Pravallika et al., 2(1),2021,25-27



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Assessment of depression by using beck's depression inventory

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Article History	Abstract			
Received on: 03-02-2021	Depression is an mental disorder that associated with depressed mood ,loss of			
Revised On: 24-02-2021	pleasure,loss of interest over any work. There is an immediate need for			
Accepted on: 06-03-2021	awareness programs and counselling and educate the depressed people in the			
	social and psychological environment. If there is any delay in conducting these			
Keywords: Depression, Beck's	awareness programs, this may impact on the delayed activities which may effect			
depression inventory, Awareness	their carrier. This is a review which gives a calculated report of Beck's			
program,counseling.	depression inventory scale ,which is utilized for the calibration of levels of			
	depression in a group lo students of age 17-25 years. It is an prospective			
DOI:	observational study conducted on 328 individuals (N=328) to depict the levels of			
https://doi.org/10.46795/ijhcbs.vi.145	their handling stress. Infect that this present article gives review report.			

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Introduction

Depression is an mental disorder that associated with depressed mood ,loss of pleasure, loss of energy, insomnia, or loss of appetite and loss of concentration. Depression is symptomized as anxiety. This depression can become chronic or recurrent and can lead to person's inability to taking care of his or her day to day responsibilities. At this stage the person can lead to suicide [1]. There are multiple variations associated with depression that a person can suffer, such a depressed mood ,loss of interest and enjoyment. A depressive episodes can be characterized as mild , moderate and severe. In mild depression, a person with mild depression episodes will have some difficulty in continuing with ordinary work and social activities, but

will probably not ends to function completely. In severe depression, it is very unlikely that the suffer will be able to continue with social, work or domestic activities, except to a very limited extent [2].

Types of depression:

- 1. Major depressive disorder
- 2. Dysthymia
- 3. Mania depression
- 4. Post partum depression
- 5. Psychotic depression

Beck's depression inventory (BDI, BDI, IA, BDI-II)

This was created by "Aaron T. Beck" . It is an 21 questions multiple choice self report inventory. It is one of the mostly used psychometric test for measuring the severity of depression. It is used by mental health professionals to assess the severity of depression from a psychodynamic perspective. The current version, the BDI-II is designed for the people who are aged 13 and over and it is associated with the symptoms of

Pravallika et al., 2(1),2021,25-27

depression such as hopelessness and irritability, cognitions such as feeling of being punished, as physical symptoms such as fatigue, weight loss and lack of sexual feelings. This scale is mostly used to assess the depression in childrens, it is called as children's depression inventory (CDI). It was first published in 1979 by clinical psychologist "Maria kovacs" [3,4].

Development and History

Beck developed this by giving importance to negative cognition. This described a uncontrolled, inaccurate and often negative feeling about ones own self [5,6]. For example, In a case of a student obtaining poor results in exams

- The student has negative feelings about the society, so that he may believe that he can't enjoy the class
- The student feel negative thoughts about his future because he thought that he may not pass the class.
- The student has negative feelings about his self, as he may feel he does not deserve to be in college.

By this Beck developed a questionnaire to asses the severity of depression of a person [7].

Methodology

A prospective study conducted in A.S.N Pharmacy College. A standard questionnaire (Beck's Depression Inventory) was circulated among the students.

Study design:

Prospective observation study.

Study location

At A.S.N Pharmacy College, Burripalem road, Tenali.

Study duration

November to January.

Sample size

328 N.

Material Required

A standard questionnaire (Beck's depression inventory) was followed by physician and pharmacy practice department faculty to assess the depression and diagnosis of mental health of a patient.

Method

The students who involved in the survey of prospective analysis of seasonal affecting disorder were given the standard questionnaire. The depression levels are analysed using BDI scale.

Results and Discussion

Tab: o1 Score Comarision of Females verses Males.

Gen	Score	Score	Score	Score	Score	To
der	accor	accor	accor	accor	accor	tal
	ding	ding	ding	ding	ding	
	to	to	to	to	to	
	scale	scale	scale	scale	scale	
	0-7	8-13	14-	19-22	>23	
			18			
Mal	18	50	23	10	37	138
e						
Fem	20	90	28	31	21	190
ale						

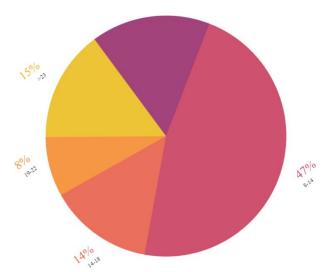


Fig: 01 Pie chart representing depression levels over study poppulation.

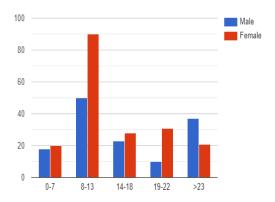


Fig: 02 Bar representing the difference of score between male and female individuals

Pravallika et al., 2(1),2021,25-27

Conclusion

This study says that there is mild depression in students. They should be given a immediate counseling and awareness campaign to the individuals who were depressed and deviated . In case of negligence towards their health which may lead to disorders like schizophrenia,maniac depression which is much more dangerous to people and society, This may also impact on their further study.

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