

Most ~~of the~~ people try to lead a healthy lifestyle and profess that; to be healthy is a virtue. When people say 'healthy,' they usually mean physical health, while few -not many actually mean to imply that the term 'being healthy,' could also apply to mental health. Mental health is an important issue but has- not been given ~~much~~ the of the coverage it should receive. Stereotypical attitudes towards mental health seem to put mentally-ill people in the weirdo category and propose that such disorders only happen to weird-strange people or substance users. Of course, this is of course, is not a fact, and mental illnesses such as sadness-depression can affect anyone, not considering of regardless of cast, creed, or color. The is information brochure that this is based on covers basic depressive on disorders; gives a little some information about clinical depression, diagnostics, and symptoms; and busts some myths associated with clinical depression. The course of this This essay will reveal in knowledgeable great detail diagnostic criteria, causes, and prefered way of therapies for depression as a disorder.

**Commented [E1]:** This word is generally perceived as informal. Consider wording this differently.

**Commented [E2]:** I might have unintentionally changed the meaning of this sentence by altering the highlighted text. Please ensure that this phrase still portrays what you intended it to mean.

### Diagnostic Criteria for Depression

Being depressed is a normal phase-part of life for all people, but it can become a disorder when get-it becomes severe, happens frequently, and lasts longer-for a long time (—Health psychology Book)—. If feelings of sadness do not go away and interfere with a person's ability in their to operate normally at work or, school, sleep, or carry out everyday activities, and life then they may be surely suffering from depressive disorder ( helpguid.—org). A person with this disorder may have experience a change in their appetite and sleep patterns, low self-esteem, less energy, a loss of interest in enjoyed activities they used to enjoy, the an inability to concentrate, and reflecting suicidal thoughts as a way out are common symptoms. These symptoms could can also manifestation of these into as physical symptoms such as headaches. Another big factor that one could be depressed, are thoughts of suicide and morbidity.

**Commented [E3]:** I might have unintentionally changed the meaning of this sentence by altering the highlighted text. Please ensure that this phrase still portrays what you intended it to mean.

**Commented [E4]:** I have deleted this sentence since thoughts of suicide are listed as a symptom a couple sentences ago.