



~~Most of the people strive to~~ lead a healthy lifestyle, ~~and~~ to be healthy is ~~considered~~ a virtue. ~~However, w~~hen 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 M~~ental health is an important issue, ~~but has not been given much of~~ ~~theit 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 ~~eaffect~~ anybody, ~~not considering regardless~~ of caste, creed, or color. ~~This essay is based on an~~ This 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 ~~D~~e~~p~~ression

Being depressed is ~~a~~ normal phase of life for all people, but can become a ~~disorder when it gets seveare~~, happens frequently, and lasts longer (~~—Health pPsychology Book~~). If feelings of sadness do not go away and interfere with a person's ability ~~in~~ ~~their to~~ work, ~~schools study~~, sleep, ~~or and enjoy~~ life, then ~~they that person~~ may be ~~surely~~ suffering from ~~a~~ depressive disorder (~~helpguide,—org~~). ~~Such aA~~ 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.