



What is Clinical Depression?

The Medical Definition.

Clinical depression is a medical condition that affects a person's mood, thoughts, behavior, and body. It changes the way a person feels, thinks, and acts. Things that used to be easy or enjoyable, such as spending time with family or friends, reading a good book, or going to the movies, take more effort. Even basic things like eating, sleeping, and sexual activity can become a problem.

Clinical depression is more than just a case of bad nerves, the blues, or the blahs. From time to time, and throughout our daily lives, we all feel a little sad, blue, or edgy. Usually, we soon begin feeling better, perhaps after hearing some good news or visiting with a friend. But, with clinical depression, unhappy or anxious feelings and thoughts don't go away. They are present almost all of the time. If not treated, depression can seriously affect your work, your personal life, and the lives of your family and friends.

Whether you have a temporary mood change or clinical depression, your doctor understands the connection between your physical, emotional, and mental health. Your doctor can help you sort out your feelings and take the next step towards getting better.



The Community Definition.

Someone is depressed when they feel sad, blue, or stressed almost all the time over several weeks or months and have other symptoms like feeling bad about themselves, poor concentration, or poor appetite.