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**PREVENTION OF DEPRESSION IN YOUNG PEOPLE**

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**Introduction.** According to the literature, depression is prevalent all over the world: according to various estimates, 350 million people suffer from it. Depression is different from normal mood changes and short-term emotional reactions to problems in everyday life. Depression can be a serious health problem, especially if it is prolonged and takes a moderate or severe form. In the worst cases, it can lead to suicide. Every year, more than 800,000 people die as a result of suicide, the second leading cause of death among young people. The aim of our work was to study methods of preventing depression in young people.

**Materials and methods.** A study and analytical processing of various information sources was carried out.

**Results of research.** The main cause of depression in young people can be called a situation of chronic stress. The main factors are: asthenic conditions during severe illnesses, divorce, death of someone from close relatives, posttraumatic syndrome, violence, psychological, physical or sexual, inferiority complex, hormonal changes in the pubertal period, unsuccessful sexual experience, features of physical development, chronic psychotraumatic effect, a sharp change in lifestyle, chronic pain syndrome, taking medications, drinking alcohol or drugs.

One of the most severe consequences of depression is suicidal actions. According to statistics, the incidence of suicidal behavior among young people has doubled over the past two decades. At 30% of people aged 14 - 24 years there are suicidal thoughts, 6% of boys and 10% of girls commit suicidal actions. Of the total number of suicides, 90% is committed in a state of stress and only 10% - without psychotic disorders.

Prevention of depressive disorders in young people should, above all, be aimed at identifying and eliminating stress factors that can lead to its development. In this case, a significant role is played by the state of adaptive-compensatory mechanisms of regulation of the organism. The following methods can improve their work: proper rest and sleep, regular physical activity, healthy diet and individual psychoprophylaxis.

**Conclusions.** Prevention of depressive disorders is a set of measures aimed at detecting depression, the factors that cause it, correcting the negative impact of environmental factors, increasing the adaptive capacity of the organism.