



RESEARCH PAPER

Stability of Drug addictive and Depressive People for the Development of Society

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DOI [http://doi.org/10.47205/plhr.2022\(6-II\)49](http://doi.org/10.47205/plhr.2022(6-II)49)

PAPER INFO	ABSTRACT
Received: February 21, 2022 Accepted: May 28, 2022 Online: May 30, 2022	Depression is a major public health concern in every community and country. Depression has long been considered an important target of mediation in brain research and psychiatry. Both professions have focused their efforts mostly on therapy rather than prevention. Despair is a major condition; as a result of sadness, many people become addicted to drugs and forget about their depression. The society also plays a significant part in the rehabilitation of drug addicts and depressed people, as well as the improvement of society's development. The purpose of this study is to look at the origins and effects of depression, as well as the role of depressed persons in social development. The participants in this study were all drug addicts who were depressed in some way. Snowball sampling was used to pick the 120 respondents. The findings of this study were used to develop a recommendation that aided in the rehabilitation of depressed and drug-addicted individuals.
Keywords: Depression, Drug Addiction, Rehabilitation, Society Development, Sustainability	
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Introduction

Depression is a disease that can affect everything you do on a daily basis. It's not like a cold or a stomach illness in that it doesn't go away quickly. Many people who are sad believe that they are simply depressed and that it will pass with time. That is exactly what it does for some people. In any case, for 15 million people, doom is a constant state of mind that does not go away on its own. These are the people that could benefit from extra assistance on a regular basis. Indeed, the World Health Organization (WHO) discovered that the global economic crisis is the second most significant cause of incapacity. Unfortunately, just ten percent of these people receive effective treatment (Jo, 2017).

Depression, anxiety, and other mental illnesses are estimated to cost the UK £77 billion per year. Experts predict that by 2020, unhappiness would rank second only to coronary artery disease as a global medical condition. For a long time, social isolation has been recognized as a major cause of mental illness, whereas strong bonds with friends, family, and neighbors are beneficial to people's emotional well-being. Different forms of social communication, such as chipping in, have also been shown to promote success. Individuals who have strong loved ones, on the whole, have better mental and physical health than those who lack these organisations. Individuals who participate in institutions of religion, clubs, and willful

associations have the same rights as those who do not. We can only determine whether social connections truly improve wellbeing and expanded prosperity by breaking down people's lives over time in a primary, social, and social setting – or whether better wellbeing and more energy in the first place empower people to spend more time with loved ones – by breaking down people's lives over time in a primary, social, and social setting (Economic and Social Research Council, 2013).

When compared to the overall population, those with depression are twice as likely to smoke cigarettes. Despite the fact that smoking is a habit, people often smoke to cope with stress, with the hope that it would help them relax. Nonetheless, studies have shown that nicotine might exacerbate stress. Nicotine's calming effect lasts only a few minutes before being replaced with restless withdrawal symptoms and yearnings. Patients who are depressed may require additional assistance when attempting to quit smoking, as withdrawal symptoms are more severe in this population (Eii, 2020).

Psychological wellbeing Effects of Drug Misuse, Consistent use of some pharmaceuticals can cause both short- and long-term modifications in the cerebrum, which can cause emotional wellness concerns such as suspicion, melancholy, stress, aggression, pipedreams, and other issues. Many people who are reliant on drugs are also found to have other mental health problems, and vice versa. Contrary to popular belief, those who are reliant on drugs are twice as likely to suffer from mental and neurological system problems, with the inverse being true as well. In 2015, an estimated 43.4 million (17.9%) adults aged 18 and older were exposed to some sort of dysfunctional behaviour (other than a formative or substance use problem). 8.1 million of them had both a substance abuse problem and a mental disease. Although substance abuse difficulties typically coexist with other dysfunctional behaviors, it's often unclear whether one caused the other or if basic risk factors contribute to both (National Institute of Drug Abuse, 2020).

When it comes to choose a depression treatment, there are a lot of factors to consider. Wretchedness, like other emotional well-being disorders, can be ignored so that people can go about their daily lives. Medication, psychotherapy, and mind intercession therapies are all options for treating this condition. Antidepressants are designed to improve the way the cerebrum measures various synthetic substances that regulate a person's mood. Finding a drug that works well for a person's symptoms and has a low risk of side effects can take some time. A specialist may even recommend combining two prescriptions – such as stabilizers, for a limited time to assess their efficacy (Juergens, 2019).

Antidepressant medication is frequently effective in treating depression. Selective serotonin reuptake inhibitors (SSRIs), atypical antidepressants, tricyclic antidepressants, and monoamine oxidase inhibitors are some of the most commonly prescribed antidepressants (MAOIs). Antidepressants, like many other doctor-prescribed medications, have the potential to become addictive. If you're having trouble with co-occurring and compulsion, let your primary care physician know. The person in question can collaborate with you to find the best treatment plan, even if it means avoiding drug prescriptions. All aspects of your well-being are important, including your ability to remain calm as you recover from the effects of dependency and sadness in the past (Drugs.com, 2005).

At the point when an individual is discouraged, it very well may be enticing to soothe burdensome indications by going to drugs or potentially liquor. An expected 33 percent of individuals with clinical discouragement participate in substance maltreatment as a type of self-prescription to soothe sensations of sadness, low-self-assessment, and misery. In spite of

the fact that these substance intoxicants may incidentally ease manifestations, they can likewise make misery more extreme and trigger or increase the negative sentiments and foolish practices related to discouragement. Individuals who have discouragement are at a roughly 10 percent lifetime danger of self-destruction, a danger that increments to 25 percent if substance misuse is added to the condition. The substances can likewise get addictive, with the body getting more reliant on their belongings, the more an individual uses them. Along these lines, despondency and substance misuse feed into one another, with one condition frequently exacerbating the other condition. Over the long run, substance misuse may strengthen burdensome side effects as well as in the end lead to medical conditions, for example, mind dama (Robertson, 2020).

Broken social conduct has been embroiled in the experience of gloom. Individuals with more noteworthy burdensome indications report more incessant negative social communications and respond all the more firmly to them. Depressive people did not participate in any social activity. They did not play any role in the development of society. They feel their self alone and they like isolation (Steger & Kashdan, 2009).

It's sufficient to give habit treatment an awful name. A 30-day remain in a recovery facility used to be a typical treatment for addicts. Yet, today it's once in a while covered by protection and accordingly excessively expensive for most Americans. Does that imply that successful treatment is just for the rich and well known? Fortunately, the correct response is no. According to experts, outpatient treatment has proven to be as effective for some addicts. In any case, even the most expensive programme cannot guarantee successful treatment. In order to succeed, the patient must put in a long-term effort to stay clean. Investigate how outpatient heroin treatment works (Sine, 2006).

The means by which life stress is associated to onerous indicators were investigated using data from an arbitrary sample of 1,208 secondary school-aged young people. The studies focus on family structure, financial status, and sexual orientation as foundation factors that influence manifestations directly and indirectly, as well as weaker contexts that form diverse responses to unpleasant encounters. (1) Significant sexual orientation contrasts in parts of pressure introduction and in additional substance models of pressure impacts, but stresses and supports don't explain the large sex distinction in burdensome manifestations; (2) young ladies in low instruction foundations have the most elevated levels of burdensome manifestations; (3) there are no sex distinctions in vulnerability to pressure; (4) children in single-parent families have higher manifestation levels, impacts clad (Gore et al 1992).

Everyone has bad days now and then. We all go through bad moments in our lives, whether it's because of problems at home, grinding away, or in our relationships. For the most part, down periods occur in predictable, predictable ways and may be alleviated by doing activities that make us happy. Individuals who suffer from the negative impacts of depression, on the other hand, find that their enthusiastic low periods do not go away without a hitch. Clinical depression is a true mental illness that has far-reaching consequences for the sufferer as well as their friends and family. Sadness affects a vast number of people, preventing them from leading normal, happy lives. The Centers for Disease Control and Prevention (CDC) assesses that 10 percent of American citizen's expertise the unwell effects of this mental downside (Foundations Recovery Network, 2020). (Foundations Recovery Network, 2020). When a person has both an ailment and a fixation, this is referred to as a twin diagnosis. A twin diagnosis will include any combination of a psychological problem (anxiety, depression, or bipolar disorder) and dependency (drugs, liquor, sex, betting). One in every three adults

who struggle with alcohol or pharmaceutical usage also suffers from depression, according to the Journal of Clinical Medicine (Institute of Medicine, 2009).

Depression affects around one out of every fifteen adults (6.7 percent) at any given time. Furthermore, one out of every six persons (16.6 percent) will experience depression at some point in their lives. Misery can strike at any time, although it usually begins in late adolescence and lasts until the mid-twenties. Women are more likely than men to suffer from illness. According to numerous studies, one-third of all women will face a major traumatic event at some point in their lives. Once first-degree family members (guardians/kids/kin) get heartsickness, there is a high level of heredity (about 40%). People who are depressed are unable to contribute to the advancement of civilization (American medical specialty Association, 2013).

Depression will be influenced by a number of things. For example, biochemistry: changes in certain synthetics within the brain may cause sad symptoms. Depression is a hereditary trait that runs through families. For instance, if one identical twin is afflicted, the other has a 70% chance of contracting the ailment at some point during their lives. Personality: people with low self-confidence, who are easily inundated by pressure, or who are by and large negative appear, by all accounts, to be doomed to suffer from depression. Environmental factors: Constant exposure to brutality, disdain, misuse, or poverty may cause many people to become more saturated with suffering. The most serious problem is poverty, which causes people to become depressed. Medicine addiction affects both men and women (Torres, 2020).

Depression Symptoms

Everybody runs into problems now and again. In any case, considerable sadness (or clinical depression) is a diagnosable disorder characterized by a depressed or depressed mood for the bulk of the day, almost every day, for at least fourteen days. Significant gloom manifests itself in the following ways:

- Efforts are being slashed.
- Irritability and rage
- Feelings of despondency
- Hypersomnia or insomnia
- Restlessness and/or inability to sit still
- Having trouble focusing and paying attention
- Sadness and/or emptiness that lasts for a long time
- Guilt, as well as feelings of worthlessness and helplessness
- A significant rise or decrease in hunger, as well as weight changes
- Loss of interest and pleasure in common activities and hobbies
- Increased physical aches, pains, or discomfort that isn't due to a medical condition

Literature Review

A literature review is a body of material that seeks to summarize the most important aspects of current knowledge, as well as substantive discoveries and theoretical and methodological contributions to a certain issue. Literature reviews are secondary sources, and they don't report any new or unique experimental work in and of themselves. A literature review typically follows a look proposal and results part in academic-oriented work, such as a thesis. Its ultimate objective is to bring the reader up to speed on current literature on a topic,

and it serves as the foundation for a secondary goal, such as future analysis, that will be necessary inside the area.

Depression, according to WebMd (2020), is a really fascinating infection. No one knows for sure what causes it, but it can happen for a variety of reasons. Many people suffer from depression, which is a real medical condition. Others may be depressed as a result of life changes, such as a move or the loss of a follower or a loved one. Others have come from a family of discouragement. People who work for UN agencies may experience sadness and feelings of compassion and dejection for no apparent reason. Depression can be caused by a variety of factors, including poverty, poor economic conditions, and potentially dangerous relationships with loved ones.

Abuse

A history of physical, sexual, or psychological abuse, according to Davis et al (2008), will exacerbate the vulnerability to clinical discouragement in the future. Many medications, such as isotretinoin (used to treat skin breakouts), interferon-alpha (an antiviral medication), and corticosteroids, will increase your risk of illness. Strife: People who work for the UN have a natural tendency to be depressed. This can be due to personal issues or disagreements with relatives or companions. Death or misfortune: Bitterness or sadness caused by the death or loss of a follower or loved one, while common, may increase the risk of depression.

Hereditary Characteristics

A family history of melancholy could heighten the danger. It's thought that deteriorating is a complicated quality, meaning that there square measure multiple characteristics that have minor effects, rather than a single quality that increases infection risk. Gloom's genetic characteristics, like those of most mental illnesses, aren't as simple or obvious as those of completely hereditary infections like Huntington's chorea or cystic fibrosis. Even excellent events, like as starting a new job, graduating, or getting married, can cause wretchedness. Moving, losing an employee or pay, being separated, or resigning are all possibilities. Despite this, clinical discouragement is not a "normal" reaction to difficult life events.

Various Personal Issues

Issues such as social disengagement due to other psychological maladjustments or being pushed out of a family or social gathering might exacerbate the risk of severe depression. Serious illness: Sometimes wretchedness occurs in conjunction with a serious condition or is triggered by another ailment. Substance abuse: Nearly 30% of people who have substance addiction problems also have major or clinical grief. Whether or not drugs or alcohol make you feel better in the short term, they will eventually irritate your misery.

According to Schimelpfening (2020), depression is arguably the most well-known mental illness in the United States. It can affect anyone at any age, but the reasons why a few people feel disheartened are not well understood. Researchers believe that sorrow has a wide range of causes and that it is not always preventable. Genetics, brain chemistry, certain medical problems, substance abuse, stress, and poor nutrition are all factors that might contribute to depression. It is estimated that 10% to 15% of people will experience clinical sadness at some point in their lives. According to the World Health Organization, 5% of men and 9% of women face serious problems at any given time.

According to Smith (2020), depression is a psychological maladjustment that frequently occurs in conjunction with substance abuse. The link between the two issues is bidirectional, suggesting that those who abuse substances are more likely to experience the negative symptoms of depression, and vice versa. Discouraged people may drink or abuse drugs to change their mindset or escape feelings of blame or hopelessness. However, substances like booze, which is a depressive, can heighten feelings of distress or exhaustion. Individuals, on the other hand, may experience suffering as the effects of drugs wear off or as they struggle to adjust to how the compulsion has impacted their lives.

At a median age of 27 years, Brook et colleagues (2002) stated that teenage and young adult cigarette smoking was substantially linked to an increased risk of liquor reliance and substance use problems, but not with new situations of significant burdensome issues. Prior booze usage, as well as early cannabis and other illegal medication use, foreshadowed later serious burdensome issues, liquor reliance, and substance use issues in the late 1920s. Even after controlling for age, sex, parental instructive level, family pay, and earlier scenes of the significant burdensome issue and substance use issues, early medication use was fundamentally associated with later mental problems, even after measurably controlling for age, sex, parental instructive level, family pay, and earlier scenes of the significant burdensome issue and substance use issues.

According to Patten and Love (1993), medication-induced disorders are classified as natural temperament condition, discouraged type in the DSM-III-R. Because the natural state of mind condition is a portion of the differential finding of onerous side effects, the ability of various drugs to create melancholy is clinically relevant. As a result, mental course readings frequently provide several combinations of drugs regarded to be effective in inducing discouragement. The presence of causal linkages is frequently insufficiently supported by solid evidence. There is no drug for which complete proof of a causal association with bothersome indications or issues has been established. In the end, for many drugs, the proof is intriguing, if not conclusive, of a causal relationship. Despite this, good decisions about whether to continue or stop taking medications can often be made. The writing is examined in this study, and regulations for the administration of patients with burdensome indications that may be identified with medications are proposed.

According to the World Health Organization (2020), society played a significant role in rehabilitating the person and assisting them in living a happy life. Activities that improve a person's discourse, language, and correspondence following a cerebrum lesion are examples of rehabilitation. An individual with a coronary artery disease should prepare for exercise and receive training on how to live a healthy lifestyle. Making, fitting, and instructing a person on how to use a prosthesis following a leg amputation. Locating and assisting with skin mending, reducing expansion, and regaining development after undergoing a medical procedure.

According to Staff (2020), "the data demonstrates a relationship between mentality disorders like grief and substance usage, with individuals identified to have a disposition issue being twice as likely to mishandle substances as an individual without a disposition issue." In 2014, the Drug Abuse and Mental Health Services Administration (SAMHSA) reported that nearly 7.9 million adults in the United States experienced two concurrent emotional wellbeing issues, such as a substance use problem and sorrow, according to the National Survey on Drug Use and Health (NSDUH). According to the New York Times, approximately 33% of those who are depressed also have a problem with alcohol. Furthermore, according to research from the University of Utah, 27% of people with a serious mental condition also use illicit drugs.

The purpose of this study, according to Cook (2003), is to examine logical proof for the co-occurrence of significant burdensome sickness and inability, and to evaluate this question specifically for women in the United States today. Following a discussion of several approaches to operationalizing the concept of handicap, the investigation leans to sex predispositions in inability estimation, as well as melancholy and practical impediment in later research. Following that, the outcomes of research on the co-occurrence of incapacity and melancholy are examined, with a focus on those studies that focused specifically on women. Going to research recovery administrations for those with mental disabilities, considers presenting that administration delivery models fail to meet the needs of women with psychological instability in general, as well as women experiencing acute wretchedness. As a result, the investigation concludes with a series of recommendations and future directions for experts attempting to better appreciate the connections between wretchedness, incapacity, and rehabilitation administrations for ladies.

According to The Guardian (2018), the World Health Organization (WHO) estimated that over 300 million people suffer from depression at any given moment, accounting for around 4% of the global population when the numbers were released in 2015. Men will almost certainly discourage women. It establishes that gloom is the primary global incapacity, and unipolar (rather than bipolar) unhappiness is the major driving reason for early death. The link between self-destruction and wretchedness, which is the leading cause of death among young people aged 15 to 29, is evident, and two people murder themselves every day around the world. While rates of discouragement and other common psychological well-being disorders vary widely, the United States is the world's "most discouraged" country, closely followed by Colombia, Ukraine, the Netherlands, and France. Japan, Nigeria, and China are at the other end of the spectrum.

"According to the 2014 National Survey on Drug Use and Health, 7.9 million Americans also have double determinations," according to Psych Guides.com(2020). The word "dual determination" refers to having a dysfunctional habit, such as melancholy, as well as a substance abuse problem at the same time. Both issues have the potential to influence one another. Some persons with sadness, for example, may use substances to help them cope with their feelings. Substance abuse, on the other hand, can exacerbate or even cause signs of psychological instability. According to research, up to 1/3 of people who are depressed satisfy the criteria for a substance abuse problem. This comorbidity is linked to an increased risk of self-destruction, social/individual impediment, and other mental illnesses."

Material and Methods

The participants in this study were all drug addicts who were depressed in some way. Snowball sampling was used to pick the 120 respondents. The findings of this study were used to develop a recommendation that aided in the rehabilitation of depressed and drug-addicted individuals.

Data Analysis

The methodology's main goal is to explain the various tools and techniques used in data collection, analysis, and interpretation for the research problem. The purpose of this study is to look at the origins and effects of depression, as well as the role of depressed persons in social development. The participants in this study were all drug addicts who were depressed in some way. Snowball sampling was used to pick the 120 respondents. The findings of this

study were used to develop a recommendation that aided in the rehabilitation of depressed and drug-addicted individuals.

Results and Discussion

Table 1
Frequency of population in sample area

Gender	Frequency	Percentage
Male	55	45.8333
Female	65	54.1667
Total	120	100.0

Out of 120 respondents, 55 of the male respondents and 65 of the female respondents were depressed, according to this table. This finding indicates that females were more depressed than males.

Because the percentage of females is bigger than the number of males, the preceding graph reveals that females were more depressed than males.

Table 2
Factors that causes depression

Causes of Depression	Frequency	Percentage
Less Economic resources	30	25
Poverty	55	45.83
Personal relationship	20	16.66
Other issues	15	12.22
Total	120	100.0

According to this table, 55 of the 120 respondents are depressed as a result of their poverty. Depression is primarily caused by poverty.

According to the graph above, 46 percent of respondents are depressed due to poverty, 25 percent are depressed due to a lack of economic resources, 17 percent are depressed due to personal connections, and only 12 percent are depressed due to other difficulties such as education, bullying, and so on.

Table 3
Types of drugs used in particular area

Drugs	Frequency	Percentage
Smoking	60	50
Alcohol	45	37.5
Others	15	12.5
Total	120	100.0

This table demonstrates that 35 sad persons participate in societal tasks, whereas 85 people do not participate in any social activity and do not contribute to society's growth or development.

According to the table above, 71% of depressed persons do not participate in societal activities, while only 29% participate in social activities.

Table 4

Addicted persons participation in society		
Participation In Society	Frequency	Percentage
Yes	35	29.16
No	85	70.83
Total	120	100.0

This table shows that the 35 depressed people participate in societal tasks and 85 people do not take part in any social activity and do no work for betterment or development of society.

The above table shows that 71% depressive people did not participate in society activities and only 29% participate in social activities.

Conclusion

We discovered that there are numerous reasons of depression in this study. To begin with, some people are depressed as a result of personal problems. Some people were depressed as a result of their financial problems, which meant they were poor. Our mental health is directly affected by depression. Migraines and headaches plagued the population. They began taking medicines to help them feel better. They were dependent on substances such as cigarettes and alcohol. Many people eventually commit suicide. People that are depressed are cut off from society. They don't participate in any social activities. They don't contribute to the advancement of society in any way. Many rehabilitation institutions, on the other hand, are working to help depressed persons in contemporary society. They try to normalize people and get them to follow the proper route in life. People receive therapy and sessions from them. People relax and feel better after the sessions. Women are more depressed than men, according to the findings of this study.

It's difficult to live with depression. You'll need a lot of aid to maintain a healthy lifestyle and stick to your treatment plan. Relatives and close friends can help you with basic tasks as part of your treatment plan. Friendship gatherings and psychological well-being organizations may also be sources of assistance in adjusting to melancholy. Around the world, there is a growing emphasis on a recovery paradigm that includes empowering people with dysfunctional behavior to take responsibility for their own disease, treatment, and life. People should make an effort to forget about their troubles. Problems are unavoidable in everyone's life. Think less and be happier and more appreciative of your existence.

Recommendation

1. Addicted persons should be always under observation
2. Depression should be avoided from the surroundings of addicted people
3. Depression and mental health stability should be maintain the stability of Drug addictive and Depressive People for the Development of Society

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