

### Depression

**Depression** is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks. (WHO)

### Types of Depression

1. Major depressive disorder
2. Major depressive disorder (with melancholia)
3. Psychotic depression
4. Persistent depressive disorder (or dysthymic disorder)
5. Perinatal depression (also called antenatal and postnatal depression).



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Not published yet.  
Last updated 24th October, 2023.  
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