

Many people do not know they are depressed if they have been so for a very long time i.e. years. This is true of others who witness the depressed person's mood and behaviour every day if the person affected by depression has been so for a very long time. Some people have been depressed for as long as they can remember and have only ever been known by themselves, as well as, others to feel and behave the way that they behave and feel. This results in both the person with the depression, as well as, their associates mistaking their symptoms of depression as being traits of personality, as to both parties the depression is what they perceive as being normal for that person. This is especially the case when many people believe depression to be a condition where you have unexplained tearfulness, meaning if there is no reporting of unexplained tearfulness then it is believed the person cannot be depressed.

Depression is therefore underdiagnosed and the vast majority of those who are diagnosed as depressed are on anti-depressant medication which have side effects, as well as, lose their effect with time; and cause the depressed person to develop a dependency on prescribed medication.