



## DISEASES HIDDEN UNDER THE MASK OF DEPRESSION AND SOME CONSIDERATIONS FOR THEIR PREVENTION

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<b>Received:</b> March 11 <sup>th</sup> 2022 <b>Accepted:</b> April 20 <sup>th</sup> 2022 <b>Published:</b> May 30 <sup>th</sup> 2022	This article discusses the diseases hidden under the guise of depression, ways to prevent them, depressive disorders accompanied by worsening psycho-emotional state and their treatment.
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Many people refer to illnesses that are accompanied by worsening psycho-emotional state as depression, and in recent years, this definition has become increasingly popular.

The term "depression" is so multifaceted that it is not always possible to understand exactly what is being discussed. After all, even in the laconic language of psychiatrists, it is used in several senses:

- as a symptom (worsening of psycho-emotional state);
- as a syndrome (sustained deterioration of mood accompanied by motor and mental weakness);
- as a disease (manic-depressive psychosis).

Depressive disorder, often referred to as depression, is a complex condition. It's more complicated than being sad or just going through a difficult time. Depression is a real mental illness that is caused by a combination of factors and should be taken seriously. When the right ingredients are combined for someone, the symptoms of depression begin and can be fatal if left untreated.

Depression is inexplicable. In addition, not everyone pays attention to the true physiological nature of the disease, which in some cases helps a person to think about the meaning of life and its role in it, and then refreshes and opens his soul again to joy and happiness. It also applies to stressful situations that are negative - the definition of "depression" is almost always used in a negative sense.

Depression results from an imbalance in the signaling of brain chemicals and a number of anxious states of life. It also results from a combination of genetic, biological, environmental, and psychological factors. In addition, certain medical conditions, induction of certain sedatives and hormones can cause depression.

In addition, it has recently become so popular that it is known everywhere and even a little praise in certain circles of people. Saying, "I'm depressed" adds some value. But, it's much easier not to hide behind the

fashion term, but to admit that it's just sad, anxious, or insulting. After all, often psychiatrists have to remove the real mental illnesses hidden under "depression".

Certain diseases such as thyroid disease, Addison's disease, chronic illness, insomnia, chronic pain, attention deficit hyperactivity disorder (ADHD), cancer or cardiovascular disease, liver disease, and severe head injury can cause symptoms of depression. Stress in a chronic illness can also lead to a severe depressive episode, in addition to some medications such as corticosteroids, anticonvulsants, statins, stimulants, benzodiazepines, beta-blockers, antiviral drugs such as interferon-alpha and isotretinoin (used to treat acne). Some medications may increase the risk of depression.

The first form of depression is not the only one, but doctors call it asthenia, which means "weakness" in Latin. It is an imperceptible progressive psychological disease, the main symptoms of which are:

- General malaise, weakness or chronic fatigue;
- Sudden mood swings;
- Insomnia or drowsiness;
- Discomfort, inability to sit in one place for a long time;
- Long-term mental and physical inability to work;
- Rejection of bright light and very loud sounds.

The main causes of this type of illness are past illnesses, excessive physical and mental stress.

The characteristics of asthenia from true depression are:

- Signs of worsening by the end of the day, and with real depression, a decrease in mood is usually observed in the morning;
- Significant psycho-emotional upheaval after a good rest (vacation or weekend), which does not happen with real depression.

To treat the disease, it is first necessary to determine the underlying cause of its development. For this purpose, the patient's psycho-emotional, neurological and physical condition is assessed.



In most cases, the treatment of diseases has a general strengthening direction, including:

- Intake of vitamin complexes and glucose;
- Adherence to a proper work and rest regime;
- Organization of proper nutrition;
- Exercise and outdoor activities;
- Breaking bad habits.

Here are the phobias and how to deal with them. The next manifestation of false depression is all kinds of fear (phobias). It could be the fear of leaving your home (agoraphobia) or the fear of a dangerous disease (nosophobia) and so on.

Often people suffering from such diseases are diagnosed with depression. In fact, even if it does exist, it is a temporary phenomenon. What distinguishes it from a real disease is that it is treated under favorable conditions, for example, at home with agoraphobia or after consultation with a doctor for nosophobia.

Treatment of diseases characterized by the manifestation of fear is aimed at combating reactions that interfere with full life. The combined method of treatment can be used, which includes the following measures:

- Group therapy. Working with a group of patients using the hypnotic effect method.
- Behavioral therapy involving the implementation or complete elimination of phobic reactions.
- Exposure therapy. The patient experiences a phobic stimulus as depicted in the picture or at a certain distance.
- With intensive forms and methods of exposure therapy. A patient who does not know how to swim will experience feelings similar to being thrown into the water.
- Desensitization by eye movement. It is a mental connection due to fear, during which special eye movements help to activate the brain, as well as achieve the desired reaction from it.

Another type of false depression is an increase in anxiety and obsessive thoughts. In addition, a person realizes that he is not fit for purpose, tries to get rid of them, but admits that he is not able to win.

The causes of illness are in certain cases or increasing anxiety - this is a characteristic of a person who tends to exaggerate the importance of the problem. Sometimes the cause of the disease can be a highly developed imagination or stress.

Accordingly, the first step in treating this type of illness is to get rid of stress. If the stressful situation is behind you and the anxiety is not gone, you can use the following technique:

If the increase in anxiety is a characteristic feature, you should not fight it, you should subdue it

and try to regulate it. "I'll think about it tomorrow" - Scarlett's famous phrase best explains the principle of this method. Negative thoughts are also recommended to give yourself some time to worry about the possible consequences and it is advisable not only to experience them, but also to mentally find ways to solve potential problems. Thus, a person learns to control anxiety and obsessive thoughts, while analyzing possible failures as well as ways out of them.

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