

Coding Concepts for Kids: Learn to Code Without a Computer

What is Depression?

Depression is a common mental health issue and a major cause of disability. Depression is like cancer or a heart condition - it is serious and chronic and often goes untreated. But unlike those physical diseases, depression often carries a social stigma. Research, early intervention, education, and better access to care in all communities are key to better mental health.

In the United States, NIMH estimates more than 16 million people over the age of 18 (that's approximately 7% of the adult population) have at least one major depressive episode in a year - and one in six will have one during their lifetime. Consider some of these other statistics to the seriousness:

Women are 70% more likely than men to suffer from depression (NIMH)

30% of college students report having depression, impacting their school functioning (Newsweek)

Depression costs the US over \$80 Billion a year (NAMI)

50% of those with major depression don't seek treatment (NIH)

14% of women develop postpartum depression after giving birth (NIMH)

When most people talk of depression, they're usually talking about Major Depressive Disorder (MDD), which is one of several depressive disorders as clinically described in the Diagnostic and Statistical Manual of Mental Disorders (DSM). Others include such things as disruptive mood dysregulation disorder, persistent depressive disorder, premenstrual dysphoric disorder, and substance/medication-induced depressive disorder.

The feature that all of these disorders share is an overwhelming feeling of isolation, despair, and sadness that the person feels every day for a minimum of two weeks.

Reference

[Space Mission Engineering: The New SMAD \(Space Technology Library, Vol. 28\)](#)

[PPI PE Environmental Practice Exams - Mock Practice Exams for the PE Environmental Exam](#)