Depression is a mental health disorder that causes persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in daily activities. It is more than just feeling sad or having a bad day, as it can interfere with a person's ability to function normally and perform daily tasks.

Symptoms of depression can vary from person to person but commonly include:

1. Persistent sadness or feelings of emptiness.
2. Loss of interest or pleasure in activities that were once enjoyable.
3. Changes in appetite and weight.
4. Sleep disturbances (sleeping too much or too little).
5. Loss of energy or fatigue.
6. Difficulty concentrating or making decisions.
7. Feelings of worthlessness, guilt, or hopelessness.
8. Recurrent thoughts of death or suicide.

Depression can be caused by a variety of factors, including genetic, environmental, and biological factors. Common risk factors include a family history of depression, chronic stress or trauma, substance abuse, and certain medical conditions.

Treatment for depression often involves a combination of medication and psychotherapy. Antidepressant medications can help to alleviate symptoms of depression by balancing chemicals in the brain, while psychotherapy (talk therapy) can help individuals to identify and change negative thought patterns and behaviors. In some cases, lifestyle changes such as exercise, diet, and stress reduction techniques may also be recommended. It is important for individuals who think they may be experiencing depression to seek help from a mental health professional.

Answer the following questions :

1. What is depression and what are its common symptoms?
2. What are some common risk factors for depression?
3. How is depression typically treated, and what are some common treatment approaches?
4. What is the role of genetics and environmental factors in the development of depression?
5. Why is it important for individuals who are experiencing symptoms of depression to seek help from a mental health professional?

Translate into arabic the following words :

1. Mental health disorder - Trastorno de salud mental
2. Persistent - Persistente
3. Feelings - Sentimientos
4. Sadness - Tristeza
5. Hopelessness - Desesperanza
6. Loss of interest :
7. Pleasure :
8. Daily activities :
9. Symptoms :
10. Appetite :
11. Weight :
12. Sleep disturbances :
13. Energy :
14. Fatigue :
15. Difficulty concentrating :
16. Thoughts :
17. Recurrent :
18. Genetic :
19. Environmental :
20. Psychotherapy :