

ONLINE COMPUTING SYSTEM OF THE HIDDEN DEPRESSION

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The World Health Organisation predicts that the hidden depression will be soon the second-biggest public health risk after heart disease. Young people are more likely to die from depression than from Aids, cancer and heart disease combined. One person in 20 in Britain is now clinically depressed.

Depression should not be too difficult either to diagnose or to treat. The characteristic symptoms—depressed affect, psychomotor retardation, vegetative signs, ideas of suicide—are straightforward and easy to recognize. The procedures for combining antidepressant medication and psychotherapy are well understood and usually effective.

Masked depression is supposed to be a form of atypical depression in which somatic symptoms dominate the clinical picture and disguise the underlying affective disorder.

To determine whether the person suffers from hidden depression or not, there are two ways: visiting a doctor is a good first step in getting help. They can advise on person's treatment choices - including therapy, medication or referral to a psychiatrist if this is needed.

But people sometimes don't suspect about their disease, they are unaware of it, and to go to the doctor is very responsible step. Some people are afraid of such type of doctors. As a rule, these patients attribute their disturbances to physical illness, seek medical care for them, and report only somatic complaints to their physicians, with the consequence that many of such depressions are not recognized or are misdiagnosed and mistreated. Scientist's estimates of depressed patients who are correctly identified and treated range from 5% to 60%. Recent data show that about 10% of people who consult a physician for any reason originally suffer from affective disorders disguised by physical symptoms.

Another approach in this situation is a self-help techniques. The best thing is that the person is in control and can try different strategies at his own pace.

The results of the researches showed that a person is much easier to go online test rather than go to the doctor. so I am developing online testing system including the most effective methods with no analog in the world. It will be placed on the web-site online testing resource and it will be available for everyone.