

\* Regime changes / unclear.

## Bad mood or depression?

CAE / #1  
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The paragraph is written in the present... so it must be consistent.

Not only (inversion), but children are also (sub) among adults

better way of phrasing "satisfaction in one's life is..."

Have you ever entered into depressed people's feelings? Have you ever thought about their cognitive abilities? Now almost every schoolchild knows what it means to be depressed. However, is that knowledge true and complex? Not only do they have a bad mood, but they also have many other functions impaired. Among them are decline of strength, regime changes and cognitive deterioration. It takes much effort to keep concentration for people with depression. No sooner had they finished reading an article than they forgot what about it was. Therefore, as you can see, depression is a grave diagnose. Moreover, it is a disorder, which has neurophysiological background.

How common is depression? According to World Health Organization evaluation, 264 million people suffer from this mental disorder. Not only adults are ~~smitten~~ by depression, but children also are at risk.

How can you differentiate bad mood from depression? First of all, symptoms have to have been present during 2 weeks. Of course, the core of the illness is a depressed mood and diminished or loss interest in almost all activities. Besides that, you should feel sleep and appetite disturbance, heightened fatigue. Other symptoms are connected with cognition: poor memory, diminished ability to concentrate, thinking embarrassment. If your condition correspond with this list of symptoms, do not ~~halt~~ to ask doctor. You can go either to psychologist or to a psychiatrist. Both of them will help you better than a bottle of wine or sitting at home with black ideas.

Do you think that your close person has a depression? Under no circumstances can phrase like "Don't be so dull, you overestimate your situation, you should just go somewhere" help him/her. No doubt, life satisfaction is indispensable and person needs to have some social and emotional support, but it is not enough to cope with depression. There are different types of psychotherapy, which are required. In severe cases medicine are prescribed.

Relentless conviction that depression is a housewife's and artist's disorder is a product of insufficient psychological awareness in society. Mental health is as important as physical, so if you swallow Aspirin when you have a head ach, do not hesitate to go to psychologist when you feel depressed. Underestimating this disorder can lead to immense problems.

to know sth / object phrase / to know what it means to be depressed / not a question / no inversion.

This is an important and well-presented topic...

Good intro.  
Good development...

, but the task was to speak of an invention that could alter the world...

anyway, ~~it is~~ it is well-done.

better:  
"do not hesitate to call..."

thinking embarrassment / doesn't work unclear

problems mostly with usage, vocab... see above.  
Thanks, p -

Saint