

# Editorial



## World Health Day 7th April, 2017 Depression: Let's Talk



World Health Day, celebrated on 7 April every year to mark the anniversary of the founding of WHO, provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world.

This year the topic of World Health Day campaign is depression. Mental health is integral to our well-being and as important as being physically healthy. The growing incidence of mental health issues is a reflection of the reality that confronts us today. Globally, around 350 million people of all ages suffer from depression, an increase of more than 18% between 2005 and 2015. Increased investment is also needed. In many countries, there is no, or very little, support available for people with mental health disorders. On average, just 3% of government health budgets is invested in mental health.

Lack of support for people with mental disorders, coupled with a fear of stigma; prevent many from accessing the treatment they need to live healthy, productive lives. This condition affects people of all ages, from all walks of life, in all countries. It impacts on people's ability to carry out everyday tasks, with consequences for families, friends, and even communities, workplaces, and health care systems. At worst, depression can lead to self-inflicted injury and suicide, now the second leading cause of death among 15-29-year olds. Close to 800 000 people die due to suicide every year. Yet, depression can be prevented and treated. A better understanding of will help reduce the stigma associated with the illness, and lead to more people seeking help.[20]

Depression can be linked with other non-communicable disorders and diseases. Depression increases the risk of substance use disorders and diseases such as diabetes and heart disease; the opposite is also true, meaning that people with these other conditions have a higher risk of depression.

Depression is a common mental illness characterized by persistent sadness and a loss of interest in activities that people normally enjoy, accompanied by an inability to carry out daily activities, for 14 days or longer. They may also have loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.

Depression results from a complex interaction of social, psychological and biological factors. People who have gone through adverse life events (unemployment, bereavement, psychological trauma) are more likely to develop depression. Depression can, in turn, lead to more stress and dysfunction and worsen the affected person's life situation and depression itself.

Prevention programmes have been shown to reduce depression. Community approaches to prevent depression enhance a pattern of positive thinking. Also Interventions for parents and caregivers reduces depressive symptoms in them and improve overall outcomes. Exercise programmes for the elderly can also be effective in depression prevention.

There are effective treatments for moderate and severe depression. Health-care providers may offer psychological treatments (such as behavioral activation, cognitive behavioral therapy [CBT], and interpersonal psychotherapy [IPT]) or antidepressant medication (such as selective serotonin reuptake inhibitors [SSRIs] and tricyclic antidepressants [TCAs]). Health-care providers should keep in mind the possible adverse effects associated with antidepressant medication, the ability to deliver either intervention (in terms of expertise, and/or treatment

availability), and individual preferences. Different psychological treatment formats for consideration include individual and/or group face-to-face psychological treatments delivered by professionals and supervised lay therapists.

Depression can affect anyone, whatever might be the age, sex, or social status. Special attention to groups that are disproportionately affected: people with different disabilities and handicap, their caregivers, adolescents and young adults, women of childbearing age (particularly following childbirth), and older adults (over 60s) is very important.

### Overarching Messages

- Depression is a common mental disorder that affects people of all ages, from all walks of life, in all countries.
- The risk of becoming depressed is increased by poverty, unemployment, life events such as the death of a loved one or a relationship break-up, physical illness and problems caused by alcohol and drug use.
- Untreated depression can prevent people from working and participating in family and community life.
- Depression can be effectively prevented and treated. Treatment usually involves either a talking therapy or antidepressant medication or a combination of these.
- Overcoming the stigma often associated with depression will lead to more people getting help.
- Talking with people you trust can be a first step towards recovery from depression.

**R N Haldar**

**V Ghosal**

## Special Editorial

On behalf of outgoing Editorial Board, I welcome and congratulate the new Editorial Board.

We are glad to hand over the charges on 1st. April 2017, honoring the constitution.

Last six years the Editorial Board has published regular 4 issues and 1 special issue in every year in colors. Process of indexing started but not yet succeeded. Hope the new board will fulfill our dream. Board has not taken any money from IAPMR for last six years as promised.

I like to thanks the commercial houses for minimizing the burden. I would like to convey my gratitude and thanks to all my board members, IAPMR members, printing houses and other helping concerns.

My special thanks to Dr Rajesh Pramanik and Dr Vasundhara Ghosal for their untiring effort for IJPMR.

So, I am the happiest man as the Editorship is transferred to most competent Dr. Rajesh Pramanik.

I will never say good bye till my activity stops with my last breath. Now I am also a vital member of Editorial Board.

Again my good wishes are with the new Editorial Board and see them successful.

I am grateful to you for making me National President of IAPMR 2017-2019 unopposed and seek your blessings and co-operations.

Jai Hind,

Long live IAPMR

Long live IJPMR

**R N Haldar**

**Editor, IJPMR**