

# Impact of Depression on the Individual

**Six categories of symptoms that significantly impact the individual dealing with depression:**

- ❖ Affective characteristics - feelings of sadness, anxiety, anger, etc.
- ❖ Behavioral characteristics - manifestations including agitation, crying, flat affect, etc.
- ❖ Attitudes - shame, guilt, low self-esteem, helplessness, hopelessness, thoughts of death and suicide
- ❖ Cognitive impairments - person's inability to think and concentrate
- ❖ Physiological changes - inability to experience pleasure, changes in appetite and sleep patterns, loss of energy, decreased libido and somatic complaints
- ❖ Social characteristics - awkwardness and discomfort in social settings related to many of the symptoms, social stigma

