

Delijah Meas

Reading and Writing

Dr.Cheese

What is the most effective way to increase treatment of depression, medication or therapy?

I decided to choose the topic of how antidepressants are used to treat mental illnesses in comparison to therapy for a few reasons. I am a major in psychology and have high hopes of becoming a psychologist. Before college, mental health has always sparked an interest in me. Whenever I had projects, including this one, I almost always take the opportunity to make it about mental health. I believe that mental health will be an everlasting issue in society. There are a ton of different psychological disorders which is why topics were flowing through my mind. Such as how social media, relationships and school have an impact. But, most importantly I was really intrigued by this idea for research because of my first career choice of wanting to become a psychiatrist. What made me take a step back from that was the fact that I don't fully support the idea of taking medications to treat mental health disorders. Which is how I came to the idea of comparing the effects of both methods of treatment. This paper will explore the idea of drug usage compared to therapy to treat depression. I understand there are more extreme psychological disorders. But I figured it would be more interesting and useful to use one that is most commonly around me. I think it would be fascinating to find out if we can debunk the idea that medication is always the number one solution to treatment. So far in order to start this research I have gone through numerous sources based on depression rates after therapy and the risk factors of taking antidepressants. Moving on forward, I plan on reading more about the pros

and cons of both methods. I am hoping to include perspectives from medical professionals as well.