Insights on the Depression and Anxiety

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Commentary **Published Date:- 2023-09-08**

The Ramifications of Loneliness: A Commentary

Loneliness was a major concern of people during the recent COVID-19 pandemic. Now, that the pandemic is mainly gone, it is still a global issue. This commentary reviews the impact on that loneliness has on our cognitive, behavioral and affective functioning. These effects are described, along with the stigma that often accompanies loneliness and which makes it hard for people to acknowledge and admit that they are lonely, and seek help from healthcare professionals. This commentary, aside from describing the various negative implications of loneliness, highlights the need for society to address the issue. While it cannot be eliminated, the population can be taught how to recognize it, and how to offer assistance to those who struggle with it.

Short Communication **Published Date:- 2023-08-07**

Sustainable Development Work Aimed at Promoting Mental Health among Municipal Adult Students with Mental Health Problems

The present study focuses on students and teachers in Swedish Municipal Adult Education, in a project aimed at helping students with diagnoses within the neuropsychiatric spectrum. The project aimed to support students to complete their studies for further higher education. As this is an overlooked group of students research results provide insights into students' views on the project and conclusions regarding the sustainability of school development. In this qualitative study, five teachers and four teachers were observed and in-depth interviewed. Data were analyzed through inductive content analysis. Authentic relations between students and teachers, signified by mutual trust, proved important. As the teachers themselves had originated the ideas guiding the project, the development work had good prior conditions for further sustainable development. We conclude that autonomous teachers, who set up joint goals and provide individualized support for these students, enable academic success when flexibility, relations, and self-esteem characterize the work.

Review Article **Published Date:- 2023-08-04**

Betty Neuman System Model: A Concept Analysis

Introduction: Nursing theories are critical as they drive nursing education, practice, and research. Neuman Systems Model (NSM) considers a person a complete system with integrated psychological, physiological, spiritual, social, and developmental components. Nurses give their patients physical, emotional, and psychological assistance and are subjected to mental and physical pressure due to these responsibilities, impacting their health, psychological well-being, and interpersonal relationships. This paper aims to perform a concept analysis of stressors proposed in NSM about lines of defense and the level of preventive interventions that can affect a person's well-being. Further, this paper discusses knowledge generation through NSM's applicability to preventing exhaustion and burnout among nurses.
Methodology: This theoretical attempt is carried out using the theory analysis approach suggested by Walker and Avant (2019).
Discussion: Nursing is a career that requires a great deal of dedication and personal engagement. Nurses are subjected to recurrent stresses due to technological advances and rising demands. Burnout occurs when nurses get discouraged and have less compassion for the patients due to recurrent burdens. Stress and burnout are two of the most common reasons for nurses to quit hospitals. The NSM is concerned with stresses that may affect a person's health and well-being (prediction). Nurses assist patients at the most vulnerable and challenging times, such as surgical procedures, traumas and personal and physical losses.
Conclusion: The NSM enables the investigation of preventative and protective treatments. Because of the model's flexibility, it may be used in a wide range of nursing situations. Administrative, hospitals, clinics, and other nurses can benefit from this paradigm. Evaluating the many distinct elements contributing to burnout is also feasible. The model's client factors of physiological, sociocultural, developmental, and spiritual characteristics are used to achieve this. Viewing the individual as an open system that responds to environmental stimuli encourages the existence of stressors that might lead to burnout.

Research Article **Published Date:- 2023-03-21**

Is binge watching among medical students associated with depression and anxiety?

Objectives: Investigate binge-watching (BW) behavior among students and assess its correlation with anxiety and depressive symptoms.
Methods: Medical students who met the definition of BW were divided, according to their viewing frequency, into three groups: G1: once a month or less, G2: once a week or once every two weeks, and G3: twice a week or more. Beck Depression Inventory and State-Trait Anxiety Inventory were used.
Results: Ninety-four participants were recruited. The prevalence of BW was 72.3%. Depression and anxiety scores didn't differ between binge watchers and the non-binge watcher group. G2 was found to be significantly less depressed ($p = 0.014$) and had a lower anxiety state ($p = 0.05$) and anxiety trait scores ($p = 0.026$) than the control group. Feeling tired was the most prevalent reason to stop viewing among G3 ($p = 0.001$).
Conclusion: Binge-watching could be when used in a specific manner, a way to cope with negative feelings.

Research Article **Published Date:- 2023-03-03**

Clinical and immunological characteristics of depressive patients with a clinical high risk of schizophrenia

Objective: To study clinical and immunological characteristics of depressive patients with high clinical risk of schizophrenia.
Materials and methods: We examined 30 depressive patients with attenuated positive symptoms (APS), which indicates a clinically high risk of schizophrenia, 20 depressive patients without APS and 27 healthy volunteers with no mental disorders. APS identified according to the presence of three or more scores on at least one of the following items on the Scale of Prodromal Symptoms (SOPS) positive symptoms subscale: P1 (Unusual thought content/Delusional ideas), P2 (Suspiciousness/Persecutory ideas) and P4 (Perceptual abnormalities/Hallucinations). The psychometric assessment was carried out on the Hamilton Depression Rating Scale (HDRS), SOPS, and the Scale for Assessment of Negative Symptoms (SANS). The activity of leukocyte elastase (LE) and ?1-proteinase inhibitor (?1-PI), the autoantibodies to neoantigens S100B and myelin basic protein, and the ratio of LE and ?1-PI activity or Leukocyte Inhibitory Index (LII) were determined.
Results: The activity of inflammatory markers LE and ?1-PI was increased in patients in both clinical groups compared with controls. In the total group of patients, the associations between LII and the score on the positive subscale SOPS, and between LII and the score on the negative subscale SOPS and SANS scale with the most pronounced association with the SANS subscales «Affective Flattening or Blunting» and «Alogia» were established.
Conclusion: The identified correlations between immune response features and positive and negative symptoms in depressive patients may have prognostic value for establishing a high risk of schizophrenia.
