

Chapter 5

A Brief Discussion on Depression, Schizophrenia, and Obsessive Compulsive Disorder

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ABSTRACT

This chapter describes three types of cognitive diseases: depression, obsessive-compulsive disorder (OCD), and schizophrenia. Depression is a frequent kind of mental illness. More than 264 million individuals of all ages suffer from depression across the world. Women are more likely than males to suffer from depression. Suicide can be caused by depression. For mild and severe depression, there are effective psychological and pharmaceutical therapies. Obsessive-compulsive disorder (OCD) or obsessive-compulsive ailment is an anxiety disorder. It is divided into two parts: obsessions and compulsions. Obsessions are recurring thoughts, ideas, visions, or impulses that are unpleasant and distressing. Compulsions are behaviors, routines, or mental acts that you engage in to relieve the distress brought on by your obsessions. Schizophrenia is a severe mental illness in which patients have distorted perceptions of reality. Schizophrenia can include hallucinations, delusions, and severely disorganized thought and behavior, which can make it difficult to operate on a daily basis.

INTRODUCTION

Depression is a frequent kind of mental illness. More than 264 million individuals of all ages suffer from depression across the world. Depression is a primary cause of disability globally and contributes significantly to the global illness burden. Women are more likely than males to suffer from depression. Suicide can be caused by depression. Depression is distinct from normal mood swings and short-term

DOI: 10.4018/978-1-7998-9534-3.ch005

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emotional reactions to ordinary stresses. For mild and severe depression, there are effective psychological and pharmaceutical therapies.

A person's grief might be exacerbated by the death of a loved one, the loss of a career, or the termination of a relationship. It's natural to experience melancholy or grief in reaction to such circumstances. Those who have suffered a loss may describe themselves as *depressed*.

However, sadness is not the same as depression. Grief is a normal and individual process that shares some of the same characteristics as depression. Grief and depression can both cause extreme sadness and a withdrawal from daily activities.

They're also distinct in a number of ways:

- In sorrow, painful emotions come in waves, frequently intermingled with happy recollections of the departed.
- Self-esteem is generally preserved during bereavement. Feelings of worthlessness and self-loathing are frequent in severe depression.
- When thinking about or daydreaming about joining a departed loved one, thoughts of death may arise. The goal of serious depression is to terminate one's life because one feels worthless or undeserving of live, or because one is unable to cope with the anguish of despair.

BACKGROUND

Le HN, Boyd RC (2006), Online social media makes it difficult to identify non-depressed people. Their emotional state will be fluid and unpredictably variable. World Health Organization (2013) described that emotional states of an individual will be revealed through their social interactions, awareness, and internet posting.

Halfin A. (2007 Nov), Broadband transmission is inescapable internationally, and social media networks are enticing individuals to connect with one another from any distance within their domain. Picardi, A (2016) described that in many developing nations, Google, Facebook and Instagram, Twitter, Linkdin and Snapchat are perhaps the most popular social media platforms. It will also be utilized to assist people in sharing their thoughts, sentiments, emotions, desires, accomplishments, and so on.

Cameron, I., Cardy et.al (2011) provided a variety of subjects to debate and react to in any forum in an open and unrestricted manner. As a result, individuals are freely generating chances to operate in social networks and engage in dispute resolution with one another. It will gradually impact the mental condition of every individual who wishes to respond to someone else's shared ideas.

Smarr, K et.al (2011), Losada, Det. Al (2017), Park, M. at. el (2013) described that these social media networks will soon cause mental health problems, indicating that it is a form of addiction. Finally, it will aid any emotional individual in society in suicidal ideation.

Wongkoblap, A., et.al (2017), Aladag, A (2018), Rice, S. (2015), Balani, S (2015) stated that emotions are dealing with mental state. Among all online social media, the mental states are reading with some things happiness, sadness, anxiety, anger, and depression.

Grief and depression are two emotions that may coexist. The death of a loved one, the loss of a career, or being the victim of a physical attack or a catastrophic tragedy can all contribute to depression in certain people. Grief that is accompanied by depression is more acute and lasts longer than grief that is not accompanied by sadness.

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