

DID YOU KNOW THERE ARE MORE THAN 6 TYPES OF DEPRESSION?



Depression is the most commonly recognized mental health disorder. Even if the word is used in a non-medical context to refer to feeling low, sadness, it is a highly visible and talked about condition.

Depression is a medical framework that refers to the constant feeling of sadness, fatigue, mood swings, impairment in cognitive abilities that are severe and persistent enough to interfere with and disrupt daily life. Depending on the severity, manifestation, symptoms, and causes, Depression can be categorized into:

MAJOR DEPRESSION

Major Depression or Unipolar Depression is the most common type of Depression where the individual exhibits symptoms most of the time, for most days of the week. Symptoms include a constant feeling of gloom, lack of energy, sudden unexplained weight gain or loss, changes in eating habits and sleeping patterns, thoughts of suicide. It is usually the underlying form of depression prevailing in all other types.

PERSISTENT DEPRESSION

Persistent or Chronic Depression lasts for 2 years or more. It is also called Dysthymia. People with this type of Depression have periods of intense Major Depression with an almost regular life between episodes. It can last for an entire lifetime. In addition to symptoms of Major Depression, people with Dysthymia have low self-esteem or feelings of inadequacy, concentration and memory problems, social withdrawal, inability to function at work or school.

BIPOLAR DISORDER

People with Bipolar Disorder have episodes of abnormally high energy and self-esteem that alternates with periods of regular life, with most of them having Major Depression as well in between. They are known as the "Up" and "Low" phases. Symptoms in the "Up" phase include grandiose ideas, reduced need for sleep, frequent irritability, increased self-confidence, unusually risky and sometimes self-destructive behavior.

PSYCHOTIC DEPRESSION

Some individuals afflicted with Depression can lose touch with reality and experience Psychosis. These people have symptoms of Major Depression along with Hallucinations (a feeling of sensing things that aren't there), Delusions (believing in an altered, non-existent reality), Paranoia (Frequent mistrust and fear of being harmed with no real evidence).

PERINATAL AND POST-PARTUM DEPRESSION

Many women through the course of their pregnancy and childbirth experience symptoms of Depression brought on by hormonal changes, discomfort with body changes, exhaustion, and fluctuations in sleep patterns. Perinatal Depression appears during pregnancy while Post-Partum Depression is exhibited by new mothers after giving birth.

PRE-MENSTRUAL DYSPHORIC DISORDER

Premenstrual Dysphoric Disorder is a chronic form of Premenstrual Syndrome (PMS), where hormonal changes in the menstrual cycle severely affect the person's mental health. Symptoms include both physical and psychological ones like Major Depression, extreme mood swings, irritability, panic attacks, cramps, bloating, pain.

SEASONAL DEPRESSION

Seasonal Depression is also known as Seasonal Affective Disorder (SAD) is a type of Depression where changes in seasons affect a person's mental health enough to affect their daily life. Colder, wet months are usually triggering for people with SAD.

SITUATIONAL DEPRESSION

Situational Depression is brought on major life changes and traumatic events like the death of loved ones, serious and terminal illness, divorce and breakups, financial difficulties, witnessing violence, natural disaster.

ATYPICAL DEPRESSION

Atypical Depression is named so because it doesn't follow the pattern of Major Depression even though it exhibits the symptoms of it. People with Atypical Depression often feel fine after a positive event or watching/being part of happy events making it difficult for themselves and family/caregivers to identify they might be having a mental health condition and seek help.

SUBSTANCE-INDUCED MOOD DISORDER

As the name indicates, Substance-Induced Mood Disorder is a type of depression brought on by a person's excessive dependence on substances like alcohol, cigarettes, and narcotics.

Read more about **DEPRESSION** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](http://www.pamllc.us) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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