養和精神健康門診
HKSH Mental Health Clinic

Depression

Depression is a common mental disorder that can directly impact interpersonal relationships, family life, and work performance. This condition should not be ignored, or it may lead to suicide if untreated.

Common Symptoms

A prolonged depressed mood (feeling sad, empty, or helpless)

Poor concentration, difficulty thinking, and indecisiveness

Low self-worth and feelings of excessive or inappropriate guilt

Suicidal thoughts

Fatigue and lack of motivation

Significant changes in weight or appetite (increase or decrease)

Insomnia or excessive sleeping

Loss of interest and pleasure in most activities

Sluggishness and restlessness

Causes

A family history of depression, childhood trauma, and pessimistic personality traits are potential high risk factors. Negative life events can also trigger mental disorders.

Treatment

Treatment includes antidepressants (e.g. medications that increase serotonin levels) along with counselling and lifestyle modifications to help manage the condition.

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Patient feedback is incorporated

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