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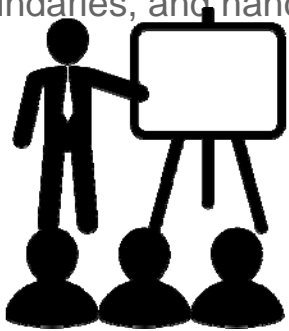
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Surviving Depression Together

Miquela Givens, Nate Harmon, Deaven Banks

Abstract

There are many types of therapy available to treat depression. Three of the more common methods used in depression treatment include cognitive behavioral therapy, interpersonal therapy, and psychodynamic therapy. Often, a blended approach is used. Some types of therapy teach you techniques on how to reframe negative thinking and employ behavioral skills in combating depression. Therapy can also help you work through the root of your depression, helping you understand why you feel a certain way, what your triggers are for depression, and what you can do to stay healthy. Some of the “big picture” themes that therapy can help with is relationships, setting healthy boundaries, and handling life’s problems.



Methods

The best way to treat depression is to become as informed as possible about the treatment options. Learn as much as you can about your depression. Don't just rely on medicine. Get social support. Also try to do more things such as exercising and sleeping.

Results

We found out that not all forms of treatment work on certain types of people. It's different for everyone. Some people might find therapy helpful but others, not so much. Ultimately, in the end, you have to do what you're most comfortable with and what you think is best for you.

Conclusion

The study of depression provides additional evidence regarding the psychometric properties and clinical utility of the five depression measures, offers methodological contribution to the appropriate use of IRT in pro measures, and helps elucidate cultural variation in depressive symptomatology.

References

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