

Development and Influencing Factors of Patients with Depression

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Abstract: Depression is the most common psychological disease, which is characterized by long-term depression. It is the main type of emotional disorder. This paper mainly summarizes the influencing factors in the occurrence and development of the disease, draws the disease types of patients with depression and their own personality characteristics, analyzes the existing problems, and affects the influencing factors in the occurrence and development of the disease, which is conducive to a more comprehensive and correct understanding of the disease, It has clinical significance for the prevention and treatment of depression.

Keywords: Occurrence of Depression and Development; Psychological Support

Introduction

In today's society, a world full of temptations and various pressures, most people have some anxious hearts, men and women, the risk of depression in young and old age, and troubles of different ages. If you don't realize the seriousness of the problem, it will aggravate the occurrence of symptoms. Depression is the most common mental disorder. Depressed people are extremely pessimistic. They look at everything. They can always think of the bad side. In their eyes, everything that happens in the future is negative and dark.

The main symptoms are persistent mood swings and loss of interest. This paper mainly summarizes and analyzes some factors that lead to the occurrence of depression and the influencing factors in the process of disease occurrence and development.

I hope that through this article, we can better understand the factors of depression from occurrence to development to the final result, and put forward effective methods to prevent depression, which is of great significance to ensure people's healthy, normal and high-quality life. I hope that patients with depression can get rid of the haze as soon as possible and live a better life!

1. Factors affecting the development of the disease

1.1 Family support

Family is a warm port. If a family loses its original warmth, which leads to family dysfunction, the bad family atmosphere has a significant impact on depression. The relationship between depression and the original family. Now the trend of young people suffering from depression is obviously high, and the relationship with the family. In 2021, a data survey showed that the proportion of Chinese patients with depression is the highest among teenagers. This data is not fixed, and is increasing every year, Every year, many young people die of depression. For family relations, if parents do not take care of their children for a long time and have a cold attitude towards their children, husbands and wives will often hurt their children's hearts in front of their children, and the poor family environment will lead to children and adolescents with unbalanced biological stress response system, which may become an important factor in the depression of adolescents and adolescents.

The first one is that young people with depression have a bad family atmosphere without treatment. The overall family

culture is not high. They have pessimistic thinking problems in the face of diseases. Parents' excessive interference, preference and doting on their children will lead to the occurrence of diseases. Therefore, any role in the family should fulfill its due obligations and give the family a warm and relaxed family atmosphere.^[1] Especially for the elderly patients with depression, when the disease begins, the patients will have a huge psychological burden. No matter physical or mental trauma, they are vulnerable to trauma. At this time, through the development of family nursing intervention and hospital nursing through connection, the development of the disease can be effectively controlled, which is conducive to the outcome of the disease and restore the expectations and hopes of the elderly for life. ^[2]

1.2 Psychological support

Depression patients may have negative and pessimistic thoughts and suicidal thoughts in their inner world during their illness. Whether they are family members, friends or medical personnel, they must always communicate with the patients, encourage them to actively express their inner thoughts, correctly guide them when they find dangerous thoughts, always pay attention to their words and deeds, and strengthen psychological care. Especially in the process of psychological treatment for depression patients, psychological support is particularly important, This effect has a great impact on the final overall treatment effect, especially the cognitive psychological reconstruction, which is a very important psychological intervention method and the main factor affecting the mental health of patients with depression, and the judgment, cognition and evaluation of patients. We should not only rely on medication to control it. We must pay attention to psychotherapy to enable patients to carry out psychological reconstruction and change their way of thinking about problems. We can always pay attention to the development of the disease, correctly analyze the psychological changes of patients, analyze the patients' cognitive errors, and correctly guide patients to establish a good and healthy cognitive level. The implementation of psychological support for patients with depression can reduce their anxiety and depression, It can guide patients to establish a good life attitude and help improve their quality of life.^[3]

1.3 Treatment

A study found that baseline meditation and meditation had a certain degree of predictive effect on the efficacy of antidepressant therapy in patients with first-time depression. The meditation mentioned in his research includes two sub types: Meditation and reflection. Meditation as a whole means that an individual is immersed in his own emotions, thinking over and over again, but does not know how to solve the problem. It is found that baseline meditation and meditation can predict the efficacy of antidepressant treatment in patients with initial depression.^[4]

The use of depression drugs is particularly important, which is valued by clinicians. When the disease is in the acute stage, some studies recommend fluoxetine as the first-line drug for the treatment of depression in children and adolescents, followed by sertraline and sitagliptin as the second-line drug. However, the use of many types of depression drugs in children is more limited, such as escitalopram, which can be used in adolescent patients, It can be added as a second-line drug to treat adolescent depression, but not for child depression. The use of drugs can directly affect the development trend of diseases. In addition to the efficacy of drugs, there are many psychological suggestion methods, such as mindfulness cognitive therapy (MBCT), including meditation and meditation. More and more studies have confirmed that MBCT is a practical and effective treatment for patients with depression. Esmethiol phthalate combined with repeated transcranial stimulation of the brain of dizzy patients has a significant effect, can improve the patient's condition, and has a positive effect on the treatment of patients.^[5] Music is a beautiful existence, which can make impatient emotions slow down, relax and create a good atmosphere. Especially for children with depression, music can open their inner world. Interactive music intervention is a powerful way to treat children with depression, which can help them relax their emotions, establish a healthy and happy atmosphere, and help children experience a better life as soon as possible. ^[6] There are many factors that do not have high adherence to medication for patients with depression, such as nursing management plan, regular telephone return visit, good and comprehensive health education, explaining the importance of medication before discharge, and instructing the family members of patients to actively supervise the correct time and quantity of medication.^[7] Horticultural therapy can effectively improve the condition of patients with depression, improve their symptoms and quality of life, which

is worthy of clinical health care reference.^[8]

The incidence rate and recurrence rate of depression are high. It is necessary to give drugs regularly and quantitatively during hospitalization. Motivational interviews can be conducted by healthcare professionals and continue after discharge, which can have a positive impact on patients.^[9] Home visit can effectively improve the correct medication compliance of discharged patients and promote the early rehabilitation of discharged patients.^[10] Transcranial direct current stimulation is an important treatment method for patients with depression. When the patient's disease development is controlled, it can strongly stimulate the patient's brain, thus affecting the development of the disease, and has been widely used in clinic.^[11] Brain derived neurotrophic factor plays an important role in clinical management by actively guiding the treatment of patients with depression.^[12] Studies have shown that before the onset of unipolar depression, there is an obvious precursor symptom, which is usually characterized by physical discomfort, such as anxiety and tension.^[13] In the adjuvant therapy, except for moderate aerobic exercise, all exercise interventions significantly improved sleep outcomes.^[14] Adult depression has a high risk of relapse and relapse. Lack of social support and social health problems may relapse.^[15]

Conclusion

This paper summarizes the research results from the occurrence and development of the disease and some factors affecting the cure of the disease, draws important contents from them, and analyzes the various factors of depression from many aspects. It is hoped that through this article, we can better understand the influencing factors of depression patients from occurrence and development to the final outcome, so as to put forward effective methods to prevent depression. Depression this research topic is of great significance to understand the depression population, the development of the disease and the influencing factors.

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