

The Leading Health Problem Worldwide on the Rise: Depression



Depression is a widespread disease in today's societies and is called the "plague of our age" due to its destructive power. Damaging the spiritual and physical health of the person, disturbing one's work life, social and familial relations, it is a problem that makes it extraordinarily difficult for people to function in daily life. It is a disturbance that negatively affects every aspect of one's life from thoughts to emotions and behaviors, nutrition to sleeping habits, and from work to relationships. It is a state of psychological collapse affecting everyone without distinguishing between rich or poor, ignorant or enlightened, young or old, men or women.

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