



Understanding of Psychological Conditions and Depression among Youth

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DESCRIPTION

A frequent mental health issue that many people experience is depression, particularly young adults who are attending college. In the United States of America, 50% of college students either have depression, anxiety, or both, according to a recent research. Students' social lives, physical health, and overall well-being can all suffer as a result of depression. Additionally, it can raise the risk of suicide, substance misuse, and self-harm. Therefore, it is important to recognize the signs and causes of depression in college students, and to seek help when needed. Depression is not just feeling sad, it is a persistent and pervasive mood disorder that interferes with daily functioning and causes distress.

Some of the common signs of depression in Youth

- On-going feelings, sadness, hopelessness, or emptiness
- Loss of interest or pleasure in activities
- Difficulty sleeping or sleeping too much
- Changes in appetite or weight
- Feeling restless, irritable, or angry
- Feeling guilty, worthless, or helpless
- Having trouble concentrating, remembering, or making decisions
- Having low energy or motivation
- Having thoughts of death or suicide

Not everyone with depression experiences the same symptoms or severity. Some people may have mild or moderate depression, while others may have severe or chronic depression. Some people may also have episodes of depression that come and go, while others may have persistent depression that lasts for months or years. There is no single cause of depression. It is usually the result of a combination of biological, psychological, and environmental factors. Depression is a treatable condition that can be managed with proper care and support. The most effective treatments for depression in youth are usually a combination of medication and psychotherapy. Medication can help balance the brain chemicals and reduce the symptoms of depression. Psychotherapy can help identify and change the

negative thoughts and behaviors that cause or maintain depression.

There are different types of psychotherapy, such as Cognitive-Behavioral Therapy (CBT), Interpersonal Therapy (IPT), and Dialectical Behavior Therapy (DBT), that can help people cope with stress, improve their self-esteem, enhance their relationships, and develop new skills. In addition to medication and psychotherapy, there are other ways that people can manage their depression. Both physical and mental wellness depends upon sleep. Maintaining a regular sleep pattern and aiming for seven to nine hours of sleep each night are important for youth.

A mindfulness technique entails being fully present in the moment without passing judgement. Youth's stress levels, moods, and alertness can all be improved by it. College life will inevitably involve stress, but it can be controlled with constructive coping mechanisms. Students should learn to prioritize their tasks, set realistic goals, seek help when needed, and practice relaxation techniques. Drugs and alcohol can worsen depression and interfere with treatment.

Nutrition plays a role in mood and brain function. Eat a balanced diet that includes fruits, vegetables, whole grains, lean protein, healthy fats, and water. Social support is vital for mental health. One should stay in touch with their friends and family members who care about them and understand them. They should also join clubs or groups that share their interests or values.

CONCLUSION

Depression is a serious but treatable mental health problem that affects many college students. It can impair their academic performance, social life, physical health, and well-being. It can also increase the risk of abuse, self-harm, and suicide. Therefore, it is important to recognize the signs and causes of depression in youth, and to seek help when needed. The most effective treatments for depression in college students are usually a combination of medication and psychotherapy. There are also

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other ways that youth can manage their depression, such as getting adequate sleep, practicing mindfulness, taking care to manage stress, avoiding drugs and alcohol, improving nutrition,

and strengthening connections with friends and family. By taking these steps, youth can overcome their depression and enjoy their college experience.