

4th World Congress on

PSYCHIATRISTS AND PSYCHOLOGISTS

June 27-28, 2024 Paris, France

Understanding multifactorial etiology of major depressive disorder

Hus Winkins

Tanta University, Egypt

Understanding Multifactorial Etiology of Major Depressive Disorder Hus Winkins Department of Neurology, Tanta University, Egypt Introduction Major Depressive Disorder (MDD), commonly referred to as depression, is a pervasive mental health condition characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities once enjoyed. It affects millions of people worldwide, transcending age, gender, and socioeconomic status, and can lead to significant impairments in daily functioning, relationships, and overall quality of life. The complexity of

MDD lies in its multifactorial etiology, encompassing genetic, biological, environmental, and psychological components. Individuals with MDD experience a range of emotional and physical symptoms that persist for at least two weeks and represent a marked change from their previous level of functioning. Emotional symptoms include profound sadness, irritability, feelings of worthlessness or guilt, and recurrent thoughts of death or suicide. Physical symptoms often manifest as changes in appetite and weight, sleep disturbances (either insomnia or hypersomnia), fatigue, and a general lack of energy

Biography

Hus Winkins is a neurologist at Tanta University in Egypt. He wrote a perspective article in the Journal of Neurological Disorders titled "Understanding Multifactorial Etiology of Major Depressive Disorder".