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# **EFFECT OF DEPRESSION ON DAILY LIFE OF ADULTS**

## **LITERATURE REVIEW**

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## ABSTRACT

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Depression is a common mental health disorder which is characterised by persistent feeling of sadness or intense sorrow. It occurs in any age group, but this research focused on adult of aged 19 to 65. Depression in adults is a severe problem in the world and this affects the performance of their daily activities. It is often caused by environmental and personal factors which leads to lack of motivation and reduces the performance in their daily activities. Nursing help is needed to the depressive individuals who are unable to take care of themselves. Theoretical framework for the study was self-care theory by Orem.

The purpose of this study was to discover the impacts of depression on physical health and human behaviour. The objective of this study was to identify the daily activities influenced by depression in adults.

The research question is, "How does depression affect daily life activities of adults?"

The method of study used in this research was a qualitative literature review. Academic databases such as Google Scholar, PubMed, Cinahl, and Science Direct were used to search articles. An Inductive method of content analysis was used to analyse the data.

The daily life activities of adults are affected by depression, as evidenced by negative effects on physical health, psychosocial well-being, occupational performance, and social interactions. For instance, the physical health of individuals is negatively impacted by a lack of motivation to take care of oneself among those experiencing depression. Psychosocial well-being is affected by diminished communication abilities and decision-making skills resulting from low self-esteem, and work performance are consequently lowered.

The study suggests that early recognition and treatment are important to minimize the depressive disorder, which reduce the difficulties performing daily activities.

Keywords:

adults, daily life, daily life activities, depression, depressive disorder, depressive symptoms, major depressive disorder.

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## 1 INTRODUCTION

Depression is a common mental health disorder that has affected 280 million people worldwide, as reported by the WHO in 2023. The report suggests that around 5 % of the adult population globally suffers from depression. Depression can have a significant impact on an individual's overall well-being and daily functioning. Depressive disorders are a leading cause of disability worldwide and can significantly impair an individual's ability to conduct daily activities. (WHO, 2017)

Previous studies have shown that depression can significantly impact on daily activities, including work, social activities, and personal relationships (Luppa et al., 2012). Depression can also have a negative impact on physical health, leading to an increased risk of chronic health conditions (Lopresti et al., 2013).

This thesis is supported by the self-care theory by Orem. This theory says that people should take care of their daily activities by themselves. If he or she is unable to perform such activities, then nursing intervention is required (Nurse labs, 2021). The nursing intervention includes motivating and supporting. Nurses can play a crucial role in promoting self-care behaviours and implementing interventions that address the bidirectional relationship between depression and physical health, cognitive dysfunction, and painful conditions. From this, nurses can help individuals with depression to improve their quality of life and achieve better overall outcomes.

The purpose of this thesis is to make people aware of depressive effects and motivate them to seek prior treatment or consultants.

## 2 THEORETICAL BACKGROUND

This chapter is divided into several sub-headings to provide a comprehensive understanding of depression, including its symptoms, diagnosis, etiology regarding to adults, daily life activities, nursing interventions and theoretical framework.

### 2.1 Depression in adults

WHO describes depression as the persistent sadness and lack of interest or pleasure in previously rewarding or enjoyable activities. Depression is considered as the common mental health problem. All the depressive disorders have common features such as sadness, emptiness, irritable mood, accompanied by somatic and cognitive changes which affects the individual capacity to function (DMS-5). Symptoms of depression are sleeping disturbance, interest/pleasure reduction, guilt feelings or thoughts of worthlessness, energy changes/fatigue, concentration/attention impairment, appetite/weight changes, psychomotor disturbances, suicidal thoughts, depressed mood (Chand SP., et al, 2022). To receive a diagnosis of depression, an individual must experience a minimum of five depressive symptoms consistently on a daily basis for a duration of at least two weeks. Among these symptoms, one must include either a depressed mood or a loss of interest or pleasure in all activities (DMS-5).

This thesis is based on the adults of age group between 19-65. The age group 19-65 represents the significant life change and transition, such as starting a working life, making career, and stepping to the romantic relationship. These changes can be stressful and might increase the risk of depression. Depression can stem from various factors, including challenging life circumstances such as divorce, illness, occupational difficulties, unemployment, or financial struggles. Major depressive disorder is a serious disease which requires swift diagnosis and proper treatment in time. Some adults are reluctant to share their depressive symptoms. This is one of the reasons that lead to suicide specially among adult people. It is a serious illness that requires swift diagnosis and treatment; depression is a leading cause of suicide among adults (Rodden, 2022).

## 2.2 Daily life activities

Daily life activities refer the person's functional status. It describes the routine task that healthy individuals perform without assistance. Fundamental skill is required to care for oneself. It includes sleeping, eating, bathing and mobility. The inability to perform daily life activities or declining functions leads to unsafe conditions and inferior quality of life.

There are two types of daily life activities, and they are basic activities of daily living and instrumental activities of daily living. Basic activities of daily living are the skills manage to care for oneself such as personal hygiene which means to bath, groom oneself, dental hygiene, nail, and hair care, eating, ambulating, sleeping etc. Instrumental daily life activities are the skills that requires for complex thinking skills which includes organizing skills such as managing finances and medications, managing communication, planning and decision-making, house cleaning, shopping, and meal preparation, managing transportation etc. (Edemekong et al. 2021).

A cognitive or mental decline also led to accomplish daily life activities. Social isolation also can lead to deteriorate in instrumental activities of daily living (Edemekong et al. 2021).

## 2.3 Nursing intervention process

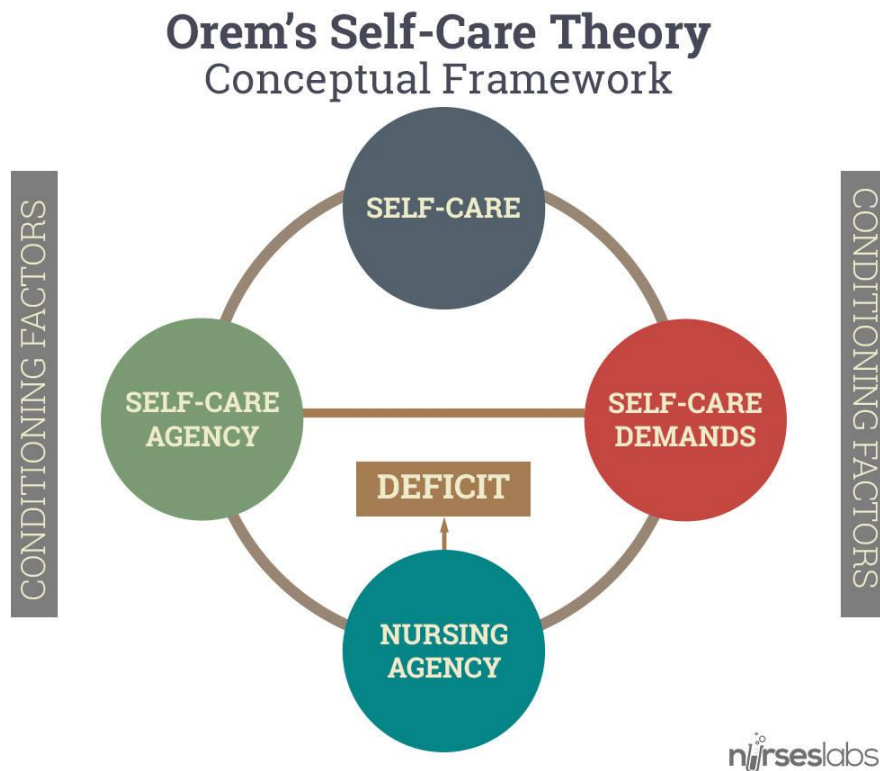
Nursing Intervention is a process to identify the treatment of the patients which nurses performs, organizes the information, and provides the way of communication to the individuals, family members, communities, and the public. It is used for planning, documentation, communication of care, integration of data settings and systems, effectiveness research, competency evaluation, reimbursement, productivity measurement, teaching, and circular design. Nursing intervention includes both physiological and psychosocial. It includes treatment of illness, prevention, and health promotion (Butcher, 2016).

Nursing intervention for depression in adults includes that nurses should start by evaluating the patient's mental health condition. Then, they should provide emotional support and counselling to both patients and the family members. It is also important to educate them about the symptoms, causes and available treatment options for depression. Nurses should monitor the patient's response to the medication and ensure they receive proper care. It also includes referring the patient to a mental therapy such as cognitive behavioural therapy which helps to cope from anxiety and depression. Nurses should also help to encourage the patient to engage in activities which helps to socialize and uplift their mood and to encourage them to practice self-care activities such as getting enough sleep, exercise and having healthy nutrition also fall under nursing intervention. At last, schedule regular follow-up appointments to monitor the recovery from depression (Butcher, 2016).

#### 2.4 Self-care theory

Self-care Theory was chosen for this study. The theory is important to this study because it emphasize the importance of individuals taking an active role in their own care. Dorothea Elizabeth Orem's "Self-Care Theory" focuses on each "*an individual's capacity for self-care refers to their ability to engage in activities that they initiate and perform on their own in order to maintain their health, well-being, and overall quality of life.*" The theory is relevant to this study because the concept of self-care theory includes self-care, self-care agency, self-care demands, and nursing agency (Nurse labs, 2021) as shown in the below figure.

Fig 1: Conceptual framework of Orem`s self-care theory (nurse labs, 2021)



Self-care is the performance of the activities which an individual starts and executes by themselves to regulate life, health, and wellbeing. Self-care agency is the human's ability to involve in self-care. Basic conditioning factors of self-care agency are age, gender, developmental state, health state, health care system, pattern of living and environmental factors. Self-care deficit with depression refers when an individual is unable to regulate activities of daily life. This requires nursing help. And the nursing agency is a group of people educated as and trained as nurses. This agency helps people with self-care deficit to meet their self-care demands by uplifting their own self-care (Nurseslabs, 2021).



### 3 PURPOSE AND OBJECTIVES

The purpose of this study is to discover the impacts of depression on physical health and human behaviour. The objective of this study is to identify the influence of depression on daily activities in adults.

The research question is “How does depression affect daily life activities of adults?.”

### 4 METHODOLOGY

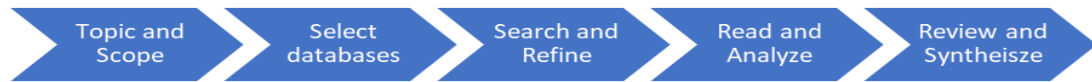
The research was conducted as a qualitative literature review, where relevant articles were searched in the same research field with similar interests to the chosen topic. Articles were systematically read and analysed to find answers to the research question.

#### 4.1 Literature review

A literature review is a critical evaluation and synthesis of existing published research and scholarship on a specific topic or research question. It involves identifying and analysing a variety of sources such as research articles, reports, books, and other documents to gain an understanding of the current state of knowledge on a subject, identify gaps in existing research, and suggest directions for future investigation (Grant & Booth, 2009). A literature review also provides a theoretical and conceptual framework for research, helps to develop a research question and methodology, and ensures that research is based on a solid foundation of existing knowledge (Fink, 2014).

The research uses a five-step approach as shown in the below figure 1.

Fig 2. Steps of literature review process (HPU Libraries, 2023)



These steps of literature review provide the foundation of knowledge on the topic. It helps to prevent duplication and give credits to the researchers. It identifies the gaps in research. It plays a critical role in advancing knowledge, informing decision-making, and ensuring the research is based on solid foundation of existing evidence (Snyder, 2019).

#### 4.2 Data collection

Academic databases were used to search and collect articles. They are PubMed, CINAHL, Science Direct. Some search was also made using google scholar to access related article which contain scientific source. The articles which were not accessed from the academic database were provided by Diak librarian staff. To obtain relevant articles, the keywords “depression,” “daily activities,” “adults” were used. Boolean operators “AND” and “OR” were used to do advanced search of keywords such as depression “OR” depressive disorder “OR” depressive symptoms “OR” major depressive disorder “AND” daily life “OR” everyday life “OR” daily activities “AND” adults.

As the research has been conducted on qualitative method, a preliminary search was done using PEO. PEO is a framework to search data which focused non-numerical data or qualitative research.

Table 1. PEO (Population, Exposure, Outcome)

P (Population)	Adults aged 19 to 65
E (Exposure)	Depression
O (Outcomes)	Affecting daily life activities
Study design	Literature review

During the literature search, only full-text articles were considered, and those with only an abstract were excluded. Articles that were freely accessible were included, while those requiring payment were excluded. Additionally, only peer-reviewed articles from scientific database published between 2017 and 2023 were considered, and articles published before 2017 were excluded but in PubMed, articles were searched between 2013 – 2023 due to limited articles found in the databases. Articles were searched in the global context due to limited articles in the databases. Articles written in English were included, whereas articles written in other languages were excluded.

The inclusion and exclusion criteria are shown below in the table 2.

Table 2. Inclusion and exclusion criteria

Inclusion criteria	Exclusion criteria
Freely accessible	Purchasable
Relevant to the study	Irrelevant to the study
English language	Other languages
Global consideration	Specific country
Scientific articles	Other articles
Articles related to depression	Articles related to covid 19

The databases showing hits after inclusion and exclusion with defined keywords are shown below in table 3.

Table 3. Search hits using the databases.

Database	Hits after inclusion and exclusion	Keywords	Selected
PubMed	163 (2013–2023)	((("Adult"[Mesh]) AND ("Activities of Daily Living"[Mesh])) AND ("Depressive Disorder, Major"[Mesh])) NOT ("COVID-19"[Mesh])	Total - 8 (9, 10, 13, 16, 17, 19, 22, 23)
PubMed		References	Total - 4 (7, 14, 24, 26)
CINAHL	1239 (2017–2023)	(Depression or depressive disorder or depressive symptoms or major depressive disorder) AND (adults or adults) AND (everyday life or daily life or daily function or daily activities) NOT (covid-19 or coronavirus or 2019-ncov or sars-cov-2 or cov-19)	Total - 4 (3, 8, 11, 12)
Science direct	413 (2017–2023)	(Depression or depressive disorder or depressive symptoms or major depressive disorder) AND (adults or adults) AND (everyday life or daily life or daily function or daily activities) NOT (covid-19 or coronavirus or 2019-ncov or sars-cov-2 or cov-19)	Total – 8 (1, 2, 4, 20, 21, 27, 28)
Google Scholar	16700 (2017–2023)	depression, affects, daily life activities, adults	Total – 4 (5, 6, 15, 18)

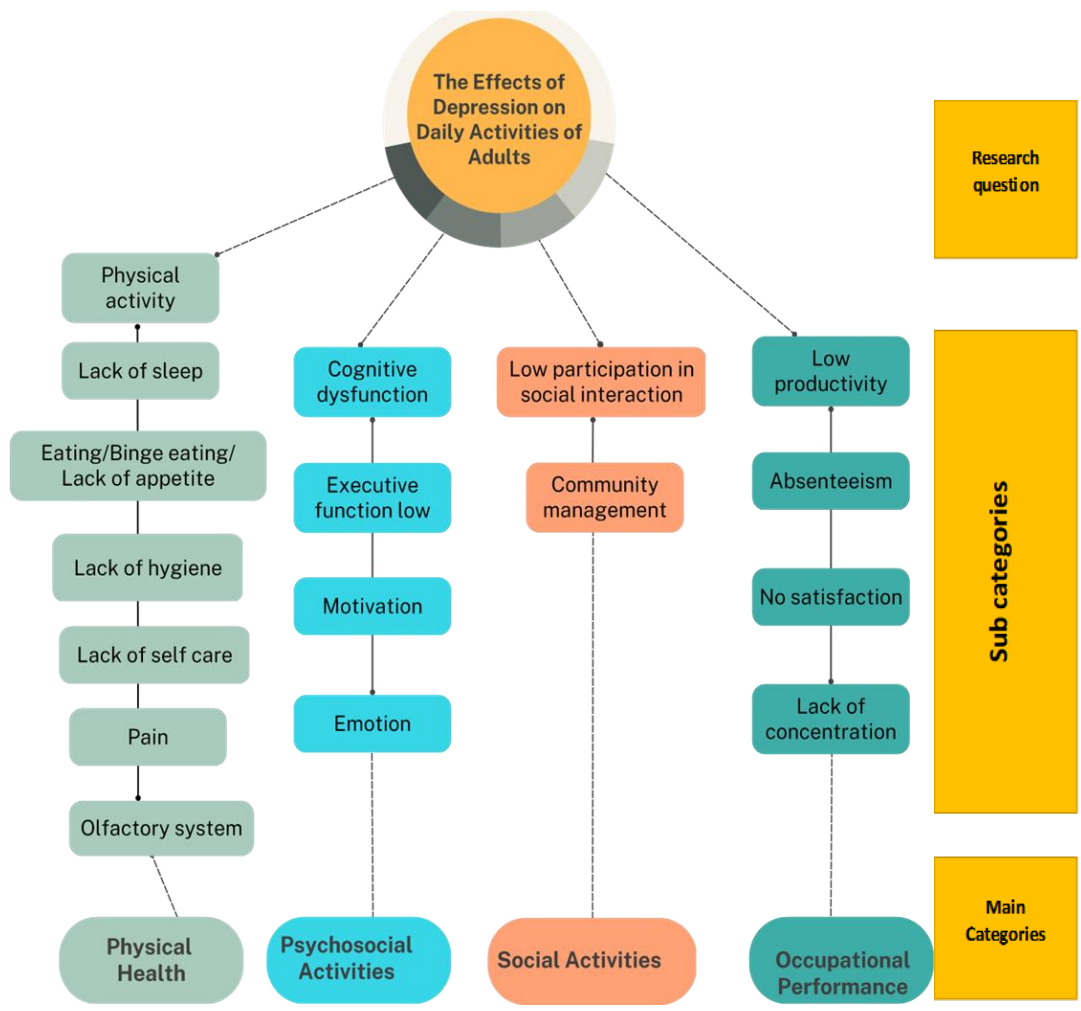
### 4.3 Data analysis

Content analysis method was used to analyse the collected data in this research. Content analysis is the data analysis method which can be used in both qualitative and quantitative data. In this method the data is analysed either by inductive or by deductive method. In this literature review the inductive method was used. Inductive content analysis is utilized when there is a lack of prior research on a particular phenomenon (Elo & Kyngäs, 2008).

The process of inductive method can be represented into three stages, and they are preparation, organization, and reporting. The preparation phase started with selecting the unit of analysis which is a word or theme. In the inductive approach, the next step after preparation is organizing the data which involves open coding, creating categories and abstraction. Open coding involves writing down the notes and headings while reading the material and collecting these headings onto coding sheets. Categories are freely generated at this stage and grouped higher order headings to reduce their number. Data is classified or categories based on relevant keywords. Abstraction in research involves creating a general description of the topic by generating categories and naming them with content characteristic words. Similar subcategories are grouped under main categories based on similar events and incidents. The process of abstraction continues (Elo & kyngäs, 2008).

The analysis was done by following the inductive process. At first, all the articles were read and started to collect notes and information at the same time. In the second steps, the collected data were organized which includes open coding by creating sub-categories. After this, data is organized into main categories. At last, the main categories are physical health, psychosocial activities, social activities, and occupational performance places with the suitable sub-categories.

Fig 2. Content analysis results



## 5 RESULTS

### 5.1 Physical health

Physical health refers to a condition of being well, where all the body's internal and external components such as organs, tissues, and cells can operate as intended. Any movement of the body produced by skeletal muscles and requires energy refers to physical activity. It includes the movement during leisure time or as a part of a person's work. The relationship between physical activity and depression seems to be bidirectional. Depressive people are typically less active, whilst lower level of physical activity increase the risk of depression. Adults with major depressive disorder engages in low level of physical activity and prominent levels of sedentary behaviour (Schuch, F., et al. 2017). Disturbed sleep is a very distressing symptom which has massive impact on quality of life in depressed patients. 97% reported sleep difficulties during depression and 59% indicated that poor sleep significantly affected their quality of life (Nutt, D., et al. 2022).

Experiencing symptoms of depression was found to be associated with an increased tendency to engage in emotional eating. Emotional eating was identified as a predictor of greater BMI (Body Mass Index) gain, even after considering the influence of depressive symptoms. The relationship between depression and obesity is bidirectional, that depression can lead to subsequent weight gain and development of obesity, and it is also possible that obesity leads to later development of depression (Kontinen, H., 2020). Olfactory dysfunction refers to the impairment of the sense of smell, which can range from reduced ability to detect or identify odours to a complete loss of the sense of smell. Depression has been found to increase the risk of olfactory dysfunction. Both the depression and olfactory dysfunction have been linked to changes in the brain's limbic system, which participates in emotion and memory processing. Inflammation and oxidative stress, which is associated with depression also play a role in olfactory dysfunction (Rochet, M., et al. 2018).

Rumination is a cognitive process characterised by repetitive, negative, and self-focused thoughts that are often associated with depression. Higher level of rumination is associated with reduced positive effects of daily activity participation in people with



depressive order. The result shows that rumination may interfere with the positive effects of these activities which leads to reduced self-care and poorer outcomes (Huang, L., et al. 2022). Depression has a significant impact on individual's daily functioning, including their ability to engage in self-care activities (Hanson, B., et al. 2017). Individuals experiencing depression have difficulty with self-care activities such as maintaining personal hygiene, including tasks such as applying makeup, showering, getting dressed, and so on. They may also experience issues with establishing daily routines, managing stress and relaxation, sleep disturbances, and difficulty waking up in the morning (Gunnarson, AB., et al. 2023). Depression has been found to increase the risk of painful condition. The impact of depression and pain on health status and health utility ratings is greater when these conditions co-occur. Individuals with both depression and painful conditions are likely to experience greater impairment in their health status and overall quality of life (Patten, S., B., et al. 2014).

## 5.2 Psychosocial activities

Psychosocial function can be described in two ways: on a smaller scale, it refers to our capacity to manage social and environmental challenges in our daily lives, such as maintaining employment and relationships. On a larger scale, it encompasses our efforts to achieve meaningful life goals, such as self-fulfilment (Knight, M., J., et al. 2018). Cognitive dysfunction is a common feature of major depressive disorder. It can affect multiple cognitive domains, including attention, memory, executive functioning, and processing speed. The severity of cognitive dysfunction in major depressive disorder is related to the severity of depressive symptoms, with more severe depression being associated with greater cognitive impairment (Knight, M., J., et al. 2018). Cognitive impairment is associated with poor psychosocial functioning in major depressive disorder. Cognitive deficits were found to be associated with impaired occupational functioning, social functioning, and activities of daily living (Cambridge, R., O., et al. 2018). Executive functioning deficits are common in individuals with mood and depressive disorders. Those deficits can impact an individual's ability to regulate emotions, inhibit negative thoughts and behaviours, and engage in goal directed behaviour.

People with major depressive disorder performed poorly on executive functions domains of working memory and speed of verbal inhibition and divided attention. They

have greater difficulty generating optimal solutions for challenging interpersonal situations (Walter, M., et al. 2018). Experiencing feeling of sadness, hopelessness, lack of motivation, and low self-esteem are symptoms commonly associated with depression. These symptoms can have a significant impact on person's ability to function in various aspects of their life, such as work, socializing, and taking care of oneself. The more severe these symptoms are, the more difficulties for person to engage in these activities and take care of themselves (Malkki, K., V., et al. 2023).

### 5.3 Social activities

Social functioning refers to an individual's ability to engage in social relationships and activities as well as their ability to communicate effectively and adapt to social situations. Individuals with depressive and anxiety disorders often experience difficulties in their social functioning, such as social withdrawal, reduced social support and impaired interpersonal communication (Saris, I., M., J., 2017). Individuals with depression may experience challenges with social interaction and community management, such as visiting various locations and attending meetings or events. Using public transportation may also be difficult for them. Additionally, individuals with depressive disorders may struggle with both short-term and long-term planning, including managing household finances and paperwork, as well as communicating with government agencies and housing authorities (Gunnarson, AB., et al. 2023). People with depressive disorder also experienced problems with maintaining contact with family and friends. They faced problems with maintaining balance between being in a social context and being alone (Gunnarson, AB., et al. 2023).

### 5.4 Occupational performance

Mental health conditions, such as depression, anxiety and stress have significant impacts on workplace productivity, including absenteeism, presenteeism, and reduced work performance. The factors that contribute to these impacts, such as cognitive and behavioural symptoms of mental health conditions, workplace stressors, and the stigma associated with mental health. There was straightforward evidence that poor

mental health measured as depression and anxiety was associated with lost productivity (Oliveira, DC., et al. 2022).

Occupational functioning refers to an individual's ability to perform tasks and activities related to work, school, and leisure. Depression and anxiety can significantly impact an individual's ability to perform daily activities and tasks related to work, school, and leisure (Gunnarson, AB., et al. 2023). There is a correlation between low ratings of occupational balance and levels of anxiety and depression, as well as quality of life and occupational performance (Wagman, P., et al. 2019).

## 6 DISCUSSION

Twenty-eight articles were reviewed to give the answer to research question- "how does depression affect daily life activities of adults?" The research was conducted with the purpose to find the impacts of depression in physical health and human behaviour. The objective of this research was to identify the daily activities impacted by depression in adults. Orem's "Self-care theory" has been used to formulate the theoretical framework in relation to the research.

### 6.1 Findings

The findings of the research suggest that depressive people have many issues in physical health, psychosocial activities, social activities and in occupational functioning. Research has shown a bidirectional relationship between physical activity and depression. Individuals with depression tend to be less physically active. Depression has a remarkable impact on people's daily functioning and capacity to engage in self-care activities. Depressive symptoms are associated with emotional eating that causes elevation of BMI (Body Mass Index). Findings suggest that interventions addressing both mental health and healthy eating habits are essential in effectively managing the concurrent presence of depression and obesity. People with depressive disorder who engage in rumination, which is a repetitive and negative cognitive process focused on oneself, may encounter interference with the positive effects of daily activities. This

interference can direct to reduced self-care and promote negative outcomes. Major depressive disorder is related with a higher possibility of evolving painful situation, resulting in greater barrier to an individual's health and well-being. People with depression frequently face cognitive impairment that impacts several mental processes, like attention, memory, problem-solving, and the speed of knowledge processing.

The findings also indicate that more the cognitive dysfunction higher, the severity of depressive symptoms, and the impairment in cognitive functioning relates to insufficient psychosocial performance in individuals with major depressive disorder. (Knight, M., J., et al. 2018) Individuals diagnosed with major depressive disorder may face difficulties in regulating their emotions, inhibiting negative thoughts and behaviours, and participating in goal-directed activities. Symptoms like feelings of sadness, hopelessness, lack of motivation, and low self-esteem are related to greater impairment in psychosocial functioning, which can suppress an individual's capacity to significantly engage in social relationships and activities. Social functioning challenges in individuals with depression requires intervention that focuses on promoting social support, enhancing people skills, and providing opportunities for meaningful social engagement. Tailored support and resources should be provided to facilitate participation in social activities and help individuals with depression overcome barriers to community engagement.

Mental health conditions, including depression, anxiety and stress have significant impacts on workplace productivity. Poor mental health measured as depression is associated with lost productivity including absenteeism, presenteeism and reduced work performance. Occupational functioning encompassing work, school and leisure activities are significantly affected by depression. Interventions aimed at reducing workplace stressors, improving mental health support in the workplace are crucial for fostering positive occupational outcomes. Furthermore, promoting a balanced approach to work, school, leisure activities can enhance occupational functioning and overall wellbeing in individuals with depression.

## 6.2 Interpretation of self-care theory and nursing intervention

The self-care theory proposed by Orem (Nurse labs, 2021) suggests that individuals can care for themselves and take responsibility for their own health. The conceptual framework of the theory also supports that if an individual is incapable to perform self-care activities properly, they need nursing agency's help. Nurses have a significant role in promoting self-care behaviours in patients with depression. Based on the findings, nurses can apply interventions that promote physical activity and healthy eating habits to minimize the risk of depression and emotional eating. Nurses can also guide patients to produce coping strategies to manage rumination and other negative thoughts that interfere with self-care activities. Furthermore, nurses can educate patients on the bidirectional relationship between depression and painful situations and motivate them to seek treatment for any pain symptoms that may worsen their depression. Additionally, nurses can offer cognitive rehabilitation to patients with cognitive dysfunction to enhance their psychosocial functioning and executive functioning. This can help depressive people to regulate emotions, suppress negative thoughts and behaviours, and involve in goal-directed behaviour, leading to better overall outcomes. However, new data was found from some articles which was beyond the thoughts. Depressive people perceive the symptom of olfactory problem. The shared involvement of brain's limbic system, inflammation, and oxidative stress contributes the link between depression and olfactory dysfunction.

Overall, depression has a significant impact on individual's daily functioning, hindering their ability to effectively participate in self-care activities, social relationships, and perform adequately in their occupation. Nurses can play a crucial role in promoting self-care behaviours and implementing interventions that address the bidirectional relationship between depression and physical health, cognitive dysfunction, and painful conditions. From this, nurses can help individuals with depression to improve their quality of life and achieve better overall outcomes.

### 6.3 Ethics

The purpose of research ethics is to promote the research, such as expand the knowledge. They promote the values required for cooperative work, mutual respect, and fairness among the researchers (SkillsYouNeed, 2017). The research was done considering the general ethical principles. Those principles are the researchers respect the dignity and autonomy of human research participants, the researchers respect material and immaterial cultural heritage and biodiversity, and the researcher conducts their research so that the research does not cause significant risks, damage or harm to research participants, communities, or other subjects of research (TENK, 2019). The research was done by following RCR guideline (Responsible Conduct of Research). The research follows the principles that are supported by the research community, which includes honesty, transparency, and accuracy while doing research as well as documenting, presenting, and evaluating the research results (Finnish National Board on Integrating Research, 2023). Before conducting the research, an agreement of all responsibilities and rights was sign by each member (authors and school). Research followed all the rules that the University of Applied Science (Diakonia Amattikorkeakoulu) has set for drafting the thesis. To acquire the reliability and quality, scientific databases was used to search the articles. Each source that are used in the study were quoted accurately to give credit and respect for other researcher`s work. Reviewed articles are analysed and carefully synthesized, to avoid conflict and bias.

### 6.4 Strength and limitation

This research holds several strengths that increase the reliability and validity of the results. The research has been carried out in a systematic way. The findings are collected from the scientific articles by reviewing them. Only selected and useful sources are incorporated according to need for the study. Quotation and citation for every information taken from other sources were done throughout the study.

Many challenges have been faced in finding articles specifically from Europe and the adult age group of 19-44. Consequently, article search was expanded to include articles from other regions also and extended the age group from 19-65 to obtain the most relevant information for the research.

## 7 CONCLUSION AND RECOMMENDATION

The study provides a clear insight of how depression affects the daily lives of adults. From the reviewed articles, it was found that depression has negative impacts on an individual's physical health, psychosocial activities, social activities, and occupational functioning, which affects their ability to perform daily activities. The study has also explained about the role of self-care theory and nursing intervention to manage depressive symptoms. Individuals can be empowered to manage their depression and improve their daily activities, by utilizing the self-care theory and nursing intervention.

People with depression often do not get early and suitable treatment. Worldwide, less than half of individuals with depression receive any form of treatment. Comparatively, it declines to less than 10% in low and middle-income countries (WHO, 2017). So, early diagnosis and appropriate treatment is essential to manage depressive symptoms. As a result, this promotes the daily functioning and wellbeing of an individual.

## 8 PFROFESSISONAL DEVELOPMENT

This research has helped to develop professional skills as well as enhances the ability to perform research. The concept of the research process and the methodologies involved in conducting research have been acquired through the learning experience. Competence to draft well-structured research was gained after this study. Critical thinking, executing figures and tables, improvements in presentation skill are some of the personal growths that can help in professional life as well. Also, as research was conducted in a peer, it enhances the ability to work in a group or multi-professional team.

The study has provided specialized and deepen knowledge on the related topic. Being nurse as a profession, this can help in the proper assessment of the patient and can aware them about symptoms and effects of depression. Knowledge achieved from this

research can be share among colleagues or other people which helps in the health promotion. With the knowledges gained from this study, nurses contribute to improve health of depressive patients, as a result it can promote nursing profession.



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## APPENDIX 1. Research articles review analysis

The research articles were analysed and evaluated according to the below table.

Article number	Author(s)/ Year	Article Title	Study aim	Research method, data collection, analysis	Study results	Findings
1	Cambridge, R., O., et al. (2018)	The clinical relationship between cognitive impairment and psychosocial functioning in major depressive disorder: systematic review	To systematically review the literature on the relationship between specific cognitive impairments and psychosocial functioning in major depressive disorder.	Systematic literature review with cross sectional studies and longitudinal studies	In all five studies, depression was found to be a significant factor contributing to occupational dysfunction. The findings suggest that individuals with deficiencies in executive functioning and information processing tend to require assistance and motivation to complete everyday tasks	The impairments in executive functioning, attention and memory are linked to long term difficulties in daily activities, occupational performance, and social functioning among individuals with major depressive disorder.
2	Walters, M., et al. (2018)	Overview of executive functions in mood and disorders:	To identify and form a working knowledge of the structure of executive functions and to describe what extent EF	Literature review with component analysis and multiple regression analysis	Being diagnosed with MDD is associated with decreased performance on tasks that require inhibition, regardless of age.	MDD patients exhibit deficiencies in working memory and verbal inhibition speed, as well as

		A review of the literature	may affect ones' provision of self-care within the context of diagnosed depressive disorder.		Although some studies suggest that individuals with either past or current depression exhibit only mild memory deficits, or no differences compared to healthy controls. Mental flexibility is a critical component for effective decision making and problem solving.	struggles with divided attention in executive functioning domains. They also have more difficulty generating effective solutions for complex interpersonal situations.
3	Gunnarson, AB., et al. (2023)	Occupational professional problem with people in depression and anxiety	To describe what problem people with depression or anxiety disorder experience when performing everyday occupations	Descriptive and cross-sectional method. Data collected from 118 participants and majority were female	From the reports of the participant's, commonly faced problems were self-care, productivity, and leisure. Functional mobility, community management and household management are also significantly affected by depression or anxiety. Occupational life is affected.	People with depression or anxiety experience various kinds of problems in their daily life as well as in their professional life. Self-care, productivity, and leisure are major areas. Their occupational outcomes will be lower and satisfaction towards their works comparatively low.
4	Schuch, F., et al. (2017)	Physical activity and sedentary behaviour in people with major depressive disorder: A	Investigate levels of physical activity and sedentary behaviour and their predictors in people with MDD	Systematic review according to the MOOSE guidelines and PRISMA statement, Meta-analysis	The proportion of people with MDD not meeting the recommended physical activity guidelines was 67.8%, which was higher in studies relying	Individuals with major depressive disorder exhibit minimal physical activity and significant amounts of sedentary behaviour. PA and SB are



		systematic review and meta-analysis			on objective versus self-report measures (85.7% v 62.1%), People with MDD were less likely than controls to meet recommended PA guidelines.	independent predictors of mortality, therefore future lifestyle interventions targeting both the prevention of SB and adoption and maintenance of PA are warranted.
5	Kontinen, H. (2020)	Emotional eating and obesity in adults: the role of depression, sleep, and	Focused on the symptoms of depression, emotional eating and development of obesity, Interaction between sleep duration and emotional eating in affecting weight gain, examining emotional eating and other eating behaviour dimension in the context of genetic architecture	Literature review with observational studies and cross-sectional studies	People who experience higher levels of depressive symptoms tend to report greater levels of emotional eating.	Emotional eating is one pathway linking depression with weight gain and obesity. Experienced symptoms of depression were found to be associated with an increased tendency to engage in emotional eating, while emotional eating was identified as a predictor of greater BMI gain.
6	Nutt, D., et al. (2022)	Sleep disorders as core symptoms of depression	Links between sleep and depression	Clinical and epidemiological studies, Postal questionnaire	97% reported sleep difficulties during depression and 59% of these denoted that poor sleep significantly affected their quality of life.	Individuals with depression typically experience disruptions in their sleep patterns, resulting in reduced sleep efficiency and increased wakefulness compared to individuals without the disorder.

7	Jiang, Y., et al. (2022)	Relationship of depression and sleep quality, disease, and general qualities	To study the relationship between the depression and related factors	Questionnaires	People with depression have little interest or pleasure in doing things, feels down or hopeless, problem in sleep, poor appetite, low energy, movement might be slow or too fast that other people notice and problem in concentration like reading	Education, exercise, kinds of insomnia, habit of 1 h before bed, diagnosed depression and coronary heart disease affect the depression.
8	Huang, L., et al. (2022)	Higher rumination tendency is associated with reduced positive effects of daily activity participation in people with depressive order	To examine the differences in daily activity participation profiles between clinically depressed with higher versus lower rumination tendencies, with the hope to provide insightful suggestions for improving the quality of life of ruminative individuals with major depression.	cross-sectional design and questionnaire based, Statistical analysis	Individuals with a greater tendency towards rumination tended to spend more time participating in activities but reported lower quality of participation. They were primarily motivated by meeting the expectation of others rather than their own interest. These individuals attributed their participation difficulties to a lack of support from family, indicating that their tendency towards unhealthy rumination may stem from a lack of positive emotions	For people with a greater tendency towards rumination, engaging in activities for unhealthy reasons appears to be a significant factor in reducing the quality of their participation.

					experienced during daily activities.	
9	Lin, C.H., et al. (2014)	Depression and pain impair daily functioning and quality of life in patients with major depressive disorder	To study the effects of depression and pain on the impairment of daily functioning and quality of life (QOL) of depressed patients.	Cross sectional study with small sample size of acutely ill inpatients with major depressive disorder	Depression and pain separately as well as together impaired daily functioning and quality of life in the patient with major depressive disorder. It means that depression effects daily functioning and quality of life is mediated by pain or vice versa did not satisfy the study. So, they were rejected.	The impact of depression and pain on the daily functioning and quality of life of depressed individuals is direct and is expected even if only one of the two conditions is present or if both conditions are present. Pain appears to be different from depression in terms of its effects.
10	Milanovic, M., et al. (2018)	Functional competence in major depressive disorder: Objective performance and subjective perceptions	To identify the difference between MDD and HC in term of functional competency and self-perception	Between-group analysis. A cross-sectional study precluded the ability to interpret causality of results. Functional disability was determined by interview	Functional competency (successful performance in job) and interpersonal competency in MDD are significantly worse in compared to HC. People with MDD has greater adaptive disability and lower perceive competency than HC.	People with MDD significantly have worse functional and interpersonal competency, greater adaptive disability, and lower self-perception in compared to Healthy comparison
11	Pitanupong, J., et al. (2022)	Residual symptoms and their associated factors among Thai	To examine residual symptoms of depression	cross-sectional study, Descriptive statistics analysis, and logical regression.	Regarding the objectives, 45.4% of participants reported having residual depressive symptoms which	50% of patients with depression continue to experience residual symptoms that vary widely between

		patients with depression: a multihospital - based survey	and their associated factors among patients with depression.		included sleeping problems (71.2 %), feeling down (62.6%), lack of pleasure (62.3%), and poor appetite (61.9%). The associated factors related to residual symptoms were younger age, high educational level, and having physical illness.	individuals. In addition to receiving appropriate treatment, personalized and individual approach that targets symptoms remission, functional recovery, and an overall improvement in quality of life is crucial for achieving successful recovery.
12	Wagman, P., et al. (2021)	Factors associated with higher occupational balance in people with anxiety and/or depression who require occupational therapy treatment	To describe occupational balance in people suffering from anxiety and or depression and the factors that are associated with better self-rated occupational balance.	descriptive cross-sectional study and randomized control trail (RCT), descriptive statistics analysis	Participants with higher levels of anxiety and depression tended to have lower ratings of occupational balance, as well as lower ratings of quality of life, occupational performance, and satisfaction with occupational performance. Logistic regression analysis demonstrated that high quality of life, high satisfaction with occupational performance, and lower levels of depression were associated with a greater	Increased satisfaction with both life and everyday occupational performance are key factors for achieving occupational balance among individuals diagnosed with anxiety or depression.

					sense of occupational balance.	
13	Hong, J., P., et al. (2022)	Functional status and return to work in people with major depression: a 3year national follow-up study	Major depressive disorder affects a person's function of daily life activities, including work participation.	Taiwan data bank of persons with disability, Regression analysis	Returning to work was found to have a significant association with improved cognitive functioning, mobility, ability to care for oneself, social interactions, life activities and participation compared to remaining unemployed.	Individuals with MDD commonly experience difficulties with various aspects of functioning, including cognition, mobility, self-care, social activities, and participation. Returning to work has been found to have a positive association with functional improvements in patients with MDD.
14	Choi, Y. H., et al. (2021)	Impact of Insomnia Symptoms on the Clinical Presentation of Depressive Symptoms: A Cross-Sectional Population Study	To study the impact of clinically significant insomnia symptoms and clinically significant depressive symptoms and vice versa.	This data is collected from the Korean Headache-Sleep Study (KHSS), a nationwide cross-sectional population-based survey regarding headache and sleep	The prevalence of depressive symptoms was comparatively higher in the participants with insomnia symptoms than in those without insomnia symptoms (25.9 vs. 1.7%, respectively).	Individuals who have symptoms of depression were found to be more likely to also have symptoms of insomnia, compared to those people who did not consists of signs of depression.
15	Rochet, M., et al. (2018)	Depression, Olfaction, and quality of life: A mutual relationship	The links between olfactory processing, depression, and quality of life.	Observational	Depressed patients tend to rate unpleasant odours as more unpleasant than those without depression, while pleasant odours are	Depression and olfaction both involve various regions of the brain and individuals with depression

					perceived as less pleasant. This suggests that altered olfactory perception can serve as an indicator of depression.	often experience a diminished sense of smell. Olfactory dysfunction can have a negative impact on the quality of life of individuals in multiple areas, including food enjoyment, social-interaction, and work-related activities.
16	Knight, M. J., et al. (2020)	The association of cognitive deficits with mental and physical Quality of Life in Major Depressive Disorder	To study how specific cognitive domains such as attention and spatial cognition are related to specific impairments in both mental and physical quality of life in individuals with a history of major depressive disorder (MDD).	Cognitive Function and Mood Study (CO-FAMS), a cross-sectional study of emotional, functional, and cognitive status in individuals with mood disorders.	The study found that deficits in both immediate and delayed memory were associated with reduced mental quality of life in individuals who have a history of MDD, as well as those who are currently experiencing depression. However, cognitive functioning did not appear to affect mental quality of life in individuals who had been previously diagnosed with major depressive disorder.	In cases of acute major depressive disorder, deficiencies in immediate and delayed memory may contribute to decrease in mental quality of life. However, cognitive deficits do not seem to impact physical quality of life. As such, memory should be regarded as important cognitive treatment objective for individuals with MDD who experience a decline in mental quality of life.

17	Patten, S. B., et al. (2014)	Depression and painful conditions: patterns of association with health status and health utility ratings in the general population	to examine patterns of health utility ratings in community populations with depressive disorders and painful conditions.	Data collected from two Canadian cross-sectional health surveys that obtained Comprehensive Health Status Measurement System/Health Utilities Index Mark 3 (HUI3) ratings and identified people with painful conditions and major depression	It is found that some notable differences between health state ratings and diagnostic categories. For instance, even though 71% of individuals who were diagnosed with migraines have no pain, their utility ratings were still less than those of individuals who did not experience depressive episodes or painful conditions. Additionally, the study found that HUI3 scores were significantly reduced when both depressive disorders and painful conditions were present, indicating that the negative impact on overall health was more than just additive.	The ratings of health utility validate the clinical observation that conditions causing pain and depressive disorders can exacerbate each other's effects. Despite discrepancies between the definition of health states used in the utility ratings and the diagnostic concepts being studied, the HUI3 method appears to capture the decline in health-related quality of life and negative interaction resulting from the coexistence of painful conditions and depressive episodes.
18	de Oliveira, C., et al. (2022)	The role of mental health on workplace productivity: A critical review of the literature	To review the relationship between mental health and lost productivity and undertake a critical review of the published literature.	Critical review, narrative synthesis	There was straightforward evidence that poor mental health mostly measured as depression and anxiety was associated with lost productivity	Depression was the most frequently studied disorder, followed by comorbid depression and anxiety, in workplace re-

					i.e., absenteeism and presenteeism.	search. The most investigated workplace outcomes were absenteeism and presenteeism, and there is a link between mental disorders and both absenteeism and presenteeism.
19	Fried, E. I., et al. (2014)	The Impact of Individual Depressive Symptoms on Impairment of Psychosocial Functioning	To study impact of depressive symptoms on impairment of psychosocial functioning	Data was collected from 3,703 depressed outpatients in the first treatment stage of the Sequenced Treatment Alternatives to Relieve Depression (STAR*D) study.	Moderately severe levels of impairment; 307 (8.3%) individuals did not show impaired functioning, 875 (23.6%) exhibited significant functional impairment, while 2,521 (68.1%) reported severe functional impairment.	From the result It is found that from the sample of 3703 participants, 2521 was reported to have severe impairment in psychosocial functioning
20	Dingemans, E., A., et al. (2019)	The influence of depressive symptoms on executive functioning in binge eating disorders: A comparison of patients and non-obese healthy controls	To compare executive functioning of patients with binge eating disorder (BED) and no to mild depressive symptoms, Patients with BED and moderate to severe depressive symptoms and healthy controls, matched on age, education level and gender	Eating disorder examination-questionnaire, Beck depression inventory, neuropsychological test, Statistical analysis	Patients with moderate to severe depressive symptoms had the highest score on the EDE-Q, indicating more significant eating disorder symptoms, while healthy controls had the lowest scores. Patients with no-to-mild depressive symptoms had scores falling in between those groups.	Patients with Binge eating disorders with more severe depressive symptoms tends to experience more deficits in daily life than those less severe depressive symptoms.



21	Malkki, K., V., et al.(2023)	Associations between specific depressive symptoms and psychosocial functioning in psychotherapy	To examine whether some symptoms are more important than the others in the association between depression and functioning over the course of psychotherapy treatment.	Participants and study description, structural equation models, logistic regression analysis	changes in depressed mood or hopelessness, problems with sleep, feeling tired, and feeling little interest or pleasure associated with improved functioning during psychotherapy. The strongest evidence for symptoms-specific effect was found for the symptoms of depressed mood or hopelessness.	Changes in certain symptoms during psychotherapy may affect functioning independently of underlying depression. Depressed mood or hopelessness has a role in the dynamic relationship between depression and functioning.
22	Iancu, S. C., et al. (2020)	Long-term disability in major depressive disorder: a 6-year follow-up study	This study the course of disability in patients with chronic, recurrent, and remitting MDD compared to healthy controls and determines predictors of disability in remitting MDD.	Data collected from participant's linear regression analysis method is used	Most disability was found in chronic MDD. Across diagnostic groups, most disability was found in household activities, interpersonal functioning, participation in society and cognition. A chronic course was associated with chronic disability. Symptom remission was related with a decrease in disability, but some disability remained. In remitting MDD, higher resid-	Symptomatic remission is a necessary for betterment in disability. However, disability remain despite symptom remission. Therefore, treatment of MDD should include an explicit focus on disability, especially on the more difficult area.

					ual disability was predicted by older age, more severe avoidance symptoms, higher disability at baseline and late symptom remission. Severity of residual disability correlated with the severity of residual depressive symptoms.	
23	Saris, I. M. J., et al. (2017)	Social functioning in patients with depressive and anxiety disorders	To study and analyse depressive and anxiety disorders significantly hinder adaptive social functioning, even after remission	Data from the Netherlands Study of Depression and Anxiety (NESDA),	The research findings indicate a notable rise in social dysfunction among individuals with both anxiety and depressive disorders with the most severe impairment occurring in those with comorbid conditions, followed by those with either anxiety or depression alone. The study reveals that even individuals in remission continue to experience social functional difficulties. Furthermore, the level of perceived social disability in patients was found to pre-	Patients having both anxiety or depressive disorders experience impairments in both behavioural and affective indicators of social functioning. Those people who have comorbid disorders experiencing the most severe impairments. Even after the affective symptoms have been treated and patients have achieved remission, there are still residual impairments in their social functioning. In addition, social dysfunction in pa-

					dict the persistence of depressive diagnoses up to two years later.	tients appears to be predictive of future psychopathology.
24	Lex, H., et al. (2019)	Quality of life across domains among individuals with treatment-resistant depression	To study quality of life in individual with treatment resistance depression	Observational Study Method, cross-culturally validated questionnaire.	Mean quality of life score with treatment resistance depression were low in physical and psychological domain	Among individuals with treatment-resistant depression, QoL is lowest in the psychological and physical domains
25	Knight, M. J., et al. (2018)	Cognitive dysfunction in major depressive disorder	To highlight recent advances in our understanding of cognitive dysfunction in major depressive disorder	Literature review, developed screening tools	cognitive dysfunction is broad and negatively affects several psychosocial functioning domains independently of mood symptoms.	Impairments in cognitive functioning can lead to a decline in work efficiency and have a broad impact on various aspects of daily life and social functioning. These findings imply that cognitive dysfunctions interact with emotional and social factors relevant to MDD.
26	Hanson, B., et al. (2017)	Understanding the Impairment Associated with Depressive Symptoms	To study the impairment cause by depressive symptoms	Semi structured interviews involve 18 participants	Depression have negatively impact various aspects of individual life, their cognitive abilities, physical mobility, ability to care for themselves, social interaction, participa-	With the identification of client's experience, help to find out the different impaired domain due to depressive symptoms

					tion in community activities and completion of daily tasks.	
27	Sabet, M., S., et al (2021)	The Rhythm is gonna get you: Social rhythms, sleep, depressive and Anxiety symptoms	To examine the role of sleep thoughts and behaviours as mediators of the association between social rhythms and mental health symptoms of depression and anxiety.	Sampling study of 3284 adults, regression analysis	The greater social rhythmicity is directly associated with less depressive and anxiety symptoms, and that healthier sleep behaviours and thoughts mediate the association.	The study examines the significant role that lifestyles regularity plays in the development of depressive and anxious symptoms in a diverse sample of adults of all ages. The complementary role for both sleep behaviours and thoughts by demonstrating their concurrent links between regularity and mental health.
28	Cha, D. S., (2017)	Cognitive impairment as measured by the THINC-integrated tool (THINC-it): Association with psychosocial function in major depressive disorder	To study respective effects of cognitive function and depression severity on impaired psychosocial function in MDD.	To study respective effects of cognitive function and depression severity on impaired psychosocial function in MDD.	Individuals with MDD showed a more pronounced decline in psychosocial functioning compared to those without disorder. Also, the cognitive deficit is strongly related with the psychosocial impairment	Cognitive deficits in patients with MDD, has been found to have a strong association with psychosocial impairment