



Most of the people strive to lead a healthy lifestyle and to be healthy is considered a virtue. However, when people say talk about being healthy, they usually mean being physically healthy, not many actually mean to imply that the term being healthy could also apply to mental health. Although mental health is an important issue, but has not been given much of their does not seem to have got much coverage it should receive. There is a stereotypical attitudes towards mental health seem to put think of mentally ill people in the as "weirdoes" category and believe that such disorders only happen to weird people or substance users. This is of course, is not a fact true and mind-mental illnesses such as sadness depression can affect anybody, not considering regardless of caste, creed, or color. This essay is based on an information brochure that the essay is based on covers basic depression disorders, gives a little some information about clinical depression, diagnostics, and symptoms, and busts some myths associated with clinical depression. The course of this essay will reveal, in knowledgeable sufficient detail, the diagnostic criteria, causes, and preferred way method of therapy for depression as a disorder.

Diagnostic Criteria for Depression

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

Commented [Crimson1]: Clarity of information/content:
Here the sentence has been edited for better flow and transition. Redundancy has been eliminated and formal words have been added to set the academic tone of the document.

Commented [Crimson2]: Clarity of information/content:
An advance edit improves the logical progression of sentences. For example, in this sentence the contrast between the two parts has been clearly brought out by replacing "but" with "although."

Commented [Crimson3]: Punctuation:
The missing set-off comma has been added here.

Commented [Crimson4]: Clarity of information/content:
"true" is an apt word choice and the word "mental" is in keeping with the subject matter.

Commented [Crimson5]: Language correctness:
"depression" is the apt technical word.

Commented [Crimson6]: Language correctness:
The verb has been corrected to "affect."

Commented [Crimson7]: Language correctness:
The sentence has been enhanced by shifting the subject to the beginning of the sentence.

Commented [Crimson8]: Clarity of information/content:
The series in this list has been separated by semicolons as the sentence contains internal commas.

Commented [Crimson9]: Grammar:
The definite article is required here to denote the specificity.

Commented [Crimson10]: Style of English:
We have followed American English in this document. Serial commas have been consistently used throughout.

Commented [Crimson11]: Typographical error:
Spelling errors have been corrected.

Commented [Crimson12]: Language correctness:
"method" is a better word from the academic language perspective.

Commented [Crimson13]: Style:
The capitalization has been made consistent.

Commented [Crimson14]: Grammar:
The missing indefinite article has been added here.

Commented [Crimson15]: Language correctness:
The missing pronoun has been added along with the correct verb form to maintain subject-verb agreement.

Commented [Crimson16]: Style:
The unnecessary space has been deleted and appropriate capitalization for the book title has been used.

Commented [Crimson17]: Typographical error:
The web link has been corrected to helpguide.org.

Commented [Crimson18]: Punctuation:
A hyphen is added here to separate "self-" from the main word.

Commented [Crimson19]: Clarity of information/content:
The appropriate word "thoughts of" has replaced "reflecting."

Commented [Crimson20]: Clarity of information/content:
This sentence has been made concise by doing away with repetitive information ("thoughts of suicide and morbidity") and adding a clear subject.