



MENTALFIT Mental health test

* Online test that examines both positive and negative influences on your psyche

* It explores most common neuroses, depression, and mental strain of different origins etc.

* Very detailed result

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Useful information

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HOW TO TALK TO PEOPLE IN SPECIAL SITUATIONS

How to talk to depressive people

Do you know how to talk to depressive people? What to tell them and what better not to?

How to talk to and how to treat a suicidal person

And what about someone who talks about suicide or is even ready to commit it? What can save him or her? And what should you in no way say?

What to do when your partner is unfaithful

A lot of couples chance upon infidelity. How to talk about infidelity and what to do when you find your partner (husband, wife) has been unfaithful? What can save the relationship and what finishes it off?

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SELF-CONFIDENCE A QUALITY THAT DETERMINES YOUR SATISFACTION AND ACHIEVEMENT

Depression and How Antidepressants Work in Your Brain

Dr. Mika Ela, www.psychance.com

Depression - a pathological sadness - affects a large proportion of people. It has many forms:

- **Endogenous depression** without any obvious reason
- **Reactive depression** as a reaction to unfavourable events
- **Symptomatic depression**, which looks like a depression but in fact it is a consequence of e.g. some poisoning, dementia or a tumor
- **Masked or blurred depression**, which manifests itself with physical symptoms only - e.g. indigestion, backache, giddiness etc.
- According to its intensity we distinguish **small and major depression**; then there is **psychotic depression and depression without psychotic symptoms**, then **dysthymia** as a chronic small depression and many other types

Depression can be cured by drugs - **antidepressants, psychotherapy and ECT - electroconvulsive therapy** which is used very rarely when other deep depression treatment fails. The first antidepressant was imipramine and was synthesized in 1956 by Roland Kuhn, a Swiss. Since that time antidepressants have changed a lot. There are more and more preparations available, belonging to one of the antidepressant groups - tricyclic (TCA), bicyclic and tetracyclic (TeCA) antidepressants, selective serotonin reuptake inhibitors SSRI, serotonin-norepinephrine reuptake inhibitors SRNI, monoamine oxidase inhibitors MAOI, Reversible Monoamine Oxidase Inhibitor RIMA and others. Their producers' aim is to eliminate or reduce their side effects. Most antidepressants work upon the neurotransmitters serotonin and/or noradrenalin.

And how, actually, do antidepressants function in your brain?

We must take a large view but don't worry, it will be as simple as possible.

In our brain there are cells called neurons. The entire brain activity works that **one neuron gets a signal and passes it to another**, that one to another and so on and so forth. That is how our hands move, blinking, digestion, mood and all such things are controlled. So a nervous signal goes through a neuron and passes on at the end of the neuron's projection - but there is a gap! Neurons are not connected to each other (don't ask me why). So this neuron releases a signal transmitter (neurotransmitter) into the gap. The transmitter's molecules penetrate the other neuron and by this the signal is passed

How self-confidence influences important areas of life

Self-confidence or self-esteem has a huge impact on all important areas of life – relationships and marriage, study and work, health in general, communication with others and last but not least the feeling of satisfaction.

"Weaklings" & "Strongmen": People with low self-confidence

There are two kinds of low self-confident people: so called weaklings and strongmen. Both of them share certain inner insufficiencies but they markedly differ in objective manifestation.

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EGO-DEFENSE MECHANISMS

How not to recognize the truth

Do you know the ways our psyche uses to avoid unpleasant feelings? Review your own, sometimes maybe unconscious manners you seize in situations of failure, shame or insufficiency.

Useful texts at www.psychance.com

Are You a Good Psychologist?

Do you know....

:: why a suspect, interrogated by the police, often sits on an ordinary chair in the middle of the room?

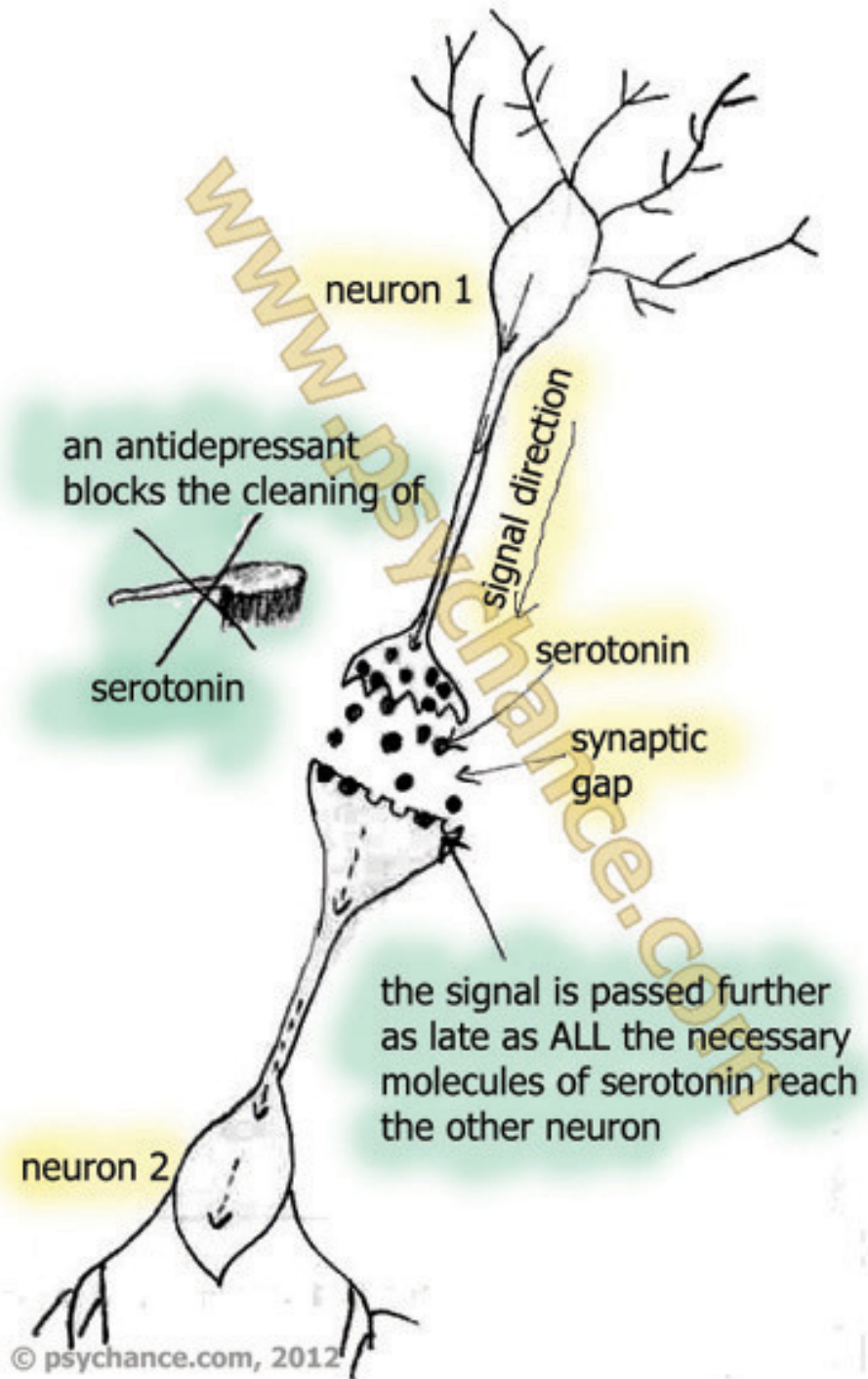
:: how to treat a depressed person?

:: whether it is probable that a person threatening suicide will attempt to commit it in reality?

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further. The molecules that do not reach the other neuron are either eliminated or recycled. The gap (or precisely "synaptic gap" as all that loose connection of neurons is called "synapse") must be kept in good order.



There are many types of neurotransmitters and their imbalance causes various problems including depression. With depression, there are two most important transmitters: serotonin and noradrenalin. If there is a lack of serotonin, depression is caused, so drugs are supposed to increase the quantity of serotonin at synapses. Let's take

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some of the SSRI antidepressants as an example. These drugs increase the quantity of serotonin so, that they block or slow down the process of cleaning the unexpended serotonin out of the synaptic gaps. This function is in these drugs' name, too - Selective Serotonin Reuptake Inhibitors.

If there is a lack of serotonin molecules, not enough of them reach the other neuron (and accordingly this neuron is not activated) and the rest of the molecules are removed too quickly. Thanks to SSRI, serotonin molecules have more time to join to the other neuron.

So, as you can see, no mystery. And so there is no reason to be afraid of antidepressants, because they just boost desirable and natural processes.

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