Local Rehab Investigates Types of Depression

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BRADENTON, FL - December 17, 2024 -
Bradenton, FL ? Clean Recovery Centers is a local rehab that recently published a blog investigating the different types of depression. Their program utilizes a unique, three-phase approach that has helped many find hope with mental health conditions and substance use disorders.

?The American Psychiatric Association?s Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) contains all of the diagnostic information about depression, depressive disorders, and mental health conditions and is utilized by medical professionals throughout the world.

In order to recognize a certain depressive disorder, it is necessary to understand the different symptoms of each and how they occur,? the blog reads.

Major depressive disorder (MDD) is one of the most severe and common types of depression. Characterized by feelings of sadness, worthlessness, and emptiness that persist for most days over two weeks, MDD can interfere greatly in the person?s life. Other symptoms include loss of interest in activities, low motivation, low mood, and sleep and appetite changes.

Persistent depressive disorder (PDD) is a mild to moderate form of chronic depression characterized by

symptoms lasting for most of the day for many days over the course of two years. Though the feelings of emptiness and sadness may not be as forefront as in someone who has MDD, PDD can still interfere with daily activities. Some refer to PDD as high-functioning depression, as the person may seem to have their life together on the outside, but feel empty and low on the inside.

?Premenstrual dysphoric disorder (PMDD) is a more severe form of premenstrual syndrome (PMS). PMS causes moodiness along with bloating, headaches, and fatigue. Many women experience PMS during the last week of the luteal phase, typically 7-10 days before their period begins. For some, symptoms of PMS are paired with depression, anxiety, and extreme emotional changes. This marks the signs of PMDD, and it can be very serious for women, causing interference with their daily lives. These symptoms tend to get better once the period has begun, but PMDD can occur every month,? the article continues.

Major depressive disorder can also present in specific forms. Prenatal depression and postpartum depression are associated with being pregnant and after having the baby. Symptoms begin during these times and affect the mother, though the paternal parent can also experience postpartum depression. Depression symptoms can also begin during seasonal weather, known as seasonal affective disorder. Bipolar disorder can also cause symptoms of depression, though they tend to come in episodes.

Besides therapy and medications, there are techniques that can help manage depression symptoms. One technique is to journal about feelings, triggers, good days, bad days, foods eaten, and medications taken to help show patterns in what is working and what isn?t. Another technique is to be open during therapy sessions. Therapists can?t guess feelings, so sharing them will help them better come up with a course of action. Finally, it is okay to give grace during treatment. Not every day will be perfect and it is crucial to stay positive and focused on the good.

Clean Recovery Centers has been offering treatment for depression and co-occurring substance use disorders for years. Their program addresses all facets of mental health conditions: spiritual, physical, mental, and social. Each location offers housing certified by the Florida Association of Recovery Residences (FARR), ensuring all clients have a safe space to receive treatment.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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