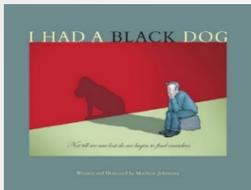


Depression



The World Health Organisation (WHO) estimates that every year 100 million people in the world suffer from depression. One person in ten will experience depression once in their life. Depression is common and we are all vulnerable.

Depression is an illness, just like diabetes or asthma. It can affect anyone.



A WHO video explaining depression is available here:

<https://www.youtube.com/watch?v=XiCrniLQGYc>

To select subtitles in your language, click on ('settings') and then 'subtitles/CC' at the bottom of the video.

And you, where are you with it?

[Self-assessment](#) on the medical Service website

Depression is a syndrome, or set of several symptoms, where the dominant characteristic is a depressed state of mind accompanied by feelings of sadness and/or anxiety and/or irritability

Depression affects bodily functions:

- **Vegetative functions**
For example, sleep time increases or decreases, but rarely feels satisfying or restorative; appetite increases or decreases; the person experiences a drop in their libido and energy.
- **Motivational functions**
Levels of activity change; the ability to be interested in things and to feel pleasure is considerably diminished; the person may wish to escape the situation through suicide; they will often avoid social interaction, while feeling dependent and a burden to others.
- **Cognitive functions**
The person experiences a decrease in self-esteem, feels indecisive, pessimistic and desperate; their attention span or ability to concentrate is diminished; they have gloomy dreams; their psychological attitudes are generally negative.
- **Behavioural functions**
The person is slower in their physical or motor functions or, conversely, is agitated. Active and productive behaviours are less and less frequent, as passive and unproductive behaviours increase.

Christiane Reis, psychologist at the Medical Service, on Tuesdays & Thursdays

➔ to book an appointment:

- tel.: 76619 (Tuesday & Thursday)
- mail : psychologist-me@cern.ch or Christiane.Reis@cern.ch
- tel.: medical Secrétariat: 78435 / 73186

more information on the medical Service website:
<https://medical-service.web.cern.ch>



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