

Most ~~of the people~~ ~~try are trying~~ hard to lead a healthy lifestyle ~~because being~~ ~~to be~~ healthy is a virtue. When people ~~speaking~~ ~~say~~ about being healthy, they usually mean being physically healthy. ~~Not, not~~ many actually ~~mean to imply that the term being healthy could~~ also apply ~~the term~~ to mental health. ~~Although~~ ~~mental~~ Mental health is ~~imperative, it significant but~~ has ~~not~~ been given ~~the necessary attention, much of the coverage it should receive.~~ Stereotypical attitudes ~~toward~~ ~~towards~~ mental health ~~have classified~~ ~~mentally ill people as strange.~~ Furthermore, it is perceived that ~~seems to put mentally ill people in the weirdo category and~~ such disorders only happen to weird people or substance users. ~~This is untrue because~~ ~~This is of course, is not a fact and mind~~ illnesses such as ~~depression depressive~~ can ~~affect anyone~~ ~~regardless of their effect any, without taking in account of~~ cast, creed, ~~and or~~ color. ~~The This~~ information brochure ~~on which this that the~~ essay is based ~~includes on covers~~ basic depression disorders. ~~Information related to gives a little information about clinical~~ depression, ~~namely, the diagnostics, and~~ symptoms ~~and diagnosis thereof is provided.~~ In addition, ~~various and busts some~~ myths associated with clinical depression are shattered. ~~depression. The course of this essay will give in knowledgeable detail the The~~ diagnostic criteria, causes, and preferred method of therapy for depression as a disorder ~~are discussed in the essay.~~ →

## Diagnostic Criteria for depression

It is normal to suffer depression at some stage in one's life. ~~Being depressed is normal phase of life for all people, but can~~ However, depression may become a disorder when it ~~becomes gets~~ severe, ~~occurs happens~~ frequently, and lasts ~~for a long period longer~~ (Health psychology Book). → If feelings of sadness do not ~~diminish go away and interfere interferes~~ with a ~~person's persons~~ ability ~~to in their~~ work, school, sleep, and life, ~~they may be then they may be surely~~ suffering from depressive disorder (helpguide.-org). ~~A person with this disorder~~ They may ~~experience changes have a change~~ in appetite and sleep patterns, low ~~self self-esteem, esteem,~~ less energy, loss of interest in ~~enjoyable enjoyed~~ activities, ~~an the~~ inability to concentrate, ~~and suicidal ideation, and thoughts of suicide as a way out are common symptoms. These could also manifestation of these into physical~~ Depression may also be manifested in physical symptoms such as headaches. ~~Another big factor that one could be depressed, are thoughts of suicide and morbidity.~~

**Comment [A1]:** The comma here has been replaced with the conjunction "because" for better flow and clarity.

**Comment [A2]:** "Speak" is used more to refer to the biological act of speaking. Hence, we have revised this to "talk" for accurate word choice.

**Comment [A3]:** Academic writing should not contain lengthy and wordy sentences as they can hamper clarity. The sentence has been divided into two to introduce clarity and better formal expression.

**Comment [A4]:** In a substantive edit, we ensure that correct terms are used and the sentence structure is made concise while maintaining the meaning.

**Comment [A5]:** Using "longer" implies that it is being compared to the long period of another thing. Hence, this has been revised to "long."

**Comment [A6]:** "may" and "sure" are contradictory terms and hence should not be used together. The instance has been revised to remove the contradiction.

**Comment [A7]:** This sentence has been deleted as it was a repetition of abovementioned instances regarding suicide.