



# DEPRESSION IS ONE OF THE SERIOUS PROBLEMS OF MODERN SOCIETY

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**Abstract.** Modern society in the period of active development remains emotionally weak and mentally unstable, individual vulnerability to life's difficulties can cause depression, which today occupies a leading position among the diseases of society. According to the World Health Organization, there are about 280 million people in the world who suffer from symptoms of depression: this rate is variable and tends to increase regardless of age. The purpose of the research article is to analyze the concept of depression, to study the symptoms of depression, to define the main types of depression, to consider scientific approaches and concepts that reveal the psychological and clinical meaning of the "social disease". The following methods were used to study the natural features of depression: the method of analysis and synthesis, psychodiagnostic methods, statistical method, interpretive method. The results of the research work theoretically revealed the main determinants of the concept of depression, substantiated the key symptoms of depressive manifestations, revealed the most famous types of depression in psychological practice and the degree of manifestation, analyzed statistical indicators and clinical cases of people suffering from depression around the world, conducted a social survey for determination of the situational level of depression. The scientific article is aimed at a detailed study of the problem of the occurrence and existence of depression among modern society, in order to find optimal methods of combating and preventing an unwanted disease that suppresses physical activity and psycho-emotional activity. The practical significance of research work is highlighted. The practical significance of the scientific research work is to highlight the problems of the spread of depression in the modern period, forming the basis for the discovery of future concepts and effective ways of overcoming the disease in psychology, psychiatry, psychoanalytic approaches, existential currents, which are aimed at full socialization of the individual, support of emotional health, internal stability and resilience to adverse factors.

**Keywords:** affective disorder, dysphoria, apathy, dysthymia, cyclothymia.

## Introduction

Humanity, at all stages of development, goes through difficulties that can negatively affect the social situation, physical condition, psyche or other vital criteria, however, faced with such a problem as depression, not everyone understands and realizes the complexity and power of discomfort that it can create. Depression has existed for a long time, however, it gained special importance during the in-depth study



of the human psyche and factors capable of destabilizing it (Waller, 2021). As of 2020, the World Health Organization (WHO) (2022) highlighted depression in a global sense, explaining its essence as a hidden epidemic that actively overtakes cardiovascular diseases or cancer. Also, according to the WHO, it is known that about 30% of patients with depression seek help from specialists in order to receive timely treatment, 70% of people remain inactive, or resort to independent methods of combating their passive state. O. Myronenko (2006) noted in his research that the frequency of depression growth depends on social factors, the influence of which a person does not have the strength to fight on his own. Affective disorders are caused by the following stressful events in society: military conflicts; migration; economic crisis; the spread of the Covid-19 epidemic; financial instability; midlife crisis or health problems. Depression has no gender, it can affect anyone who has crossed the border of a neurotic state, it is a complex disorder that can not only suppress physical and emotional activity, but also lead to death.

T. Beradze (2012) wrote in her works that depression always remains the "blurred" concept of modern civilization and is capable of effectively masquerading as other diseases, not always showing its true essence. The researcher claims that sadness is a normal indicator for a mentally healthy person, depression is dangerous. In practice, T. Beradze noticed that people who sought help to get rid of depression described their condition as one where there is no desire to die, but it is also impossible to live anymore. It was such an emotionally colored complaint that became a clear signal of the presence of depression, revealing which should be responded to quickly in order to avoid protracted conditions, which subsequently become more and more difficult to correct. Cross-cultural psychiatry researchers J.H. Jenkins et al. (1991) believed that the cause of depressive disorders is active technological changes, according to which humanity does not have time to develop evolutionarily, as a result of which the body is in a constant phase of stress and tension, which block the ability to get used to the "new life". Scientists have also discovered that the external "toxic" situation can bring the hormonal background into a state of imbalance, which provokes many diseases: cardiovascular; diabetes; asthma; allergies; obesity of various degrees.



Anxiety disorders can accompany depression, suppressed emotions pass into the psychosomatic stage, which causes real physiological problems.

Research by A. Hartanto (2021) showed that replacing live communication with a virtual one actively affects the emotional state, causing anxiety, depression, and sleep disturbances. Internet opportunities create the illusion of rest from everyday chaos, form addiction and covertly affect consciousness, change the mood background. People who spend more time on social networks, following the lives of famous bloggers, often become victims of their own inferiority, low self-esteem, a "false picture" of an unattainable life appears. In this way, a negative vision of the future is formed, the mood is depressed, a feeling of guilt arises, tearfulness, loss of interest in life and social isolation are observed. Depression is able to evolve along with humanity, the new achievements of the 21st century, in parallel, form inflated demands in society, which is why, in the event of failure, the increased level of harassment and its unrealization create the first impulse to frustration, alienation and despair.

The growing spread of depression throughout the world, which develops in outpatient, somatic and everyday (household) forms, became the goal of study in scientific research work, in order to reveal natural properties, which are often caused by a combination of endogenous (biological), sociogenic and psychogenic factors.

### **Materials and Methods**

The basis of the methodological approach in research work is the following methods: the method of analysis and synthesis, which allowed the author to carry out a comprehensive analysis of theoretical approaches and concepts in the studied depression and its origin, to establish the main types, signs, trends of distribution. Comparative analysis revealed differences between depression and diseases with similar symptoms. Using the method of synthesis, the author combined the obtained results into a single structure for the scientific explanation of the nature of depressive disorders that can affect the quality of life in society.

The empirical component of the study was implemented using psychodiagnostic methods, through a survey conducted in social networks on the territory of Ukraine. 67 respondents from different regions, aged from 23 to 47 years old, 22 men and 45



women, voluntarily took part in the survey. The survey was conducted using two methods: "The Depression scale by A. Beck" (Ahayev et al., 2016b) and "Methodology of differential diagnosis of depressive states by V. Zung (adaptation by T.I. Balashova)" (Ahayev et al., 2016a), which were presented in electronic form, to preserve anonymity and comfortable conditions for the participants. The purpose of this survey is a comprehensive diagnosis of the presence of a depressive state and the identification of a complex form of the course of depression. The respondents' task is to answer the statements that are presented in both questionnaires and choose the options that most accurately describe their well-being, thinking and mood. "Methodology of differential diagnosis of depressive states by V. Zung (adaptation by T.I. Balashova)" (Ahayev et al., 2016a) reveals not only the presence of forms of depression, but also the state of self-esteem, work capacity, activity level, self-doubt and future, etc. "The Depression scale by A. Beck" (Ahayev et al., 2016b) is aimed at determining the level of depression: from its absence to a severe form.

A statistical method was used in the research to provide an overall assessment and extent of depression worldwide and how it has progressed over the past few years. The statistical reporting of the World Health Organization (2022) made it possible to obtain results regarding the consequences of the spread of depression and to analyze the general situation. The interpretive method allowed the author to combine the developed early studies of scientists with their own practical values during the psychodiagnostic procedure, thus generalizing the material obtained into a single system of knowledge that revealed the main methods of combating unwanted psycho-emotional illness.

Research work consists of three stages. At the first stage, the author elaborated general theoretical propositions and scientific approaches into the studied essences of depression, symptoms, forms and types. He studied the differences between the depressive state and diseases with similar psychosomatic criteria, and revealed the clinical picture of depression. At the second stage, the author analyzed the statistical data of the World Health Organization (2022), the indicators of the American Psychological Association (APA) (2022) and the National Network for Depression Centers (2022) regarding the spread of depression throughout the world over the past



few years, conducted an empirical study by means of a survey to establish the situational level of depression in the territory of Ukraine, carried out a comparative analysis of the results obtained in the course of own practical research and statistical criteria, determined the main methods of combating the destructive psycho-emotional state in various forms of progression. At the third stage, the author summarized the obtained results and compared them with the past researches of scientists, which made it possible to form a general picture of the nature of depression, the rates of its spread and possible consequences.

## Results

Depression is a mental disorder that is accompanied by various emotional pathologies, such as: excessively depressed mood, low self-esteem, self-criticism of one's situation and future. Depressive disorder is accompanied by a violation of physical retardation, cognitive functions, actively developing psychosomatics. The seriousness of the spread of depression in society is clearly emphasized by statistical indicators, according to which more than 280 million depressed people are recorded in the world, however, this figure is not accurate, because most people experience depression on their own and do not seek help from specialists. According to the World Health Organization (2022), from 2017 to 2020, depression in America began to increase, with about 17.5 million adults recorded. Complex depressive symptoms were observed in 63.8% of adults, about 70% in adolescents and young adults. The Centers for Disease Control and Prevention (2022) researched that women are twice as likely to suffer from depressive episodes than men, a common cause in women is pregnancy, as a result of which postpartum depression occurs, which causes negative feelings towards the child, mood swings, focus on physical pain after complicated births.

The American Pregnancy Association estimated that about 23% of mothers struggle with symptoms of depression during pregnancy and almost 70% of women experience baby blues after childbirth, 10% experience clinical postpartum depression, which occurs in complex forms and is treated exclusively with medication. About 25% of men who were in contact with partners who had postpartum depression became victims of depression (Zakeri et al., 2022). According to the data of the National



Network for Depression Centers (2022), the risk of suicide is several tens of times higher in persons experiencing a period of depressive exacerbation than in people whose psycho-emotional health is normal. Persons diagnosed with depression, especially in a complicated form of the course, end their lives by suicide – from 1 to 7%. The American Psychological Association (2022) noted in 2017 that women take antidepressants more often than men and report more depression. Today, more than 20 million people in America are taking antidepressants, a 60% increase since 2010 (Weir, 2019).

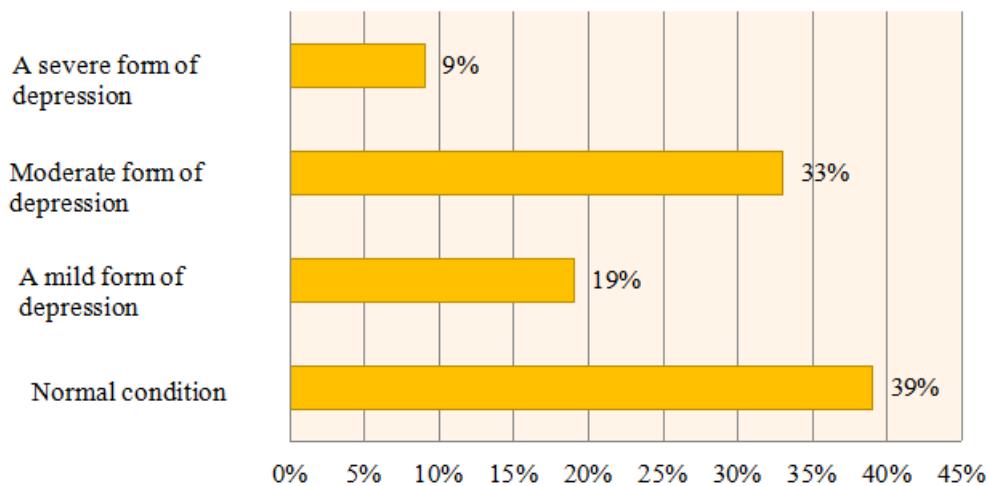
In Ukraine, a high level of depression has been registered for a long time, according to the national study "STEPS", about 13% of adults presented with complex symptoms, during which depression was detected. Among women, depression is much more common and is 16.2%, men – almost 9%, about 1% of patients attended psychotherapy sessions or were treated with antidepressants. Today, the rapid rate of spread of depression caused by military aggressive actions, during which the emotional state has a variable and exciting character, which passes from a temporary episode of sadness to a permanent depressed state, apathy, frustration, increasing anxiety and fear (Riad et al., 2022).

To diagnose the presence and assessment of depressive disorders, an empirical study was conducted using the method "The depression scale by A. Beck" (Ahayev et al., 2016b). 67 respondents from Ukraine took part in the survey. The main task of the subjects is to indicate their age, gender and truthfully answer 21 statements, choosing the options that impress and best describe their current state, mood, and inner feelings. Thanks to four scales of interpretive values, the author was able to detect the presence of depression and the level of its development in the interviewees (normal state, mild form of depression, moderate form of depression, severe form of depression) (Figure 1).

The study showed that the maximum result was obtained on the "normal condition" scale – 26 people. Such a positive indicator indicates a normal state of psychological health, emotional stability, the presence of self-control and strong-willed qualities, thanks to which the respondents are able to independently cope with life's



difficulties, perceiving them as temporary, forming a stable character. Among the 39% of respondents who received a positive result, 14% (men) and 25% (women). Such a gender indicator may depend on internal attitudes, the level of harassment, satisfaction with one's results in society and being recognized in close circles.



**Figure 1. Diagnostic coefficient of indicators of the manifestation of depression**

*Source: compiled by the author based on survey data.*

A mild form of depression was found in 13 people, of which 8.9% (men) and almost 10% (women). This indicator can indicate the situational reaction of the organism to external social stimuli (war in Ukraine, crisis situation, human losses) and the influence of endogenous factors (temporary ailments, diseases of a genetic nature), changes in internal attitudes, demands on oneself. With a mild form of depression, mood dysregulation may occur, accompanied by physical symptoms: fatigue, drowsiness, insomnia, lack of appetite, weight loss or gain, eating. With a mild form of depression, one should switch to the "watchful waiting" mode, trying to use initial countermeasures (meditation, sports, reducing interaction with sources of negative information).

A moderate form of depression was found in almost 22 people, including 7.4% (men) and 25.3% (women). With a moderate form of depression, a person experiences similar symptoms that are manifested in mild depression, but more acutely. A sense of one's own worthlessness, dissatisfaction with one's social position, constant fatigue, lack of energy, professional burnout, loss of interest in a particular environment or



aspects of life, shallow, debilitating sleep. It should be noted that with this form of depression, there is a clear awareness of the deterioration of the condition, however, the respondents indicated that they feel the internal possibilities to overcome the negativity on their own, additionally resorting only to psychotherapeutic consultations.

A severe form of depression was found in 6 people, this result was obtained by 3% (men) and 6% (women). Respondents claim that they are often accompanied by thoughts of death, feelings of guilt, fixation on past life scenarios, constant focus on the negative, loss of the meaning of life. For such respondents, a "severe" condition is dangerous and requires the intervention of doctors, however, for a high-quality result, one should show an independent desire, realizing the need for the help received. A combination of psychotherapeutic methods and antidepressants prescribed by a doctor is one of the ways to fight emotional illness.

For additional research and confirmation of the presence of depression among respondents according to the previous scale, the methodology "Methodology of differential diagnosis of depressive states by V. Zung (adaptation by T.I. Balashova)" (Ahayev et al., 2016a) was used, which included 20 statements, 10 of which have positive wording, 10 – negative. The results of the study confirmed the indicators obtained by the previous method, emphasizing the current state of the respondents and their openness during testing. According to the results of this scale, about 40% of the studied persons experience a constant decrease in mood, but the physical signs that accompany depression are not detected. Minor psychological discomfort, sometimes low self-esteem, personal insecurity, frequent fatigue and aggressiveness are manifested in a mild form of depression in 19% of people. A moderate degree of depression is expressed in 35% of respondents, whose statements were directed at a complaint about a reduced level of activity, a lack of interest in specific things compared to the past, pessimism, headaches, impaired work capacity, lack of confidence in one's own strength and future achievements, constant colds. Profound depression was diagnosed in 6% of people whose statements consisted of negative components: experiences, internal fears, lack of hope for the future, somatic symptoms affecting the physiological state.



When processing the results, the author found that a severe form of depression according to "The depression scale by A. Beck" (Ahayev et al., 2016b) was diagnosed in 9% of respondents, according to "Methodology of differential diagnosis of depressive states by V. Zung (adaptation by T.I. Balashova)" (Ahayev et al., 2016a) – 6%. Such a result is subject to error, since according to the interviewees, there were doubts about some issues, it was difficult to choose a specific statement and orientate on one's feelings. In the course of data processing, it was established that the obtained negative results could be the result of the influence of current social factors that the respondents are unable to control, as well as the situational emotional state during the diagnosis, which could change personal relationships with others and impressions of the day lived. However, for the perfect confirmation of the presence and presence of deep depressive symptoms, the results of the methods are not enough, for a detailed check, diagnosis of depression and its progressivity, respondents with negative indicators need to seek the help of specialists. When interpreting the results of the study, it was noticed that despite the voluntary participation, women responded more actively to the survey. Such an indicator may indicate the difference in the gender nature of the character and emotional component, the level of demonstrativeness, increased sensitivity, which are characteristic of women. Due to the peculiarities of traditional upbringing, men can be more reserved, shy to open up, talk about problems, lean towards logical explanations, and do not need outside interventions.

The above statistics of the World Health Organization (2022) serve as a strong reinforcement of the conducted empirical research, because the obtained results showed that the tendency towards the growth of depression in modern society remains and has a variable character, namely: depression can manifest itself regardless of influencing factors, is prone to relapse, becomes a force that destroys from within. This survey is a quasi-research and does not bear representative results, because it serves as a current section, the obtained indicators of which can describe the internal state of each of the respondents, as a possible reaction due to the influence of a situational social factor, which at the moment is taking place in the form of military operations on the territory of Ukraine, which carry a threat to life, demoralize and block a positive



vision of the future. However, other factors that can influence the result to a similar extent (endogenous, psychological) should be revealed, which are capable of accumulating during the lifetime of each of the respondents and manifesting in the case of an irritant that causes changes in the body. Despite the presence of numerous methods of combating the disease, external factors are left strong enough to have a harmful effect, and that is why the problem of depression will exist for a long time.

There is no single panacea to combat depression, but the process of overcoming it can have three ways: independent (under the supervision of a specialist), psychotherapeutic, pharmacological. As for the independent method of combating the disease, it is effective only for a mild form of depression that does not cause serious complications. The main rule of effective fight against the disease is to realize that there is a real problem, which is quite capable of having a medical nature, then you should find out the real reason for its occurrence and try to find ways to suppress it. Constant unpleasant sensations, characterized by frequent mood disorders and depression in the process of life, are corrected independently, but under the supervision of a psychotherapist, with possible reflection. The main methods of combating an established disease in a mild form include the following:

- a diary of one's own thoughts (recording moments that depress or lift one's mood);
- the use of affirmations, meditative methods, working with the subconscious, internal attitudes;
- reviewing your contacts with the environment (connections that lead to depressed states);
- occupational therapy, as an additional responsibility that does not allow you to "get discouraged";
- sports, physical activity, work with the body and flexibility, which make it possible to create not only a visual effect, but also to strengthen character, endurance, and find will power;
- spiritual development, literature, philosophy will help to change the vector of one's own thoughts, regarding the existence and meaning of life;



- watching films that inspire and motivate new ideas;
- exclusion of alcohol and other psychotropic substances;
- sleep regulation (Palmer, 2021).

Psychotherapy allows you to overcome destructive symptoms during mild and moderate forms of depression, its main goal is to work with the subconscious, internal attitudes, values, self-esteem, level of harassment, resolution of neurotic conflicts, work with fears and acute perception of difficulties. The main methods used by psychotherapists to treat depression are: existential psychotherapy; psychodynamic approaches; cognitive and depth psychology; trance techniques; Eriksonian hypnosis, which is aimed at overcoming resistance in the mind. The use of techniques is assigned sequentially in a logical order, according to the "trigger point of pain" of the client, which bothers in the first place. The use of several methods is ineffective, that is why the specialist works with the patient for a long period in a full complex, until a positive result is obtained, namely: a healthy view of reality is formed, independence in solving one's own problems arises, psychological readiness for stressful life conditions, getting rid of emotional suffering. Cognitive-behavioral psychotherapy is mostly used to work with a person's false beliefs and attitudes, his self-criticism and self-blame. A psychodynamic approach is focused on finding the cause of instability based on an internal conflict that may exist since childhood, such therapy requires a long time. For the radical treatment of depression, shock therapy is used in practice, the essence of which is to move a person to completely unusual conditions, as a result of which a revision of values and habitual attitudes takes place (Fuller, 2022).

Drug treatment of depression is used in complex forms, usually a person is not able to cope with his condition on his own, lack of internal energy, depressed mood, thoughts of death - these are psychosomatic diseases that should be treated in parallel. With a severe form of depression, an examination by a doctor is required, who prescribes antidepressants individually selected for the patient (Schimelpfening, 2022). Pharmaceutical drugs are able to normalize the metabolic processes of brain activity, regulate the hormonal background, and generally affect the physical condition. Medicinal treatment is prohibited to be carried out independently, because the doctor



prescribes the necessary dose individually in combination with other drugs that actively support the body's functions (Ilardi, 2010). Antidepressants are prescribed in combination with neurometabolic therapy, neuroleptics, vitamins, drugs that protect the gastrointestinal tract. Appropriate use of drugs under the constant supervision of a doctor, monitoring the patient's condition, before and after taking them, will have a positive effect and rational justification for the use of such a method.

## Discussion

Depression has the ability to relapse, which can be expected at any age. Persons who have faced this problem in the past have a high chance of facing depression again, it all depends on the strength of the factor that will affect the psychological background. Introversion, depressed mood, pessimism, alienation often cause misunderstandings and conflict situations in the circle of close friends. Living with depression is often accompanied by the expression of autoaggressive behavior (abuse of psychotropic substances, alcohol), which increase suicidal thoughts and prompt attempts that can lead to tragic consequences. Depression inflicts "blows" not only on the psycho-emotional component and physiology, but also affects the development of the personality, its place in society, and success. A person who is experiencing a period of depression is faced with the problem of employment, improving qualifications, there is a lack of potential, the desire to achieve a goal and high results – a person becomes uninterested in his activities, there is no sense in making efforts (Seth, 2018).

In 1863, Karl Ludwig Kahlbaum, while studying the human psyche, considered such concepts as: "dysthymia", "cyclothymia" and highlighted that these concepts are chronic periods of manifestations of depression, which can last at least two years. Cyclothymia often occurred in people with bipolar disorder, age-related periodization (adolescents and young people), manifested by sudden changes in activity, decreased energy and mood, but its cause was laid in endogenous factors and passed down by heredity. Dysthymia is revealed as a chronic form of melancholia, age-related periodization (maturity), which affects the slowing down of thinking and motor retardation, exacerbates self-critical manifestations in the character, tearfulness, depression, oppression (Phillips, 2012).



The World Health Organization (2022) and the American Psychological Association (2022) (Weir, 2019) jointly launched the two most famous classifications of mental disorders, which contain accurate diagnostic criteria for describing the manifestation of depression – International psychiatric classification: ICD-10 (International Statistical Classification of Diseases and Related Health Problems 10th Revision) and DSM-IV (Diagnostic and Statistical Manual of mental disorders IV) (Drimmelen-Krabbe et al., 2001). According to the ICD-10 classification, the following are the main symptoms of depression:

- depressed mood, without a specific reason, lasting for two weeks;
- loss of interest and satisfaction in a specific type of activity, compared to the past;
- quick fatigue, chronic lack of energy;
- reduced concentration and attention, memory impairment;
- sleep disturbance;
- loss of appetite, increased food cravings without feeling hungry;
- thoughts of harming oneself, wanting to die.

Criteria for depressive disorders according to DSM-IV have symptoms similar to those listed above:

- depressed mood for more than a day;
- a sharp lack of satisfaction and interest;
- insomnia or drowsiness, frequent interruption of sleep;
- decreased libido;
- feeling of uselessness and worthlessness;
- rapid loss of energy;
- physical passivity, inhibition;
- thoughts about death (Drimmelen-Krabbe et al., 2001).

D.R. Wilson (2022) states that establishing a diagnosis of depression is not always easy based on single criteria, it is worth realizing that there are other diseases that can cause similar symptoms and require immediate medical attention. Often, depression can be associated with somatic diseases that a person may not be aware of. For



example: mood swings, depression, tearfulness, excessive irritability, often occur in people with thyroid dysfunction, which produces the hormone needed by the body in excessive or insufficient quantities: Hashimoto's thyroiditis; hypothyroidism; vitamin D deficiency; anemia. In psychological practice, several types of depression are distinguished, which, depending on the complex of symptoms, have their own individual features of the course, namely:

1) clinical depressive disorder: the classic version of the onset of the disease, accompanied by excessive sadness, hopelessness, pessimism, loss of activity and interest in the surrounding world, this disorder is divided into two main subtypes: atypical depression (excessive sleep and food consumption, especially sweet) and melancholic depression (short sleep, decreased appetite, feelings of guilt, many thoughts);

2) subsyndromal depression: accompanied by unpleasant emotional feelings, however, the classic symptoms of a complex form of the disease are not fully present, the person is able to function socially while simultaneously taking medications or attending psychotherapy sessions;

3) persistent depressive disorder: deterioration of the psychological state lasting about two years, accompanied by additional physiological manifestations and low mood;

4) premenstrual dysphoric disorder: sudden mood swings, irritability, tearfulness, sleep disturbances, anxiety;

5) bipolar depression: constant mood swings, from sadness to excessive joy, attacks of mania;

6) postpartum depression: hormonal disorders that occur after childbirth, affecting the mother's perception of the child (baby blues), depressed mood, depression, feeling of spent resources, thoughts about harming the child or oneself;

7) seasonal affective disorder: dependence of the emotional background on the change of seasons (autumn, winter), lack of vitamins in the body, urge to eat carbohydrates and constant sleep;

8) psychotic depression: a severe form of the course of the disease, as a result of



which the patient loses contact with reality (delusions, extraneous sounds, false beliefs);

9) terminal illness depression: overwhelming feelings of hopelessness, especially with oncology, HIV (human immunodeficiency viruses), heart disease (Kung et al., 2021).

In psychiatry, the following typology of depression is used:

- ✓ apathetic depression (loss of vitality);
- ✓ adynamic depression (manifestation of indifference, physical weakness, lack of motivation);
- ✓ asthenic depression (increased fatigue with minimal energy expenditure, weakness that causes irritability);
- ✓ depersonalization depression (lack of adequate perception of the world and manifestation of emotional reactions);
- ✓ hypochondriacal depression (somatic-vegetative disorders, unpleasant sensations of one's own body, the present belief in the presence of an incurable disease);
- ✓ anancastic (dominance of obsessive manifestations, self-blame, anxious fears) (Weitbrecht and Cramer, 1980).

O. Myronenko (2006) wrote in his works that a person who is in a state of depression has a somewhat altered perception of space, it seems to him that the place of stay is cramped, reduced, it becomes harder to breathe, the walls are annoying. As a result of this perception, the feeling of one's own body also changes, muscle tone is lost, weakness, inactivity, laziness are felt, a person becomes a hostage of his own body, which binds him like an invisible shell and does not give him the opportunity to move forward. There is a feeling of being blocked and a mental burden, which prevents breathing on a full chest. Such symptoms emphasize a person's feeling of powerlessness and helplessness. The main paradox that will allow to start the fight against this unpleasant condition is a persistent attempt to force oneself to do something, think, act despite everything. D.T. Ngyen et al. (2019), studying the cause of low self-esteem and depression in Vietnam, found that people who are experiencing



a depressive period often avoid crowded places, because they feel the eyes of outsiders on themselves, which immediately causes the thought of a negative assessment, condemnation, a feeling of superior attitude, such in this way, the person's self-esteem and self-dissatisfaction are even more depressed.

Analyzing early studies, the author noted that the concepts regarding the nature of depression are built partly on medical observations, statistical data and approaches that reveal not only the deep psychology of the individual, but also the dependence of the body and its condition on the level of mental functioning, brain structure disorders, and hormonal activity. However, research boils down to one thing – aggressive social influence, which plays the main role of an irritant and can lead to mental dysfunction. Based on psychodynamic approaches, depression may have a genetic origin and is expressed more often in individuals who had a difficult childhood, had certain food restrictions (with excessive stimuli, as a result of overeating), and felt a lack of parental love. After comparing past studies with his own psychodiagnostics, the author found similarities in the results and the ability of depression to go through "supportive cycles", the essence of which is expressed in the further tendency towards development in society, which is accompanied by increased suppression of the emotional background and physiological imbalance, during which there is an accumulation of problems and their motivation to relapse.

The author discovered that during depression, a person is deeply immersed in himself, in his thoughts there is an inner experience of past events that turned out negatively and left a complex imprint on his memory. The negative conclusion of the lived episodes leads to self-blame and the creation of prematurely false ideas about the future, thus the person seems to destroy himself without using the minimal chances of salvation. However, it exists and is aimed not only at the fight against the disease, but also at the formation of psychological stability, clear internal attitudes and the disclosure of one's role in the world, the awareness of which allows one to lead a full and psychologically healthy life.

## Conclusions

Depression is the most common mental disorder of mankind, which destabilizes



the psycho-emotional state, life balance, creating a passive perception of reality. Depression is accompanied by various factors and can occur depending on the conditions in which the individual is. The results of early studies showed that depression in its complexity is next to cardiovascular diseases and can lead to fatal consequences in severe forms of progression, however, depression can be overcome if you recognize the problem in time and seek help from specialists. After analyzing the statistical data, the author found that the "modern disease" progresses without age restrictions, race or gender and depends on three main factors: endogenous, sociogenic, psychogenic.

Empirical research, which was conducted with the participation of Ukrainian respondents, showed the presence of all levels of depression in an individual manner. However, it was found that women participated more actively in the diagnostic method in contrast to men, which can confirm the difference in the transmission of the depressive state in the gender equivalent. The results showed that even with a small research sample, depression shows its presence. The obtained data can clearly reflect the situational reaction of individuals to reality: the current military actions in the country that have led to tragic consequences, the loss of loved ones, the destruction of housing, increased anxiety and stress, constant fear for one's own life, lack of jobs, forced departure to other countries, in which there is an emotionally difficult period of adaptation, lack of confidence in the future, additional symptomatic diseases affecting bodily comfort and perception of the world. Future research should aim to find more effective ways to deal with depression that do not lead to relapse or dependence on rescue medication. However, the main research should be based on constant monitoring of the course of this disease, as well as methods that develop stress resistance, psychological resistance to negative stimuli, without deforming the internal attitudes and values that are important for a person.

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