

心靈感冒—

認識憂鬱症

The Common Cold of Mental Health— Getting to Know Depressive Disorders

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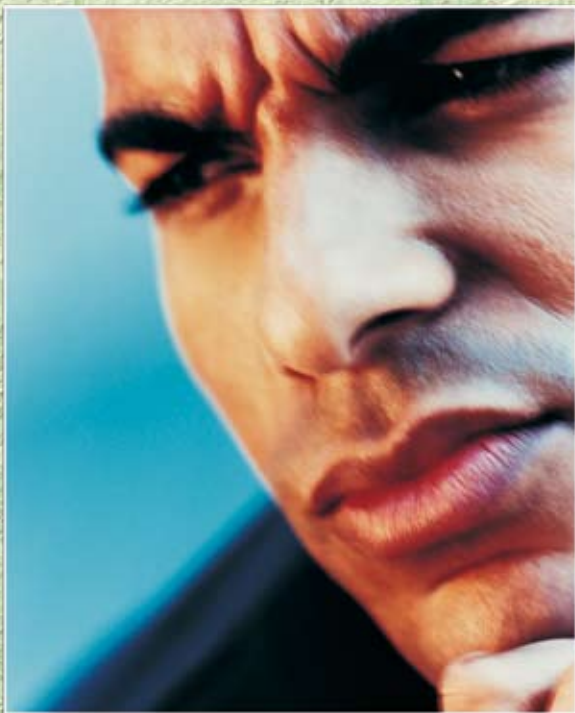
現代社會由於科學文明的進步，人口大量激增，交通發達，使生活步調更加快速與忙碌，人與人之間接觸的機會加大，人際關係日趨複雜。同時，因為處於這時代的每一個人不得不竭力去嘗試適應千變萬化的新環境，對於外界環境帶給人們許多新奇的刺激與沈重的壓力所造成人們內在心靈的不平衡，激盪、緊張、焦慮與空虛感亦日漸增加。在這激變的社會環境裡使我們的心理與生活上，面臨著更多的挑戰，許多文明病也因而伴隨產生，憂鬱症就是其中一種。



In modern society, the advancement of science and civilization, rapid increase of population, and development of transportation have made our life paces become faster and busier, increased the opportunities of interaction among people and complicated the interpersonal relationships. Meanwhile, because of living in the current times like this, everyone has no choice but to try one's best to adapt oneself to this ever-changing environment. Lots of new stimulations and heavy pressure brought by the outside world have caused mental imbalance, agitation, nervousness and anxieties to human beings as well as a sense of loneliness. In such a fast-changing society, we are facing more and more challenges in terms of mental state and everyday life, which brings about many modern diseases and depressive disorder is one of them.

To avoid any preconceived fears towards depressive disorders stopping you from reading further, I would like to give you the correct definition and concepts about depressive disorder before introducing it. Firstly, depressive disorders are different from being emotionally fragile or feeling temporarily depressed within normal range. The short-lived depression that can be cured by a good night's sleep is called "depressed feelings". However, depressive disorders are characterized

為了避免大家對於憂鬱症有先入為主的恐懼感，導致目光停在這段落就翻頁，在介紹憂鬱症之前，先為憂鬱症建立正確的定義和觀念。首先，憂鬱症不同於正常範圍內的情感脆弱或暫時的心情不好，平常睡一覺起來後就好的那種短暫憂鬱叫做「鬱卒」，而憂鬱症指的是長期間的心情低落和沉悶，對什麼都提不起勁，沒有信心，常常想不開，影響日常生活作息，甚至已經到了想尋死的程度。但是，儘管憂鬱症患者常常陷於深沉的憂鬱苦惱中，然而它卻不是什麼不治之症，患有憂鬱症的人更不是「神經病」。舉例來說，大家都知道，人吹風著涼不小心就會感冒發燒、頭暈嘔吐非常難過，這時候就要去看醫生，按時吃藥、好好休息幾天就恢復生龍活虎；同樣的，憂鬱症就像是「心靈的感冒」，內心的悲傷和憂鬱，可能會阻礙正常生活和社會交往，但是它就像發燒一樣需要有人照顧關懷，而且只要依照醫生指示按時服藥，並且好好調適生活內容，憂鬱症跟發燒感冒一樣，是可以完全治好的。



by persistent feelings of feeling down and unhappiness, a loss of interests in anything, and difficulty. People with depressive disorders are usually in an emotional dead end and it affects their every day life so much that it could deteriorate into committing suicides. However, although depressive disorder patients are usually dominated by profound depression, it is not an incurable disease nor are people suffering from it crazy. For example, everyone knows if an individual suffers from a cold, fever, headache or barf, the only way for him / her to get well is to see a doctor, take medicine accordingly and get a sound rest. Likewise, depressive disorders are like “ the common cold for mental health”. The mental sadness and depression might hinder individuals' every day lives and social lives but people who suffer from this disease are like people suffering from a cold, all they need is other people's attentions and care. Furthermore, as long as patients take medicine according to doctor's instructions and re-adjust themselves to every day life, depressive disorders are like colds and fevers which can be cured completely.

With the above cognition, you may want to ask what are the causes behind depressive disorders? Briefly, causes can be divided into four parts: biological factor, genetic factor, psychological factor (stress of life, problems of stress management) and personality factor. Biological factor has much to do with hormones, such as postpartum depression; drug abuses could also lead to depressive disorders easily. In addition, according to research, genetic factor also has something to do with depressive disorders. Children born to mothers with depressive disorders are up to two times more likely to have depressive disorders. However, stress of life and stress management problems are the most frequent factors in every



有了以上的認識後，你也許會問到底是什麼原因導致憂鬱症的產生呢？簡單來說，可以分成四個部分：生理因素、遺傳因素、心理因素（生活壓力，壓力管理問題）以及性格因素。生理因素主要是荷爾蒙問題，例如產後憂鬱症；濫用藥物也會容易產生憂鬱症。另外根據研究發現，遺傳因素也是其中原因，患有憂鬱症的母親，她的孩子患有憂鬱症的可能性比一般人高兩倍。然而，生活中最常見的可能就是生活壓力以及壓力管理問題，誠如之前所說，現在的社會急速變化使人未能適應，容易產生挫敗感。節奏緊張，壓力不斷增加，管理不善，會影響個人情緒，如果加上性格內向悲觀，不善於人際溝通，便更增加得憂鬱症的可能性。例如新進官兵弟兄難以適應軍中的生活，不適應的壓力長久累積又找不到適當抒發的管道，長久下來就有可能產生憂鬱症，更可能進而導致危安事件發生，但是其實這一切都是可以觀察預防的，我們如何判斷周遭的人是否患有憂鬱症呢？可以從以下幾點來檢視：

day life. Like what I said earlier, rapid changes in our society can be difficult for some people to adjust which could easily lead to frustration. Rapid life paces, continuous increase in stress, bad management could all affect individuals mentally. Plus, if the affected individuals are shy, pessimistic and bad at communicating, chances for them to have depressive disorders are increasing. For example, it is usually hard for new recruits to fit in. If their stress keeps accumulating without releasing, they are very likely to develop depressive disorders. If the condition deteriorates, it could evolve to major safety issues. However, all these problems can be diagnosed and prevented. How do we determine if an individual is suffering from depressive disorders? Here are some symptoms of depressive disorders for you:

- Overly sad, fearful and experiencing “empty” mood.
- Decreased happiness, loss of pleasures or interests in activities once enjoyed.
- Loss / increase of appetite and weight.
- Insomnia and light sleep in the long term.
- Decreased energy, agitated, and psychomotor retardation.
- Physical or mental fatigue.
- Feelings of guilty, helpless, hopeless, agitated, fearful most of the time.
- Decrease in self-esteem.
- Diminished ability to make decisions, concentrate and be cognitive.
- Diminished ability to remember and learn.
- Major behavior changes, such as social abilities, temperament, drug dependence.
- Thoughts of self-abuse or suicide if the condition is severe.

If you find yourself fit any of the above descriptions, do not hide and feel sorry for yourself, nor do you worry about becoming a laughing stock.

- 過分的憂傷和恐懼及空虛。
- 快樂程度的下降，失去以往對於生活的愉悅感和興趣。
- 胃口和體重的下降或上升。
- 長時間的失眠及淺睡眠。
- 活動頻率的降低，變得焦躁不安，運動速度減緩。
- 身體及精神上易疲累。
- 經常感到罪惡、無助、沒有希望、焦躁、恐懼。
- 自信心下降。
- 決策能力、注意力、認知能力的下降。
- 記憶力、學習能力的下降。
- 一些重要的平時行為的變化，例如社交能力、脾氣、對藥物的依賴性等。
- 嚴重時有自殘、自殺等傾向。

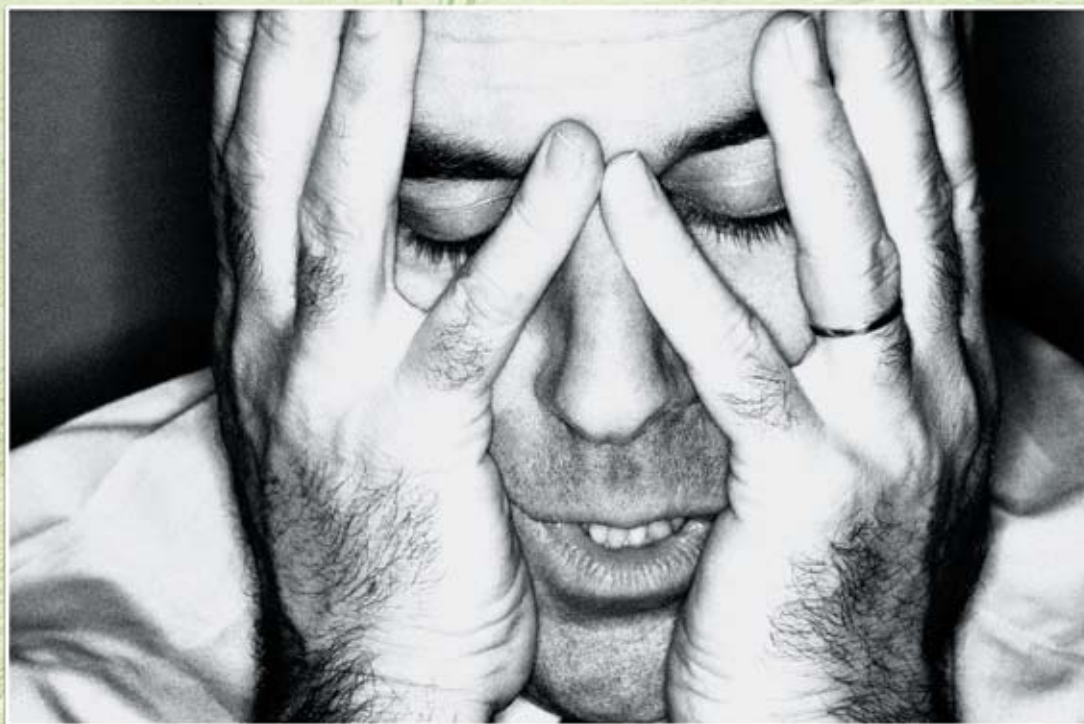
當你發現自己有以上的一些類似情形時，千萬不要悶在心理，縮在牆角自怨自艾，也不要擔心會被他人嘲笑，一定要找人好好的傾訴自己的心事和壓力。因為透過與人對話傾訴的過程中，你可以正視自己的壓力來源，並且將這些心中的「垃圾」排出去，言談間重新整理自己的想法，也能藉由旁人給予的意見和回饋得到心情上的舒展和釋放。

You must talk to someone to release your worries and stress. By talking to someone, you can confront your stress directly and let go all your mental “trash”. Furthermore, you can re-adjust your thoughts through talking to someone and with other people’s opinions and feedback, you will be cheered up and stress will be released.

During the period of serving in the army, if you suspect any of your colleagues has the tendency of depressive disorders, besides reporting to your supervisors immediately, it is your bounden duty to care for him, give him positive encouragement and support, find out what really bothers him and help him go through his lowest emotional period. Care and support from colleagues in every day life is the warmest and most direct support to those who are depressed and melancholy.

After understanding what depressive disorders are, you know it is actually not that fearful. It is fearful, however, if you lack of alertness to it. To cure depressive disorders, besides seeking professional help, exposing yourself to the nature,





在服役時，當你發覺身邊弟兄同袍有類似憂鬱傾向時，除了第一時間通報長官相關情形外，你更要義不容辭的主動關懷他，給予正面的鼓勵與支持，了解他的心事，陪伴他共同渡過這段低潮期，要知道弟兄們日常生活中的分享支持和關心陪伴，對情緒低落憂鬱的弟兄是最溫暖而且直接的力量！

在了解憂鬱症之後你會發現憂鬱症並不可怕，怕的是你缺乏警覺不去理它。面對憂鬱症，除尋求專業的醫療幫助外，多接近大自然，多運動、多走向戶外迎接陽光，或是找個好朋友分享彼此的情緒，紓解心理的壓力都是很有效的。就像感冒流鼻水一樣，及早發現及早治療，憂鬱症只要配合飲食和生活作息的調整，並且依照醫師指示對症下藥，幾乎都可以逐步走出黑暗陰影的峽谷，以微笑重新面對美好開闊的彩虹人生。😊

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參考資料：

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2. 台灣憂鬱症防治協會<http://www.depression.org.tw/health/health.asp>

exercising more, doing more outdoor activities or releasing mental stress by sharing your feelings with friends are all effective methods to tackle with this disease. Just like getting a cold or sneeze, the earlier the problem is diagnosed, the earlier you may get help. Through adjusting diet and living habits and taking medicine according to doctor's instructions, almost all depressive disorder patients can be free from the shadows of the dark valleys and be ready for the bright future ahead of them with a bright smile!

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2. Taiwan Association Against Depression
<http://www.depression.org.tw/health/health.asp>