

Double Depression that Caused in Children due to Dysthymia

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Abstract

Because dysthymia is a chronic disorder, people who have it may not be diagnosed for years, if they are ever diagnosed at all. As a result, they may not even discuss their symptoms with doctors, family members, or friends because they may believe that depression is a part of who they are. Persistent depressive disorder, which includes both chronic major depressive disorder and the previous dysthymic disorder, takes the place of dysthymia in the DSM-5. This change was made because there was no evidence that these two conditions were significantly different.

Keywords: dysthymia, double depression, children

Introduction

Double depression is a condition where a person has both major depressive disorder and dysthymia. It is characterized by alternating periods of major depression and dysthymia. The major depressive episodes are typically more severe and last longer than the dysthymic episodes. This condition is often more difficult to treat than either major depression or dysthymia alone.

The prevalence of double depression is estimated to be between 10% and 20% of the population. It is more common in women than in men. The condition is often associated with a history of trauma, abuse, or chronic stress. The symptoms of double depression can be debilitating and can significantly impact a person's quality of life. It is important for healthcare providers to be aware of this condition and to provide appropriate treatment and support for affected individuals.

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Conclusion

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