out of everything until they start to be distracted and aggressive with the other people around them.
- If we know someone who recently suffered a loss or a rejection it is better to be aware of that person so that feeling that feels pain inside can be leading to bad decisions such as suicide.
- If we know someone who suffers from bullying, it is better to help them by telling people who cause harm to stop because they will feel bad and for this reason they may fall into depression.
- It is good to help people suffering from depression because in some way this can make people in depression feel that they are not alone and that they are always going to have someone support them, which may cause them to feel that someone wants to get out. of the loneliness they feel.
- Psychologists are a good help to treat depression so with the psychologist you can talk about the problems that are happening and he can help you looking for a solution that improves things.
- In our society there are people who believe they can overcome depression alone without the help of an expert in this disease and the truth is that they are wrong and doing this can even get worse than they were already.

- In our society there are psychiatric hospitals and that is one of the good things since many people for not asking for help after having fallen into depression have gone crazy and dangerous for the rest of the society in which we live.

Recommendations

- I think we should be offered talks about depression because it is one of the most serious and common problems that society experiences and also talk about the ways in which it can be prevented.
- Talk to each of the students and ask them a little about how their life is doing both in the family and in the personal to know if they can have a problem that causes them sadness or anger and to be able to help them in some way at home. problem is considered serious and it is believed that that person may fall into depression.

References

- Concepción, D. (2018). *Alarmantes consecuencias de la depresión adolescente*. [online] Diario Concepción. Available at: <https://www.diarioconcepcion.cl/editorial/2017/10/26/alarmantes-consecuencias-de-la-depresion-adolescente.html> [Accessed 4 Sep. 2018].
- Familia y Salud. (2018). *Depresión en adolescencia*. [online] Available at: <http://www.familiaysalud.es/salud-joven/mi-mente/depresion-en-adolescencia> [Accessed 18 Aug. 2018].
- Mayoclinic.org. (2018). *Depresión en adolescentes - Síntomas y causas - Mayo Clinic*. [online] Available at: <https://www.mayoclinic.org/es-es/diseases-conditions/teen-depression/symptoms-causes/syc-20350985> [Accessed 19 Oct. 2018].
- Psicoadapta.es. (2018). *Depresión en adolescentes. Tratamiento para la depresión*. [online] Available at: <https://www.psicoadapta.es/blog/depresion-en-adolescentes/> [Accessed 7 Oct. 2018].
- Eres Mamá. (2018). *Depresión en adolescentes: ¿Cuál es su origen y cómo ayudarlos?* - Eres Mamá. [online] Available at: <https://eresmama.com/depresion-en-adolescentes-cual-es-su-origen-y-como-ayudarlos/> [Accessed 4 Sep. 2018].
- Lifeder. (2018). *Depresión en la Adolescencia: Síntomas, Causas, Tratamientos*. [online] Available at: <https://www.lifeder.com/depresion-en-la-adolescencia/> [Accessed 12 Oct. 2018].
- Gallego, M. (2018). *Depresión en adolescentes: Características, factores, causas y tratamiento*. [online] Blog CogniFit. Available at: <https://blog.cognifit.com/es/depresion-en-adolescentes/> [Accessed 19 Oct. 2018].
- Eres Mamá. (2018). *La depresión en la adolescencia: síntomas, causas y consejos para padres*. [online] Available at: <https://eresmama.com/depresion-en-la-adolescencia/> [Accessed 10 Aug. 2018].
- Profamilia. (2018). *Las depresión en los/las adolescentes - Profamilia*. [online] Available at: <https://profamilia.org.do/las-depresion-en-los-las-adolescentes/> [Accessed 25 Sep. 2018].
- La Mente es Maravillosa. (2018). *Signos y síntomas de la depresión en personas jóvenes - La Mente es Maravillosa*. [online] Available at: <https://lamenteesmaravillosa.com/signos-y-sintomas-de-la-depresion-en-personas-jovenes/> [Accessed 14 Aug. 2018].

