

Most ~~of the~~ people ~~try are trying~~ hard to lead a healthy lifestyle. ~~because being~~ ~~to be~~ healthy is a virtue. When people ~~speak-talk~~ ~~say~~ about being healthy, they usually mean being physically healthy; not many actually ~~mean-apply~~ ~~to imply that~~ the term ~~being healthy could also apply~~ to mental health. Mental health is ~~significant-imperative~~ but has ~~not~~ been given much of the ~~coverage-focus~~ it should receive. Stereotypical attitudes ~~toward~~ ~~towards~~ mental health ~~seems~~ to put mentally ~~ill~~ people in the “weirdo” category and ~~consider that~~ such disorders only happen to weird people or substance users. This is of course, ~~is~~ not a fact, ~~and~~ ~~Mental~~ ~~ind~~ illnesses such as ~~depression~~ ~~depressive~~ can ~~effect~~ ~~affect~~ anyone, ~~without taking in account~~ ~~regardless~~ of cast, creed, or color. ~~The~~ ~~This~~ information brochure ~~on which this~~ ~~that the~~ essay is based ~~includes~~ ~~on covers~~ basic depression disorders; gives ~~a little~~ information about clinical depression, ~~diagn~~ostics, and symptoms; and busts some myths associated with clinical depression. ~~The course of~~ this essay will ~~give in knowledgeable~~ detail the diagnostic criteria, causes, and preferred method of therapy for depression as a disorder—.

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]: Using too many words to convey a simple idea adds wordiness to a written text. This instance has been deleted to introduce conciseness.

Diagnostic Criteria for depression

Being depressed is ~~a~~ normal phase of life for ~~all people~~ ~~everyone~~; but ~~it~~ can 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 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 ~~be~~ ~~manifest~~ ~~edation of in these into~~ physical symptoms such as headaches. ~~Another~~ ~~Other~~ ~~big~~ ~~major factor~~ ~~reasons~~ that one could be depressed, are thoughts of suicide and morbidity.

Comment [A4]: “may” and “sure” are contradictory terms and hence should not be used together. The instance has been revised to remove the contradiction.

Comment [A5]: In a normal edit, accuracy of technical word choice is checked along with other aspects of editing.