

# Journal of Depression and Anxiety Forecast

## Unsolved Philosophical Questions: A Cause of Depression in Young People

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Dear Editor,

Having a general philosophical or religious view helps a young person to have a general view on life. Based on this attitude, people establish a certain lifestyle for themselves and create the main goals in their lives (Bruner, J).

It seems that for some people, lack of such views, attitudes, and goals may lead to mild or moderate depression. There is a close relationship between young people's religious orientation and their depression (Ryan RM, Rigby S, King K). Therefore, it seems that strengthening and internalizing religious and philosophical values can lead to increase the level of mental health of young people.

Depression is a common and serious medical illness that negatively affects our feelings, the way of our thinking, and our act. Depression causes feeling of sadness or a loss of interest for different activities. It can lead to a variety of emotional and physical problems (Karasz, A).

Sometimes in clinical interviews, we see that depressed people may get rid of depression if they think about the main philosophical and religious issues of life.

According to our idea, it seems necessary to pay attention to this point in diagnostic interviews for depression. If necessary, by organizing a few sessions of counseling and interviewing about personal and religious issues, we can try to help treat depression in some of session.

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