**WHAT IS DEPRESSION ?**

Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Depression is a common but serious illness, and most who experience it need treatment to get better.

Many people with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, can get better with treatment. Intensive research into the illness has resulted in the development of medications, psychotherapies, and other methods to treat people with this disabling disorder.

It is a affective illness cherecterized by symptoms such as disturbance in mood,cognitive function and behavior

Depression also contribute to increased medical morbidity and mortality ,and also diminished quality of life .IT is fourth most disabling condition world wide .

DSM IV CRITERIA

A. Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.

**Note:**  Do note include symptoms that are clearly due to a general medical condition, or mood-incongruent delusions or hallucinations.

(1) depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful). **Note:** In children and adolescents, can be irritable mood.

(2) markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others)

(3) significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day. **Note:** In children, consider failure to make expected weight gains.

(4) insomnia or hypersomnia nearly every day

(5) psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)

(6) fatigue or loss of energy nearly every day

Among the various factor that may interfere the onset of depression a contribution of medical illness has received a great deal of attension during recent past.

Studies showed that the most common feature associated with depression are chronic illnesses.prevalance of depression can rise from 10-30% in patient with chronic illness.

Research has indicated a positive correlation associated between depressive symptom and medical conditions like DIABETES MALLITUS,STROKE,MYOCARDIAL INFARCTION,CHF,CANCER.

INCIDENCE

Between 20-30% of cardiac patients manifest a