A SHORT REVIEW ON SOME GENERAL DEPRESSION AND RELATED DISORDERS BIOMARKERS, MAINLY BASED ON AGE

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Abstract. We are describing here some general depression and related disorders biomarkers, mainly based on age, based on our previous exprerience in this area of research and how relevant these aspects could be for future studies on the management of depression (e.g. oxidative stress markers, antioxidants, plant extracts etc).

Keywords: depression, age, markers.

Introduction

Depression is one of the most common mental disorders and also with a high degree of severity [1]. Over time, experts have found that it is difficult to understand how a person suffering from this mental illness feels. In general, depression is often confused with sad, natural situations in anyone's life, which is very wrong [2].

Depression can be triggered by many factors, which are currently not fully known. Most often, it all starts with a very sad event, such as the passing of a