

# Frequently Asked Questions About Depression



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## **Are more people depressed these days?**

There has been an increase in the number of reported cases and the number of prescriptions for antidepressants. However, it is unclear whether this results from a true increase in depression or from increased recognition.

## **What is the difference between grief and depression?**

Grief is a natural reaction to loss. But people with depression usually experience a sense of worthlessness, guilt and low self-esteem not common in normal grief reactions.

## **What are some of the risk factors?**

While depression can affect anyone, researchers have identified certain risk factors including family history, alcohol use, physical illness, stress, medications, marital status and gender (depression affects more women than men).

## **When is being depressed a normal reaction and when is it truly major depression?**

All of us have days when we feel “depressed.” A diagnosis of depression requires that you have these symptoms every day, or nearly every day, for two weeks.

## **How do most people react when they are diagnosed?**

A diagnosis can come as relief or a terrible shock. Keep in mind that depression is a common and very treatable illness.

## **How can I expect others to react to my diagnosis?**

Some may view the symptoms as character defects. On the other hand, your family and friends may be very supportive. Work with your therapist to handle any negative responses.

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