



# Capitalism and the Depression

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**Abstract**— *The promising project of proving the influence of capitalism as a cause of depressive disorders, including suicide, will be morally, legally and politically compromised if it is not theoretically and methodologically carried out at the level of the possibilities of modern science in the field of psychiatry, (industrial) psychology and philosophy of existence. Pre-industrial society was based on the passive possession of land, industrial society on the active exploitation of capital. Modern professional society is based on human intellectual capital, which is created by the affinity, talent and education of the individual. The basis of capitalism is a class society, and this socio-economic formation is a "terminal patient" also according to this line, since the class structure has been replaced by a "professional society" and in this way capitalism is losing ground under its feet. In developed countries, already half of the GDP refers to the part of the social fabric that, in addition to capitalism, is occupied by the professional society. The biggest shortcoming of scientists dealing with the connections between capitalism and depression, including suicide, is that they have not yet recognized it. In a professional society, "capitalists" by profession should also be "entrepreneurs" in a vertical business hierarchy with appropriate competencies (attitudes, knowledge, skills), but not members of the ruling class horizontally! The main theoretical-methodological problem for any empirical scientific research is to define the variables in a way that enables operational procedures of the given study, including measurements.*



**Keywords**— *capitalism, depressive disorder, professional society, psychology*

## I. INTRODUCTORY NOTE

### *Law of one variable*

"Capitalism" has been recognized by the monistic theory of cause and effect (the law of one variable) as the independent variable and the cause of the incidence of depression, and depression as the dependent variable and as a consequence and symptom of the noogenic neurosis<sup>1</sup> caused by capitalism [2]. But in the given case, the capitalists and their managers are also "Marxists", they

just do not realize it, because they are convinced that in the world as it is, the driving force of behavior in society is the will to profit, property and the domination of the class of the rich, who have become rich on foreign account.

According to the law of one variable, an effect can be attributed to a certain factor as a cause only if all other factors are constant.[3] [4] The main problem with using the law of one variable is that, in the case of the supposed monistic causal relationship between capitalism and depression, there are actually too many factors "in play" to hold all but one factor constant in an experimental setting.

### *Professional society*

In the contribution "Enclosure to the critique of technological determinism and globalism", published in 2001, [4] I summarized and explained in my own way the theory of professions and modern professional society by the English social historian Harold Perkin, which he gave

<sup>1</sup> Neurosis is a psychologically conditioned disorder that affects the personality structure, and its symptoms in the mental and physical functional areas are a direct consequence and a symbolic expression of a pathogenic mental conflict that remains outside of the consciousness sin. psychoneurosis; noogene neurosis occurs when a person falls into spiritual distress, if he loses the meaning and validity of his existence. [1]

in the book »The Rise of professional society : England since 1880« (First published in 1989 by Routledge). [5]

The 20th century is not the century of the common man, but the century of the atypical and increasingly professional expert, said the famous US President Franklin D. Roosevelt.

At the end of the twentieth century, in developed countries, the texture of professional society already dominates over the class structure, despite the existence of class rhetoric and despite class-based political parties.

Professionalism permeates society from top to bottom. The reach of the professional hierarchy in the social pyramid is greater than the reach of capital. More and more jobs require specialized education and expert competences in terms of knowledge, skills, abilities, ethics, to the extent that members of a profession exclude members of other professions as laymen and include the ideal of the social model according to which society should be organized.

In pre-industrial society, the dominant aristocratic ideal was based on ownership and patronage. Passive ownership, mostly of land, was a material guarantee of the ideal citizen: an unemployed gentleman who contributed to political rules and morality and supported art, literature and sports. Patronage allows him to choose the holders of those positions of power and influence that are not based on property. The entrepreneurial ideal of the industrial society was based on active capital and competition, on business investment as the driver of the economy managed by the owner-manager, ideally a "self-made man", who increased wealth and influence and won in open competition on the economic market. The ideal of the working class (never achieved in practice) was the collective ideal of work and cooperation, of work as the only source of value and of co-operative efforts as the fairest mode of exploitation and payment, and of the worker's right to the entire product of labour.

The professional ideal, which is based on expert knowledge and selection according to actual values, differs from the previous three ideals. The professional ideal emphasizes human capital rather than passive or active possession, is distinguished by work that is highly skilled and specialized rather than by a simple labor theory of value, and by selection based on actual values validated as schooled expert knowledge. Just as not all landlords were benevolent gentlemen or capitalist "self-made men" or wage-earners in solidarity with their class, so not all professionals are prepared to accept the fact that success is determined solely by actual value without the aid of kinship, family wealth, or privileged education. Professional society is definitely based on the actual

values of a person, but some people arrive at these values more easily than others.

Ideals compete in a broader context, such as the economic marketplace, and the social marketplace of income, power, and status.

The social structure is the three-dimensional equivalent of a tetrahedron, a three-sided pyramid, and its faces represent class, power and status. These plots are just three ways of seeing the same social reality, from an economic, political and ideological point of view. No factor is more important than the other two; they all have the same meaning until one of them wins the battle. The origin of wealth, power and status can be in any face of the pyramid. The social structure is dynamic and has a fourth dimension of change over time<sup>2</sup> from the inside of the pyramid. The three forces - economic, political and cultural - are different forms of energy that transform into one or both of the other forms. During transformation, a part of the energy that is transferred is inevitably lost.

Professions refer to the indispensability of their specialized products and services to clients, employers, society and the state. Through these means of persuasion, professions seek to raise their status and, through status, income, authority, respect, and self-esteem. In pre-industrial society, only a few managed to transform their human capital into material wealth. In an industrial society, only a few individuals achieved visible wealth with the help of human capital (Bernard Shaw). Only in a post-industrial society are professions fully capable of consolidating human capital (knowledge, skills and abilities = competences) as the dominant form of values.

The question arises as to how professions can transform their services into income producing ownership. Ownership is not a thing or money as we usually think, but a right to rent, interest, profit, service or natural goods. Some theoreticians tend to assume that the investment in specialized education itself brings a differential return without any market influence (except for economic and demographic changes in the supply and demand for specialized work, which cannot be predicted). From the point of view of these theories, a specialized education can only produce a salary, a payment for an immediate service, and this money can be less than the cost of implementation if the supply of a service is oversupplied and undervalued. A profession cannot create ownership - except incidentally

<sup>2</sup> The most famous idea of the Greek sage and philosopher Heraclitus the Dark (535 BC - 470 BC) from Ephesus in Anatolia reads: "παντα ρει και ουδεν μεν". Everything flows, nothing stands still! Changes are the fourth dimension of everything that exists, because everything that exists also changes over time.

- without a mechanism to transform income into a resource that is in short supply. This transformative mechanism is the control of the market by the profession. If a profession, with the active help of the public and the state, has control over the market for an individual service, it will create a certain artificial deficit of supply, and this deficit will produce a rent-bearing effect. A monopoly of individuals is not a necessary condition for earning an annuity, because a deficit supply can appear long before the formation of a monopoly. However, the size of the rent depends on the degree of control over the market, so organized professions are better paid than unorganized professions.

Professional capital, which is more material, e.g. than shares and less vulnerable than most forms of tangible property, capable of self-renewal through the development of expert knowledge and skills, it is therefore the most serious type of ownership, even though it depends on the provision of services. This type of ownership guarantees its owners independence, certainty, the right to criticize without fear of consequences, a position in society that is easy to defend, a position in society that also enables changing society or securing one's own place in society, and above all, individual security and self-confidence to create their own social ideal, the vision according to which society should be organized.

The gradual triumph of the social ideal of professions over the past hundred years has led to the hegemony of human capital and the emergence of a professional society. There is an essential difference between the hegemony of the professional ideal and the hegemony of the aristocratic or capitalist ideal. Aristocratic and capitalist ideals can concern only landowners and capitalists<sup>3</sup>, while the professional ideal applies in principle to every citizen.

Professional status and income depend primarily on the ability of the profession to convince society of the value of professional services, and less so on the market. The professional ideal contains the principle of recognition of all professions necessary for the well-being of society, and the principle of social justice, which applies to the population as a whole, and includes the rights to security and income, equal opportunities for education, decent housing, a clean environment, and work.

The welfare state and basic social security for individuals without professional status (excluded) are a practical expression of the social ideal of the profession. A

<sup>3</sup> "Capitalists" in a professional society are supposed to be "entrepreneurs" by profession in a vertical business hierarchy with appropriate competencies (attitudes, knowledge, skills), but not members of the ruling class in a horizontal social hierarchy!

professional society is not an egalitarian society. All professions are equal, but some are more equal than others. Professional society is not a class society of a binary model with a small ruling class and a large subordinate class, but is a collection of parallel hierarchies of unequal height. Each of these has its own ladder with many slats.

Inequality and rivalry between these hierarchies dominate the class struggle in modern professional society. There is no society in which there is no struggle for income, power and status. The new society is primarily organized hierarchically vertically, but not horizontally according to social classes. The main struggle is between the direct user of budget funds and those who see themselves as the source of these budget funds. Doctors, civil servants, soldiers, social workers, university and government researchers, etc. compete for funds from public funding sources. Managers in private corporations are primarily interested in limiting these resources as much as possible by cutting taxes, but they also lobby the government for contracts, investments, protectionism against foreign competition, support for labor recruitment, etc.

In the system of professions, the state plays an important role as a mediator between competing interest groups, mainly because it disposes of more than half of the GDP, which is especially true for developed countries<sup>4</sup>.

The main conflict in a feudal society was between the aristocracy and the peasantry, in an industrial society between capitalists and workers, and in a professional society the main conflict was between professional groups in the private and public sectors.

There is also a large and important group of non-market-oriented professions in not-for-profit organizations such as universities, churches, charitable trusts, voluntary

<sup>4</sup> In Slovenia, there are differences in salaries between the public and private sectors. The public sector salary system is regulated by the Public Sector Salary System Act (ZSPJS), which defines the basic rules and uniform methodology for calculating and paying salaries. In 2024, salaries in the public sector were adjusted in the amount of 80 percent of inflation, which meant an increase of 3.36 percent. The average gross salary in the public sector was 4.1% higher in March 2021 compared to February 2021. In 2020, the wage gap between men and women in Slovenia was 2.2%, while the gap in the private sector was lower (6.5%) than in the public sector (10.7%). In general, salaries in the public sector are slightly higher than in the private sector, but there are fewer opportunities for promotion and higher positions in the public sector. [6] Workers' participation in company profits and worker participation in company ownership is the biggest project of the Social Democrats of the Republic of Slovenia this year. [7]

organizations, etc. Universities and many research institutes are almost entirely financed by government funds. Trade unions and employers' associations are more closely related to industry. Which of the two main sides will be chosen by workers from non-profit organizations depends on their view of how their income is generated and where their interest lies. As a rule, they identify with professions in the public sector, firstly because in their eyes the state is the last hope, and partly because in the eyes of managers in corporations they are a "overhead costs" like the state itself and an expense that the private sector must take care of.

The clash of interests between professions in the public or non-profit sector and in the private sector helps to explain one of the most vexing questions of modern society: Why do we continue to speak in terms of Ricardo and Marx in the face of global corporate capitalism at the turn of the 21st century, which has very little in common with industrial capitalism from the 19th century? Neo-Richardists (on the right) preach a free market that is, in fact, completely irrelevant to a corporate economy in which very few firms produce most of the output and even fewer dominate a single industry, and the public sector employs a quarter to half of the total workforce. Neo-Marxists also attack the free market, saying it is made up of individual capitalists who own more value than an outrageously sleepy and incomprehensibly unrevolutionary proletariat. At the same time, political parties based on social classes continue to sell their programs in terms of the class division of society, but in fact they represent coalitions of different professional interests.

The answer to the conundrum is that the old class rhetoric just happens to suit the protagonists in the main conflict in professional society very well. Free market ideology suits the profession of corporate managers and their allies because it protects them from the accusation they most fear, viz. that they themselves represent the main threat to competition and the freedom of citizens. They try to hide the fact that competition in the free market excludes inferior competitors and leads to the formation of monopolies, with the aim of portraying themselves as the guardians of consumers and providers of the widest choice of products and services at the lowest price. By associating free choice in the market with the idea of political freedom of individuals, they succeed in portraying themselves as guardians of individual freedom against the tyranny of the state. However, there is no free market without a state and without laws on market conditions, on buyers and sellers, on the understanding and transfer of ownership, on contracts, etc. Without all this, the market would turn into chaos, and the strong would take from the weak everything

they like. The source and origin of freedom is the state itself. Civil society exists thanks to the state, without which we would return to the state of nature described by Hobbes as the war of all against all. Free market ideologues place the laws of nature before the laws of human society. It is the same with political freedom. There can be no freedom without laws, and no laws without the state. Adherents of an absolutely free market deny the right of the state to limit market competition, regardless of the fact that it may end up in a monopoly and restricting the freedom of others. In short, they want to have their cake and eat it themselves, the protection of the country for themselves and not for others against them. After all this, it is easy to understand why professional groups in the private sector are comfortable with the rhetoric of liberalism from the first decades of the 19th century, as this rhetoric promises them a heroic stance against the state, while at the same time benefiting from that same state.

The rhetoric of classical economists is even more suited to professional groups in the public sector. With his theory of value, Ricardo and his socialists, who anticipated Marx's theory of "surplus value" and the right to the entire product of labor, see market competition as a source of inequality and exploitation, and cooperation and collectivism as a cure.

The role of the social ideal is to provide motivation for one path rather than another. For people, interest is the main driving force, but interests themselves and all human affairs are mainly governed by beliefs, wrote David Hume.

The professional ideal motivates members of professional groups to act in the direction of building a society that should correspond as closely as possible to their interests and social role. The members of professional groups are in principle opposed to the evaluation of their competences (knowledge and skills) on the market, but they demand from society to ensure the conditions that the evaluation, which can only be guaranteed by their education and qualifications, is carried out by the profession itself. Not all professions have reached these positions, but all professions strive for it without distinction.

More and more professions have socially agreed pay scales and stable career patterns. The place of agreement should be the social market of prestige and the social value of professional services as a criterion, not the sale of their work on the economic market. This mainly refers to those professions in the old class society whose services were related to society as a whole or to users who could pay the full cost of these services, namely the clergy, the military, doctors, teachers, academics, social workers, librarians, civil servants, etc.

With the exception of managerial tycoons who depend on unpredictable capital gains, most of the managerial profession has also become dependent on pay grades and a stable career hierarchy.

The modern bifurcation of two rival groups of professions in the private and public sectors is definitely based on the incompatibility of interests. Professional groups in the private sector prefer that success be measured by salary and fringe benefits, while in the public sector non-monetary rewards and recognition of honor, fame, influence and prestige that come with the possibility of promotion to a head of a government department play a stronger role. in the army, in the church, in college, etc.

Their different attitudes towards the role of the state are expressed as enmity and alliance with the state. For professional groups in the public sector, the state is a source of wages and financing and a guarantee of their status and prestige, but for professional groups in the private sector, it is a threat to their income and capital and a factor that limits their activities and arbitrariness. Both sides want to gain control of the government: one to secure and expand its work, the other to escape its obstructive control.

The industrial revolution of the 18th and 19th centuries was a social revolution. The professional society of the post-industrial age also represents a new social system. In addition to employers' associations and trade unions, the predecessors of the professional society were primarily professional associations; these are the consequence and symptom, but not the cause, of the development of an increasingly complex and interdependent professional society.

The concentration tendency is typical for the entire economy and also for most other social structures (e.g. trade unions). The opposite trend applies to professional associations. There are more and more of them. Although their membership is generally smaller than that of trade unions, they are very successful in organizing their professional groups. There are more and more schools and universities, hospitals, social institutions, insurance companies, banks, prisons, correctional facilities, the military, etc. State budgets of modern countries amount to around 50 percent of GDP today.

The social division of labor is a common feature of industrial and post-industrial - professional societies and the key to the wealth of all nations. Industrial society was a society of mass industrial production, while post-industrial society is increasingly based on services. Economic growth is associated with the migration of workers from agriculture to industry and the service sector

(Petty's Law<sup>5</sup>). What happened to agriculture in the industrial revolution (deagrarianization of the population; a small number of farmers became able to feed the majority of the population instead of a minority of the non-farming population as before) happened to industry in the post-industrial society (robotization and computerization of production and all major social structures and the deindustrialization of the population: with the use of robots, computers and telecommunication networks, industry has become so productive that a minority is able to produce the necessary goods for the unproductive majority of the population, which is also mostly unemployed). After the "green revolution" in Western Europe and North America, agriculture became even more productive. The green revolution, robotization, computerization and networking have caused major structural changes in the economy, namely unemployment for the majority and opportunities for the minority, especially for information producers.

We know two aspects of the division of labor: specialization and (re)integration.

Specialization leads to professionalism and organized professions. However, it requires greater division and specialization of work, organized in the form of ever-larger companies and institutions, more and more coordination and integration of specialized work processes, i.e. their (re)integration. The need for (re)integration led to the emergence of management not only as a profession, but also as a science (since Taylorism) and the development of business schools. The enormous expansion of the government sector in developed countries demanded the development of such

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<sup>5</sup> Petty's Law, also known as the Three-sector hypothesis, is an economic theory that categorizes economic activities into three distinct sectors: primary sector (involves directly using natural resources; it includes agriculture, forestry, fishing, and mining; these industries extract raw materials from the environment; secondary sector (focuses on processing these raw materials to create "higher level" goods; under this category fall manufacturing, construction, and industrial production; fall under this category; think of factories turning raw materials into finished products; tertiary sector encompasses services.; it includes professions like banking, education, healthcare, entertainment, and tourism; services are intangible and often involve interactions between people. The Three-sector hypothesis was developed by economists Alan Fisher, Colin Clark, and Jean Fourastié in the 1930s. Clark drew inspiration from a speech given by Sir William Petty back in 1690, which is why it is also referred to as Petty's Law. [8]

professions as well as educational institutions and science for this part of the public sector.

The following professions are crucial for a professional society that is also an information society:

- information producers (computer and telecommunications engineers, information specialists and scientists decisive for the development of technological innovations, developers of theoretical knowledge),
- managers,
- civil servants of various profiles.

## II. HOW TO DISTINGUISH DEPRESSION FROM NORMAL MOOD STATES?

Not every depressed mood is depression. We all experience a depressed mood from time to time after any kind of loss (eg, loss of a loved one, financial breakdown, loss from natural disasters, serious illness or disability, end of a significant relationship). The grieving process involves symptoms very similar to depression. Such a depressed mood usually encourages problem solving and action. However, if the symptoms of bereavement do not subside within 6 to 12 months and the suffering and malaise continue, the person may fall into a depressive episode with symptoms of psychosis, suicidal thoughts, feelings of worthlessness and psychomotor retardation, and it is then necessary to seek professional help. [9]

## III. DEPRESSION

Kuster [10] lists eight symptoms of depression: fatigue, insomnia, poor concentration, chest tightness, sadness, irritability, loss of appetite and interest in sex. The cause of depression is the accumulation of stress in the body.

Stress is a state of worry or mental tension caused by a difficult situation, and is thought to be a natural human response that motivates us to deal with challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress has a strong impact on our general well-being. [11]

The number of people with depression and anxiety disorders in the world has been constantly increasing for the last two hundred years. In 1990, there were 416 million sufferers, and in 2013, 615 million. After 2020, depression became the second global health problem, and the number one problem in the female population.

Depression is a disease that affects people of all ages, all walks of life, all occupations and all countries of the world and increases the risk of developing other uninfected diseases such as diabetes and cardiovascular disease,

Depression and anxiety disorders cost the global economy more than a billion dollars annually. [12]

Depression, like other mental illnesses, is usually accompanied by stigma and discrimination in the immediate social environment, which can have the worst consequences, such as suicide<sup>6</sup>.

The blame for suicide lies with the people who were blamed by the suicide for his own death<sup>7</sup>. [14]

## IV. AN UNUSUAL HISTORY OF AN UNUSUAL TEXT

Habent sua fata libelli.<sup>8</sup> [15]

Almost forgotten, and today a real curiosity, is Marx's "unusual text"<sup>9</sup> on suicide [16], which includes in extenso

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<sup>6</sup> During my military service in the "former Yugoslavia", the Socialist Federal Republic of Yugoslavia (SFRJ), in 1966 I got a reassignment in the Department of Mental Health and Military Psychology of the Military Medical Academy - VMA in Belgrade, where as a psychologist I was involved in a suicide project in JLA. Allegedly, according to a CIA report, the JLA saw a significant number of conscript suicides due to discrimination on a national basis! The results of the project confirmed the theoretical-methodological assumptions that the cause of suicides was mental disorders, aggressiveness (e.g. tendency to hunt) turned towards oneself, and neurotic frustration of shame caused by enuresis nocturna in adults. I conducted research to determine the clinical and psychological anamnesis of suicides in the field, which included visits to the families of suicide soldiers in Bosnia and Herzegovina, Macedonia, Serbia, Kosovo and Metohija, and participated in the statistical processing of the collected data for over thirty cases. [13]

<sup>7</sup> Kierkegaard's thought originally reads: "I declare that you are responsible for the guilt, which I will in a certain way bend by holding you guilty of my death."

<sup>8</sup> Terentianus called Maurus (a native of Mauretania) was a Latin grammarian and writer of prosody (metrics) which flourished probably at the end of the 2nd century AD. (Pro captu lectoris) habent sua fata libelli. (Terentianus Maurus, 2nd century AD, verse 1286) (Books have their destiny if we follow the original metrical scheme: "Mysterious are the paths of our books." According to the capabilities of the reader, books have their destiny, depending on the ability of the reader, books have their own destiny).

<sup>9</sup> A good review article, as a rule, has a complex and/or rich "bibliographic curriculum", as it is created from many different sources and, from this point of view, is not "original" like an article by "everyday people" who create their works "by sucking their own little finger". That is why D. J. de Solla Price, a British physicist, historian and information scientist, known for quantitative studies of scientific publications and as a precursor of scientometrics

material by Jacques Peuchet, chief of the Paris police, "On Suicide" and "Suicide and Its Causes."

Marx's essay also has a "unusual history." After it was first printed in the *Gesellschaftsspiegel* in 1846, it was not published again during Marx's lifetime. At the time of publication, the writing was not mentioned in Marx's surviving correspondence. In 1932 it was reprinted in German with extremely sparse notes in volume I.3 of the complete edition of the Marx-Engels Collected Works (MEGA). This volume also contained the much more famous "Economic Philosophical Manuscripts" and "Holy Family". Peuchet's texts on suicide were not included in the Marx-Engels Collected Works (Works Edition, MEW) published in the GDR between 1956 and 1968. MEGA was discontinued in the 1930s. The first English translation appeared in volume 4 of the Moscow edition of the Collected Works of Marx and Engels in 1975, again with very sparse annotations. As part of the second MEGA, which began in Moscow and East Berlin in 1975 and continued under new editorial guidelines under the leadership of West Berlin, the volume containing this text had not yet been published at the time that E. A. Plaut and K. Anderson wrote introductory editorial note to Karl Marx's work "On Suicide".

In 1983, Maximilien Rubel published an abridged French version in Volume 3 of the Gallimard (Marx, CEuvres) edition, to which he also added four pages of editorial notes. In 1992, a French edition was published under the title Marx/Peuchet, *A propos du suicide*. The slim volume contains an introduction by the editor Philippe Bourrinet, editorial notes and additional materials such as the preface published in 1838 by the editor of the *Memoirs from the police archives* (*Memoires tires des archives de la police*) by Peuchet, then chief of the Paris police, from which Marx draws biographical information about abused women who committed suicide. *Memoirs from the police archives* have never been republished. Eric A. Plaut and Kevin Anderson, the editors of the edition I cite, rely primarily on Marx's original 1846 publication and Peuchet's 1838 text, but they also consider all later editions.

In bold type, the editors have highlighted all of Marx's additions to Peuchet's original text. Marx's own emphases are in italics. Where Marx omits Peuchet's material, they have added the missing French text (in translation) as a footnote. A note appears where the discharge begins. For example, if Marx omits words from Peuchet's material at the beginning of a paragraph, the footnote precedes that

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(herald of scientometrics), proposed over a hundred references as a minimum for scientific review articles!

paragraph. They use symbols as annotation symbols. Their explanatory notes are indicated by note numbers and can be found in the footnotes section below.

## V. CAPITALISM

One of the causes that influence the constant increase in the incidence of depression in the world are capitalist socio-economic and political interpersonal relations, especially capitalism in today's neoliberal form. [17]

The characteristics of capitalism (lat caput, capitis) are private property of capitalists, wage labor of workers, market economy<sup>10</sup>, rapid technological development and industrial revolution, property in money, profit (lat profectus), i.e. the profit that the capitalist owns from surplus value by exploiting the workers' wage time expressed in monetary form as a means of increasing the already existing wealth of the capitalists, which affects the ever-increasing social differences between people. The causes of permanent crisis and its own collapse are immanent to capitalism<sup>11</sup>.

Schuster says that modern neoliberalism actually represents "socialism for capitalists and bankers, and capitalism for everyone else"<sup>12</sup>. [20]

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<sup>10</sup> Nobel laureate in economics Joseph E. Stiglitz is known as a critic of "market fundamentalism". The reason the market, like Adam Smith's "invisible hand," often seems invisible is because it often isn't.

Capitalism alone cannot correct its "behaviour". The unrestricted market, that "invisible hand of Adam Smith", often not only does not lead to social justice, but also does not create optimal results, and governments in a democratic society, in addition to the development of democracy, are primarily called to eliminate the shortcomings of markets, because in the political discourse it has a simplified "market fundamentalism" continues to be a huge influence.

<sup>11</sup> For those who are particularly interested in the critique of capitalism and political economy, I recommend the following works: Marx, K., 1867, 1885, 1894. *Das Kapital. Kritik der politischen Oekonomie*. Verlag von Otto Meisner [18]; Piketty, T. 2013. *Capital in the Twenty-First Century* [19] on the concentration and distribution of wealth over the past 250 years; the rate of return on capital in developed countries is persistently higher than the rate of economic growth, which leads to increasing wealth inequality; "Capital and Ideology" from 2019 on income inequality in various historical societies; in 2022 "A Brief History of Equality" on the same topic for a wider audience.

<sup>12</sup> Almost nothing better illustrates this play on words than the existence of a capitalist club to replace Thirdhome millionaire vacation homes. Thirdhome is a community of members from the ranks of home-

Capitalism as a historical socio-economic formation is allegedly the main factor in the destruction of the ecological unity of plants, animals and people and the degradation of the basic conditions for the preservation of life on planet Earth. [21]

George Monbiot said on one of Frankie Boyle's New World Order shows: "We can't do this by just skirting around the problem. We must go straight to the heart of capitalism; and overthrow him". [22]

Monbiot followed up his televised statement in a column in the Guardian with an article with the promising title Dare to Declare Capitalism Dead – Before it Takes us all Down with it. He began with a confession:

"For most of my adult life I have been opposed to 'corporate capitalism', 'consumer capitalism' and 'crony capitalism'. It took me a long time to realize that the problem is not an adjective but a noun."

The Capitalist system is incompatible with the survival of life on Earth. It is time to design a new one. [23]

Capitalism alone cannot fix capitalism!

## VI. "WHY DIDN'T YOU KILL YOURSELF?"

Viktor Emil Frankl started the psychotherapeutic process with the aim of finding and finding the meaning of life with the question "Why didn't you kill yourself?" [24], which is also the title of the book he wrote in 1945, after three years of living in four Nazi camps!

In the context of logotherapy, the concentration camp is a "model", a pattern. Life has its meaning in all conditions and in all circumstances, even in a concentration camp like Auschwitz, pol. Auschwitz.

Frankl is the founder and main exponent of logotherapy, the third Viennese school of psychotherapy next to psychoanalysis (Freud) and individual psychology (Adler). According to Freud, the primary motivating force in man

is the "will to pleasure", according to Adler "the will to power", and according to Frankl the "will to meaning" (Greek logos).

Logotherapy, the treatment of the psyche by discovering meaning on the spiritual level in addition to deficits on the physical (biological) and mental (psychic) levels in the context of depressive disorder, is Frankl's version of existential analysis with the aim of finding the meaning of life in the mental state of depression as a type of noogenic neurosis, which is related with the patient's failure to find meaning and sense of responsibility in life.

Frankl sees the source of an individual's mental distress in the so-called "living emptiness" or "existential vacuum", which manifests itself as an increasingly strong sense of meaninglessness, which is associated with dangerous tendencies of self-destruction, escalated up to suicide.

Capitalism as an alleged cause must be "observed from within"<sup>13</sup>, through personal experiences (noogenic neuroses), i.e. it is necessary to seek an answer to the question of how the life and work of a wage worker in a capitalist society reflects on the mental health of an average salaried "outsider" within the framework of differential diagnosis.

A large number of syndromes require the use of differential diagnosis. Differential diagnosis of a disease is a method of "sorting" the symptoms that have appeared to make a single, correct diagnosis. Even experienced doctors under certain conditions have doubts that need to be confirmed or refuted.

The unconditional meaningfulness of life arises already at the level of intuitive knowledge<sup>14</sup>, which is also scientifically proven with empirical logotherapy methods (tests).

According to logotherapy psychology, every person is capable of finding the meaning of life, regardless of age,

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sharing capitalists who are interested in sharing luxury residences with members (members-only home-sharing community). The club has over 15,000 members in more than 100 countries. THIRDDHOME Private Exchange Club offers luxury second home owners unique benefits and exclusive experiences that other short term rental sites cannot provide. The club was founded in 2010 by Wade Shealy and is based in Brentwood, Tennessee, United States. The company operates internationally and positions itself in a unique way to cater exclusively to vacation home owners.

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<sup>13</sup> We humans are hostages of our own embodiment and must internalize everything in the external world in the form of perceptions, ideas and memories.

<sup>14</sup> DEMONSTRATIO: Primum virtutis fundamentum est suum esse conservare (per corollarium propositionis 22 hujus) idque ex ductu rationis (per propositionem 24 hujus). Qui igitur se ipsum ignorat, omnium virtutum fundamentum et consequenter omnes virtutes ignorat. (Illustration: the first foundation of virtue is the preservation of its being (consequently from proposition 22 of this work) and this from the guidance of reason (according to proposition 24 of this work). Therefore, whoever does not know himself does not know the foundation of all virtues and consequently of all virtues. [25]



gender, character, environment, intelligence quotient, education, religiosity and creed.

Anyone who is psychologically attuned to the future, either to a meaning whose realization they expect, or to a person who is waiting for them with love, has a chance to preserve their mental health.

Frankl was also interested in the study of depression and suicide, and founded several youth counseling centers in Vienna with the goal of reducing the number of suicides among teenagers.

## VII. RECOGNISED THE CONNECTION BETWEEN THE CAPITALIST WORLD OF WORK AND DEPRESSION

The credit for recognizing the connection between the capitalist world of work and depression, and that the connection between capitalist everyday life and depression is a timely, current socio-political issue, part of the left-wing political agenda par excellence, belongs above all to the British anti-capitalist scientist and writer Mark Fisher.

Mark Fisher (1968–2017), an English writer, music critic, political and cultural theorist, philosopher and professor based in the Department of Visual Cultures at Goldsmiths University, London, was initially known in the early 2000s for his blogging and writing about radical politics, music and popular culture.

Fisher has published several books, including the bestselling *Capitalist Realism: Is There No Alternative?* (*Capitalist Realism: Is There No Alternative?*) in 2009 [2] and has contributed to publications such as *The Wire*, *Fact*, *New Statesman* and *Sight & Sound*. He was also the co-founder of *Zero Books* and later *Repeater Books*. After years of battling depression, Fisher died by suicide in January 2017, shortly before the publication of *The Weird and the Eerie*<sup>15</sup>.

In particular, he wrote about the causal connection between neoliberalism as the worst modern form of capitalism and depression and other mental illnesses.

<sup>15</sup> The painting *The Sad Old Man ('At the Gate of Eternity')* by Vincent van Gogh, 1890 or the painting *The Scream* by the Norwegian expressionist painter Edvard Munch, 1893 are particularly evocative images of depression. The famous Mexican painter Diego Rivera (1886 - 1957) is known as an ideologically and politically very left-oriented painter of "murals" on the subject of wage labor in a capitalist society, which encourages the audience to experience depression and revolutionary anger..

With the concept of "capitalist realism," Fisher describes the widespread feeling that capitalism is not only the only sustainable political and economic system, but also that it is now impossible to even imagine a coherent alternative to it.

That the world we live in is not the best of all possible<sup>16</sup>, it will only prove itself if/when we create a better one through a revolution of consciousness [28], in a democratic way according to laws and without personal revenge, violence and material damage<sup>17</sup>.

The first project tasks of the feasibility study of the project of establishing a "new ecological social society"<sup>18</sup> they are

<sup>16</sup> In particular, there is a well-known attempt to solve the theodicy, the justification of God for evil in the world, by the German philosopher and polyhistor Gottfried Leibniz in the work *Essais de Théodicée sur la bonté de Dieu la liberté de l'homme et l'origine du mal* (from 1710., more commonly known as *Theodicy*. (Eng. *Essays of Theodicy on the Goodness of God, the Freedom of Man and the Origin of Evil*) and the phrase that our world is actually "the best of all possible worlds" (French *Le meilleur des mondes possibles*; German *Die beste aller möglichen Welten*; English *The best of all possible worlds*). "168. Metaphysical considerations are also brought up against my explanation of the moral cause of moral evil; but they will trouble me less since I have dismissed the objections derived from moral reasons, which were more impressive. These metaphysical considerations concern the nature of the possible and of the necessary; they go against my fundamental assumption that God has chosen the best of all possible worlds." [26]

Rogerius Josephus Boscovich (1763) contradicted Leibniz's belief that this world was the best of all possible worlds and wrote these immortal words: "Mundum non esse possibilium optimum, cum in possibilibus nullus terminus sit ultimus: nec officere sapientiae, ac bonitati infinitae, quod non fecerit, nec potentiae, quod non potuerit id facere." [27] (The world is not the best of possible worlds, because there is no last member among possible worlds; therefore we must not reproach infinite wisdom and goodness for they didn't make him that way, or the power that she couldn't make him that way).

<sup>17</sup> Chaos, human casualties, material damage, deepening of the hatred of opposing parties, mutual accusations, revenge and other forms of frustration as the inevitable consequences of the violence of armed civil wars (social revolutions) and international wars, can only be prevented by developing the critical faculties of reason of the dominant number of individuals. The real revolution is only a revolution of the consciousness of individuals in a society of direct democracy, self-government in the administrative units of the state (self-government) and self-management (self-management) in companies.

<sup>18</sup> Albert Einstein wrote the article "Why Socialism?" [29] for the first issue of the *Monthly Review* (MR), which began publication in May 1949, in which he gave an

above all the principles and conditions for the realization of a society of just inequality<sup>19</sup> [30], the ecological unity of plants, animals and people, the development of a professional society based on the intellectual capital and moral integrity of each individual person [4], "property" as a concession (lat. *concessio* from *concedare* to permit, permission, grant of right, concession) for a certain period of time, the inalienability of each person's monetarily valued working time ("time is money"<sup>20</sup> [31], the supremacy of the public society over the private, ... The closest to this social ideal in the modern world is the Republic of Finland (Suomi in Finnish).

The connection between the capitalist everyday - especially work - and depression is often proclaimed. Usually, she apologizes rather briefly and superficially, without paying attention to the two phenomena - wage labor and depression. "Stress at work leads to depression" - this statement in itself is something common that can be read in the daily newspapers. Political persuasiveness requires an in-depth scientific study that can substantiate both the connection between capitalism and the capitalist mode of production and socio-economic formations and depression as a mental disorder.

Now is not the time for a simple "Scooby-Doo"<sup>21</sup> quasi-Marxist exercise in unmasking the villain to reveal that it was indeed capitalism that caused the depression all along!

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uncompromising critique of capitalism and advocated a socialist society with all the weight of his authority!

<sup>19</sup> Free healthcare, legal protection (lawyers), schooling and an education system that treats everyone equally also perpetuates the inequality that exists between individuals in terms of their inherited talents.

In addition to the fact that we wage laborers are completely dependent on capital and capitalists who compete with each other, we also feel the full force of mutual competition. We compete with each other to get a job at all, but also to get the most pleasant and well-paid workplace possible.

<sup>20</sup> "In short, the road to wealth, if you want it, is as simple as the road to the market. It depends chiefly on two words, industry and thrift; i.e. waste neither time nor money, but make the most of both. He who honestly gets all he can, and saves all he gets (except for necessary expenses), is sure to become "rich"; Unless this Being, who rules the World, to whom all should seek Blessings for their honest endeavors, in his wise Providence, ordains otherwise." <...> "Without industry and thrift, nothing will succeed, and with them everything."

Time (work) as a part of life time cannot be returned to the worker as time, but only in monetary form, since time can only expire as an irreversible part of our lives. [32]

<sup>21</sup> A talking dog named Scooby-Doo, who uses a series of antics and missteps to solve mysteries involving supposedly supernatural creatures.

Sure, capitalism is to blame - but how exactly does the socio-economic sphere connect to the psychological, and what deeper lessons might be drawn from the whole experience? [17]

### VIII. CLINICAL AND SCIENTIFIC APPARATUS FOR CLASSIFICATION, DIAGNOSIS AND TREATMENT OF DEPRESSION!

Today there is a powerful clinical and scientific apparatus available for the classification, diagnosis and treatment of depression!

The Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association (APA) is used in the world today to recognize the disease. It contains categorized mental disorders and criteria to establish a diagnosis. The manual is widely used, from clinics and researchers, to insurance companies, pharmacists and so on. DSM was first published in 1952. The last major change is DSM-5 from 2013.[33]

It is used mainly in the USA for clinical and research purposes, for the regulation of psychiatric drugs, the formation of health insurance policy and more widely, in law and politics.

Major depressive disorder (MDD), also known as clinical depression, major depression, unipolar depression, or unipolar disorder, or recurrent depression in the case of repeated episodes, is a mental disorder characterized by pervasive and persistent depression accompanied by low self-esteem and loss of interest or pleasure in normally enjoyable activities. The term "depression" is often used for this syndrome, but it can also mean other mood disorders or simply bad mood. Major depressive disorder is a condition that renders the affected person helpless; negatively affects the person, their family, time at work or school, sleep, eating habits and general health. [33]

The etiology of depression is not unambiguous. Medical etiology (Gr. *αἰτία*, *aitia* cause, *λογία*, *logia* veda, etiology) is a branch of medicine that studies the causes of disease. The intertwining of biological, psychological and social factors in the development of depression indicates a multifactorial disease state, in which the causes are not always the same. Biological factors are an inherited tendency (disposition), neurobiochemical changes in the brain (neurobiochemical hypothesis), endocrine disorders (excessive activity of the adrenal gland). Psychological factors are the causal connection between personality structure, provocative circumstances and clinical manifestations, stressful life events and chronic stress. The

role of sociocultural factors in the etiology of depression has not yet been well studied.[34]

In other parts of the world, the International Statistical Classification of Diseases and Related Health Problems, published by the World Health Organization (WHO), with a special chapter on mental disorders, is more widely used in epidemiology, health management and for clinical purposes. The abbreviated International Classification of Diseases (ICD) is commonly used. The latest, 11th revision came into force on January 1, 2022. [35]

However, there is nothing in either the DSM or the ICD that makes any explicit allusion to “capitalism” as a cause in the etiology of depression.

In terms of onset, major depressive disorder can begin at any age, but the likelihood of first onset increases significantly with puberty.

In the US, about 7% of the population develops depression in a year, which is about 1 in 15 people. One in 6 people (16.6%) will experience depression at some point in their life. The incidence of depression in the 18-29 age group is three times higher than the incidence in people aged 60 and over. In childhood, boys suffer from depression more often than girls. After early adolescence, females have a rate 1.5 to 3 times higher than males. About 3.4% of people with major depression decide to commit suicide, and among those who commit suicide, up to 60% have had depression or another mood disorder.

The reason for the higher frequency of depression in women are hormonal causes (women are exposed to strong hormonal changes during so-called biological crisis periods): puberty, changes in the menstrual cycle (PMS), pregnancy, baby blues (postpartum depression), perimenopause and postmenopause. Women are more willing to admit and seek help, so the number of women suffering from depression is seemingly on the rise. Men may hide or “mask” their depression behind other problems such as alcoholism and drugs.

Major depressive disorder is diagnosed by a psychiatrist in collaboration with a psychologist after a clinical interview and psychodiagnostic tests, which indicate the presence, intensity, duration and frequency of symptoms. The person's level of functioning, the presence of social support, important events in the person's life, and the presence of other illnesses and diseases among family members are also checked.

There is no laboratory test that confirms the presence of major depressive disorder, but laboratory testing can rule out physical disorders that cause similar symptoms.

## IX. THE NATURE AND MECHANISME OF THE RELATIONSHIP BETWEEN PERSONALITY AND DEPRESSION

Personality is an important diagnostic feature.

In the DSM-5, which is valid in America, and in the ICD-11, 2022, which is valid in Europe, the diagnostic criteria for a major depressive episode should be found.

However, these diagnostic systems, in addition to the lack of theoretical and empirical validity of the diagnostic criteria and the poor applicability of the diagnosis for choosing treatment and predicting the outcome, have major shortcomings, especially for diagnosing and classifying personality disorders, namely:

- high degree of overlap and comorbidity between different personality disorders and
- inadequate capture of important aspects of personality pathology that are not included in existing categories.

Hakulinen et al. in an extensive study started from the assumption that personality is the main risk factor for depression. [36]

Data from 10 prospective community cohort studies with 117,899 participants (mean age 49.0 years; 54.7% female) were pooled for an individual participant meta-analysis to determine the association between Five Factor Model personality traits and risk of depressive symptoms.

In a cross-sectional analysis, they found low extraversion (overall standardized regression coefficient (B) =  $-.08$ ; 95% confidence interval =  $-0.11, -0.04$ ), high neuroticism (B =  $.39; 0.32, 0.45$ ) and low conscientiousness (B =  $-.09; -0.10, -0.06$ ) were associated with depressive symptoms. Similar associations were observed in longitudinal analyzes adjusted for baseline depressive symptoms (n = 56,735; mean follow-up 5.0 years): low extraversion (B =  $-.03; -0.05, -0.01$ ), high neuroticism (B =  $.12; 0.10, 0.13$ ) and low conscientiousness (B =  $-.04; -0.06, -0.02$ ) were associated with increased risk of depressive symptoms at follow-up. On the other hand, depressive symptoms were associated with personality change in Extraversion (B =  $-.07$ ; 95% CI =  $-0.12, -0.02$ ), Neuroticism (B =  $.23; .09, .36$ ), agreeableness (B =  $-.09; -0.15, -0.04$ ), conscientiousness (B =  $-.14; -0.21, -0.07$ ) and openness to experience (B =  $-.04; -0.08, 0.00$ ).

Based on meta-analyses, they came to the conclusion that personality traits are prospectively related to the development of depressive symptoms. Depressive symptoms, on the other hand, are associated with changes in personality, which can be temporary or persistent.

Personality traits are permanent patterns of thinking, feeling and behaving that determine a person's character. Depressive symptoms are signs of low mood, such as sadness, hopelessness, guilt, or loss of interest. Personality traits are associated with depressive symptoms, but the link is complex and not fully understood.

The five-factor personality model (Big Five) describes five broad dimensions of personality: openness, conscientiousness, extraversion, agreeableness, and neuroticism. [37] [38] People with high neuroticism scores tend to experience more negative emotions, such as anxiety, anger, and depression, and are more susceptible to stress. People who score low on conscientiousness have poorer self-control, organization, and motivation, which can also contribute to depressive symptoms. People with high extraversion scores are more open, sociable, and energetic, which may protect them from depression by providing them with more social support and positive experiences. People who score high in agreeableness are more cooperative, trusting, and compassionate, which can also protect them from depression by improving their interpersonal relationships. People with high openness scores are more curious, creative, and flexible, which can help them cope with depression by fostering a sense of meaning and purpose.

Relationships between personality and depression are not deterministic, as there are other factors that influence the relationship between personality and depression, such as genetic, biological, environmental, and situational variables. The causal relationship is bidirectional: personality influences depression and depression influences personality. Personality traits act as risk factors or protective factors that predispose to or prevent depression. Depression changes people's personality traits over time, either temporarily or permanently. For example, people suffering from chronic depression may become more neurotic, less conscientious, less extraverted, less agreeable, and less outgoing due to depressive symptoms. [39]

Personality is an integrated pattern of relatively enduring characteristics that distinguish individuals from one another and a very important diagnostic characteristic that influences clinical practice, research, and policy.

Lee and Ashton added the H factor to the five-dimensional personality model that included surgency, agreeableness, conscientiousness, emotional stability, and intellect/imagination.

The "H" in the term "H factor" stands for "Honesty-Humility", one of the six basic dimensions of human personality. People who have a high level of H are sincere and humble, people who have a low level of H are

hypocritical and arrogant and think they are better than they are! The level of H depends not only on genes and is not only biologically determined, but also on free will and personal responsibility. It is not intuitively obvious that the traits of honesty and humility are related, and until recently the H factor was not recognized as a basic dimension of personality. But scientific evidence shows that the traits of honesty and humility form a single group of personality traits that are separate from the other five trait groups identified decades ago. The importance of the H dimension is related to various aspects of people's lives, their attitudes toward money, power, and sexuality, their propensity to commit crimes or obey the law, their attitudes toward society, politics, and religion, and their choice of friends and spouses. . There are ways to identify people with low H factor as well as ways to increase H levels. [40]

The relationship between normal personality and personality disorders is one of the important issues of personality and clinical psychology. The classification of personality disorders (DSM-5 and ICD-11) follows a categorical approach that views personality disorders as separate entities distinct from each other and from normal personality. In contrast, the dimensional approach takes the alternative view that personality disorders represent maladaptive extensions of the same traits that describe normal personality.

Depending on the diagnosis, severity and the individual and the job itself, personality disorders can be associated with difficulty coping with work at work, which can cause problems with others due to interpersonal disorders. Indirect effects also play a role; for example, impaired educational progress or complications outside work, such as substance abuse and co-occurring mental disorders, may be problematic. However, personality disorders can also result in above-average work skills by increasing the competitive drive or causing the individual with the condition to take advantage of their co-workers.

In 2005 and again in 2009, psychologists Belinda Board and Katarina Fritzon of the University of Surrey in the United Kingdom interviewed and administered personality tests to senior British executives and compared their profiles to those of criminal psychiatric patients at Broadmoor Hospital in the United Kingdom. They found that three out of eleven personality disorders are actually more common in leaders than in disturbed criminals:

- Histrionic personality disorder: including superficial charm, insincerity, self-centeredness, and manipulation
- Narcissistic personality disorder: including arrogance, self-centeredness and lack of empathy

for others, exploitative tendencies and independence.

- Obsessive-compulsive personality disorder: including perfectionism, excessive dedication to work, rigidity, stubbornness, and dictatorial tendencies. [41]

## X. DIFFERENTIAL DIAGNOSIS

In order to confirm the presence of major depressive disorder, the presence of other disorders, diseases and conditions that have similar symptoms must be ruled out with the help of a differential diagnosis.

Major depressive disorder is distinguished from hypothyroidism, HIV, other viral infections, chronic diseases, cancer, drug-induced depression, Parkinson's disease, dementia, epilepsy, multiple sclerosis, disorders related to the effects of psychoactive substances, schizoaffective disorder, eating disorders, somatoform disorders, anxiety disorders, adjustment and bereavement disorders.

## XI. THEORIES OF DEPRESSION

There are six schools or theories of depression: cognitive theory of depression, tripartite model of anxiety and depression, behavioral theories of depression, evolutionary approaches to depression, biology of depression and epigenetics of depression.

### *A cognitive theory of depression*

From a cognitive perspective, depressive disorders are characterized by people's dysfunctional negative views of themselves, their life experiences (and the world in general), and their future.

People with depression often see themselves as unlovable, powerless, condemned, or flawed. They tend to attribute their unpleasant experiences to their perceived physical, mental and/or moral deficiencies. They tend to feel excessively guilty, believe that they are worthless, reprehensible and rejected by themselves and others. They don't see themselves as people who can ever succeed, be accepted, or feel good, which can lead to withdrawal and isolation, which worsens mood.

Beck's cognitive triad, also known as the negative triad, is a cognitive-therapeutic view of three key elements of a person's belief system that are present in depression. He proposed it in 1967. The triad is part of his cognitive theory of depression and the concept is used as part of CBT (Cognitive Behavioral Therapy, especially in Beck's "Treatment of Negative Automatic Thoughts" (TNAT) approach. [42]

The triad includes "automatic, spontaneous, and seemingly uncontrollable negative thoughts" about "self" ("I'm worthless and ugly" or "I wish I was different"); about the world or environment ("No one appreciates me" or "people they ignore me all the time"; and the future ("I'm hopeless because things will never change" or "things can only get worse!")

### *A tripartite model of depression*

Clark and Watson proposed a tripartite model of anxiety and depression to explain the comorbidity between anxiety and depressive symptoms and disorders. This model divides symptoms of anxiety and depression into three groups: negative affect, positive affect, and physiological hyperarousal. These three sets of symptoms help explain the common and different aspects of depression and anxiety. [43]

### *Behavioral theories of depression*

Behavioral theories of depression emphasize the role of maladaptive actions in the onset and maintenance of depression. These theories stem from work on the principles of learning and conditioning from the early to mid-20th century. [44] Ivan Pavlov and B.F. Skinner are credited with establishing behavioral psychology with their research on classical conditioning and operant conditioning, respectively. Their research has shown that certain behaviors can be learned or unlearned. These theories have been applied in a variety of contexts, including abnormal psychology. Theories specifically applied to depression emphasize individuals' responses to their environment and how they develop adaptive or maladaptive coping strategies. [45]

A depressive episode is ultimately caused by a combination of a stressful event in an individual's life and their reaction to the event. Individuals with depression may exhibit socially aversive behavior, not engage in pleasurable activities, ruminate on their problems, or engage in other maladaptive activities. According to the BA (Behavioral activation) theory, these behaviors most often act as avoidance mechanisms while the individual tries to cope with a stressful life event, resulting in a decrease in positive reinforcers or perceived control. Rumination is especially important in the onset of depression. There are two main coping mechanisms, rumination and distraction. Ruminators focus on the stressful event and their feelings, while distractors engage in activities that take them away from the event and their feelings. Ruminants are much more likely to become depressed than ruminants.[46] [47]

Lack of social skills and positive social interactions has been empirically proven to be a major factor in maintaining depression. Individuals with depression tend to interact with others less often than non-depressed individuals and their actions tend to be more dysfunctional. [48] One theory of social skills revolves around the lack of interaction-seeking behavior exhibited by the depressed individual. This lack of interaction results in social isolation, which promotes the development of negative self-image, loneliness, and isolation. [49] An alternative theory of social skills attributes difficulties within interactions with the maintenance of depression. A “happiness-supportive social norm” causes people to approach social interactions with the expectation of a positive exchange; however, individuals with depression typically violate these expectations. The lack of responsiveness shown by depressed individuals becomes disruptive to their interaction partners, causing interaction partners to avoid interactions with the depressed individual or approach them more negatively in future interactions, creating a self-fulfilling prophecy of further negative social outcomes. interactions for both individuals. A depressed individual often sends ambiguous social cues that lead to misinterpretation by the interaction partner, such as a lack of responsiveness that may be interpreted as personal resistance. This misinterpretation leads to a decrease in positive interactions, which results in a further decrease in social interactions, which facilitates the maintenance of depression. [48]

Reinforcement contingency theory posits that depression results from the loss of relevant contingent rewards. Specifically, when positive behaviors are no longer rewarded in ways that are perceived as appropriate, those behaviors occur less frequently and eventually die out. The eventual extinction of a wide range of behaviors reduces an individual's behavioral repertoire, resulting in the lack of responsiveness and arousal associated with depression. The loss or ineffectiveness of reinforcement can be attributed to various causes:

- A booster event can be removed. This is usually associated with the loss of an important or rewarding role, such as a job.
- The behavioral abilities of the affected individual may be reduced. This refers to the individual's ability to perform activities that previously elicited positive reinforcement. This can be affected by events such as a traumatic injury or event.
- The number of events that are awarded may be reduced. This is usually related to the biological aspects of depression, including a lack of serotonin and dopamine,

which results in a decrease in positive emotions during previously rewarding experiences.

After the reinforcers are removed, the affected individual begins to interpret their behavior as meaningless due to the lack of obvious consequences. This interpreted lack of control in a given area is usually generalized and develops into learned helplessness. Learned helplessness is defined as a feeling of having no control over outcomes, regardless of one's own actions. This may mediate the phenomenon of hyporesponsiveness and arousal observed in depressed subjects following a perceived change in positive reinforcers. [50]

#### *Evolutionary approaches to depression*

Evolutionary approaches to depression are attempts by evolutionary psychologists to use evolutionary theory to shed light on the problem of mood disorders from the perspective of evolutionary psychiatry. Depression is generally considered a dysfunction or mental disorder, but its prevalence does not increase with age in the same way that dementia and other organic dysfunctions tend to. Some researchers theorize that the disorder may have evolutionary roots, in the same way that others suggest an evolutionary contribution to schizophrenia, sickle cell anemia, psychopathy, and other disorders. Evolutionary explanations of behavior have not generally been accepted by psychology and psychiatry, and proposed explanations for the development of depression remain controversial.

#### *The biology of depression*

Scientific studies have shown that different areas of the brain show altered activity in people with major depressive disorder (MDD), and this has encouraged proponents of different theories that try to identify the biochemical origins of the disease, as opposed to theories that emphasize psychological or situational causes. [51] Factors that encompass these causal groups include nutritional deficiencies of magnesium, vitamin D, and tryptophan with situational origins but biological influence. Several theories have been proposed over the years about the biological cause of depression, including theories revolving around monoamine neurotransmitters, neuroplasticity, neurogenesis, inflammation, and the circadian rhythm. Physical illnesses, including hypothyroidism and mitochondrial disease, can also trigger depressive symptoms. [52] [53]

#### *The epigenetics of depression*

Epigenetics of depression is the study of how epigenetics (inherited characteristics that do not involve changes in the DNA sequence) contribute to depression.

Major depressive disorder is strongly influenced by environmental and genetic factors. These factors include

epigenetic modification of the genome, which can cause a persistent change in gene expression without changing the actual DNA sequence. Genetic and environmental factors can affect the genome throughout life; however, the individual is most susceptible during childhood. [54] Early life stressors that may lead to major depressive disorder include periodic maternal separation, child abuse, divorce, and bereavement. [55] [56] These factors can cause epigenetic marks that can alter gene expression and affect the development of key brain regions such as the hippocampus. Epigenetic factors, such as DNA methylation<sup>22</sup>, could serve as potential predictors of the effectiveness of some antidepressant treatments and also show associations with depressive symptoms. Antidepressant use may also be associated with changes in DNA methylation levels. Identification of a gene with altered expression could lead to new antidepressant treatments.

## XII. BULLYING AND MOBBING

Bullying in the workplace always begins with a conflict (lat. conflictus from configere, clash, quarrel, opposition). Conflict does not mean workplace bullying. After a certain time, the conflict can develop into "excessive conflict", bullying. The relationship between workplace bullying and harassment is similar. The verb "harass" is defined as "to persistently disturb or annoy", to annoy (an enemy) by repeated attacks.

American experts are also familiar with the term "mobbing", which is used in Germany, Italy and Sweden. In the UK, this phenomenon is called "bullying in the workplace" and simply "bullying". Mobbing as a sociological term means the bullying of an individual by a group, in any context, such as family, peer group, school, workplace, neighborhood, community or online. [57] The more psychological nature of workplace bullying is characterized by the French term "harcèlement moral" (moral harassment). In the article, the terms mobbing and mistreatment at the workplace are used as synonyms. In the US, the definition of the word "mobbing" can be found as malicious, non-sexual, non-racial harassment. The European Commission defines sexual harassment as conduct of a sexual nature or other conduct based on gender that affects the dignity of women and men at work.

<sup>22</sup> DNA methylation is the most common way to chemically modify DNA.

A specific and frequent example of victims of harassment are whistleblowers<sup>23</sup>, a profession "in the making".

A whistleblower is an employee or ex-employee who discloses information to the police, journalists, employees, etc. misconduct, alleged unfair, unethical, discriminatory, inappropriate or illegal activity occurring within the organization by current or former members. The alleged violation can be classified into several areas: violation of laws, rules, regulations and/or direct threat to the public interest, such as fraud, violations of health and safety at work, and corruption. Whistleblowers can make allegations internally (to other individuals in the accused organization) or externally (to regulators, law enforcement, the media). One of the most famous whistleblowers is Jeffrey Wigand, who exposed the tobacco industry; his story is described in the 1999 film *Insider*. Famous examples include Edward Snowden and WikiLeaks representative Julian Assange.

As a result of reporting wrongdoing, a whistleblower often experiences an adverse management decision and then retaliation, even though the latter is prohibited by law. An unfavorable administrative decision can be disciplinary punishment, humiliation, dismissal. Retaliation can also take the form of harassment, which is also prohibited. Harassment can include termination of employment, denial of promotion, withdrawal of privileges such as training opportunities, and marginalization due to loss of authority.

The scientific study of the connection between capitalism and depression must be based on the experience of research on bullying at the workplace (bullying or mobbing), where depressions caused by "capitalism" as a system mainly occur.

The main theoretical-methodological problem for any empirical scientific research is to define the variables in a way that enables operational procedures of the given study, including measurements.

## XIII. MOBBING IN THE WORKPLACE

In the 1980s, Heinze Leymann (1932-1999), a Swedish industrial psychologist, trained as a educational

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<sup>23</sup> According to Etimoline and Wordorigins, the term "whistle-blower" comes from the "whistle", which the referee "blows" to indicate an illegal position and a foul in the game. With this, Wikipedia refers to *New Scientist* of 9/12/1971, p. 69. In the early 1970s, Ralf Nader gave the term a positive connotation. The truth must be told <https://www.merriam-webster.com/dictionary/whistle-blower>

psychologist, professor and researcher, began researching mobbing in the workplace and in schools. His initial research in this area was based on case studies of a number of nurse nuns who committed or attempted suicide due to workplace harassment. He developed the world-famous LIPT (Leymann Inventory of Psychological Terror) questionnaire. The questionnaire lists a total of 45 actions, which are divided into five categories of effects (attacks): on self-expression and communication, on social contacts, on personal reputation, on professional conditions and quality of life, and on physical health.

Although he preferred the term bullying in the context of school children, some understood mobbing as a form of group bullying. As a professor and psychologist, Leymann also warned that one of the side effects of mobbing is post-traumatic stress disorder, which is often misdiagnosed. These 45 acts were based on 300 individual interviews between 1981 and 1984. When no further acts were discovered in the 1984 interviews, the interviews were stopped.<sup>24</sup> [58] [59] [60]

*Leymann Inventory of Psychological Terror, LIPT)*

#### 1. Effects on self-expression and communication:

- Your superior restricts the opportunity for you to express yourself.
- You are constantly interrupted.
- Colleagues restrict your opportunity to express yourself.
- You are yelled at and loudly scolded.
- Your work is constantly criticized.
- There is constant criticism about your personal life.
- You are terrorized on the telephone.
- Oral threats are made.
- Written threats are sent.
- Contact is denied through looks or gestures.
- Contact is denied through innuendo.

#### 2. Effects on social contacts:

- People do not speak with you anymore.
- You cannot talk to anyone; access to others is denied.
- You are relocated to another room far away from colleagues.

- Colleagues are forbidden to talk with you.
- You are treated as if you are invisible.

#### 3. Effects on personal reputation:

- People talk badly about you behind your back.
- Unfounded rumors about you are circulated.
- You are ridiculed.
- You are treated as if you are mentally ill.
- You are forced to undergo a psychiatric evaluation.
- Your handicap is ridiculed.
- People imitate your gestures, walk, or voice to ridicule you.
- Your political or religious beliefs are ridiculed.
- Your private life is ridiculed.
- Your nationality is ridiculed.
- You are forced to do a job that affects your self-esteem.
- Your efforts are judged in a wrong and demeaning way.
- Your decisions are always questioned.
- You are called by demeaning names.
- Sexual innuendoes are present.

#### 4. Effects on occupational situation and quality of life:

- There are no special tasks for you.
- Supervisors take away assignments so that you cannot invent new tasks to do.
- You are given meaningless jobs to carry out.
- You are given jobs that are below your qualifications.
- You are continually given new tasks.
- You are given tasks that affect your self-esteem.
- You are given tasks that are way beyond your qualifications in order to discredit you.

#### 5. Effects on physical health:

- You are forced to do a physically strenuous job.
- Threats of physical violence are made.
- Light violence is used to threaten you.
- Physical abuse is present.
- Causing general damages that create financial costs to you.
- Damaging your workplace or home.
- Outright sexual harassment is present.

<sup>24</sup> Based on numerous seminars and discussions with workers' councils and those affected by bullying, German scientists have discovered more than 100 different acts of bullying, without claiming to be perfect.



Leymann's research, findings, and experience in treating the effects of mobbing are directly applicable to the development of instruments for diagnosing depressions allegedly caused by the effects associated with capitalist relations of production.

#### XIV. STIGMATIZATION OF MENTAL ILLNESS

Nowadays, many people suffer from depression and anxiety, so they have become the leading problem of today. The biggest challenge, however, is the recognition of these diseases, because in the Balkans depression and anxiety are still a taboo subject, which can lead to an even faster progression of the disease, including suicide. Scientific research is focused on the types, epidemiology, classification, diagnosis, treatment, and incidence of depression and anxiety and the suicides caused by these diseases. The diagnosis of depressive disorders is made on the basis of history and clinical picture and with the help of various scales for assessing depression.<sup>25</sup> [61]

As part of the national campaign against stigma and discrimination against mental illnesses, which began last year in Croatia with the publication of Aleksandar Stanković's book "Depra", organized by the Telegram magazine and the association of patients for the prevention of depression and suicide "Lifeline" with the support of the Janssen company, it was Silvana Mengušić's article "Urša Raukar decided to talk about the tragedy: "When I was 14, my sister tried to commit suicide. But then our mother killed herself." [62]

The article takes the form of an interview. The interviewee Urša Raukar Gamulin testifies about the terrible torment and unbearable mental pain. The mother's symptoms of depression were triggered by her sister's illness and suicide.

In a state of depression, the patient convinces himself that he is worthless, that he will never achieve anything, that he is a loser. Depression has its greatest impetus when a

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<sup>25</sup> Multifactor analysis (MFA) is a factorial method intended for the study of tables in which a group of individuals is described by a set of variables (quantitative and/or qualitative) structured into groups. It is a multivariate method from the field of surgery that is used to simplify multidimensional data structures. MFA treats all involved tables in the same way (symmetric analysis). It can be understood as an extension of:

- principal components analysis (PCA), when the variables are quantitative,
- multiple correspondence analysis (MCA) when the variables are qualitative,
- factor analysis of mixed data (FAMD), when the active variables belong to both types.

person is faced with many injustices on a daily basis, at the workplace, in society, but the data on the suicides of our fellow citizens over 65 years old, who cannot finish the month with a pension after a lifetime of work, is terrifying. This is a terrible trigger and cause of depression, because what have you been doing all your life, what is the point of it /.../ You live in a society of injustice, a society without hope. But the cause of depression is not only the state of society, but depression and other mental illnesses also have far-reaching consequences for society as a whole. It is necessary to make it possible to pay for private treatments and psychotherapy through HZZO, and to establish centers for depression and suicide. We should return to Andrija Štampar's ideas about health centers as the basis of health care, including mental health care.<sup>26</sup>

#### XV. INSTEAD OF A CONCLUSION

Mental disorders are among the top 10 causes of loss of health worldwide, with anxiety and depressive disorders ranking as the most common across all age groups and locations. [63]

In the latest analysis for the study Global, regional, and national burden of disorders affecting the nervous system, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021., published on March 14, 2024 in the journal *The Lancet Neurology*, the problem of depressive disorders is not included. The authors recognize this and note that psychosocial factors such as sleep, stress and social isolation are increasingly recognized as contributors to neurological disease and should be quantified in future analyses, as neurological disorders affect 43% of the world's population or 3.4 billion individuals. [64]

The countries with the highest age-standardized rates of mental disorders in the world are Iran, Australia and New Zealand. Regionally, there is high prevalence and disability in parts of the Americas, including the United States and Brazil. [63]

Some of the lowest rates in the world are in parts of Asia such as Vietnam, Brunei and Japan.

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<sup>26</sup> Andrija Štampar (1888-1958) was a prominent scientist in the field of social medicine from Croatia. Social medicine is an interdisciplinary field that focuses on the deep interplay between socioeconomic factors and the health outcomes of individuals. At the 8th regular session of the WHO in Mexico City in 1955, Štampar received the award and medal of the Leon Bernard Foundation, the highest international recognition for services in the field of social medicine.

Some of the differences found in our prevalence estimates are due to differences in risk factors for mental disorders and their treatment across countries. However, the quality and availability of epidemiological data varies considerably from country to country, which may also affect some of the differences in the observed prevalence.

There are a number of proven measures that governments can take to reduce the burden of mental disorders in their region:

1. Reducing contributing factors such as financial stress and domestic violence. There are many known risk factors for mental disorders, such as childhood maltreatment, bullying victimization, conflict, and interpersonal violence. Addressing the causes of mental disorders and taking action to mitigate them is a proactive approach to reducing the burden on the population. These prevention strategies can take many forms. For example, we have seen success in implementing learning programs in schools to support the social and emotional development of children and young people, strengthen their resilience and discourage risky behaviour.
2. Raising awareness and reducing stigma. In many regions of the world, mental health can still be a taboo subject. Reducing stigma can encourage more people to seek care and treatment.
3. Improving access to effective mental health treatment. Much research has been conducted to demonstrate the success and cost-effectiveness of a range of pharmacological and psychosocial treatments for mental disorders. The focus now needs to be on improving population acceptance of these treatments and preventive intervention strategies to slow the emergence of new cases of mental disorders.

[63]

Capitalism as one of the causes of depression is so far recognized ideologically and politically [2] at the level of "instinctive intuition" [65] and this point of view lacks a scientific approach and knowledge of professional society as a historical socio-economic given, methodologically and theoretically, *quod erat demonstrandum* (Which was to be demonstrated).

The modern efforts of the scientific community in the field of depressive disorders lack the recognition of "capitalism" and "professional society" as independent variables at the level of starting scientific assumptions, which are already recognized in the form of a solid scientific disposition that also fulfills Newton's strict postulate "Hypotheses non

tingo" (I frame no hypotheses", or I contrive no hypotheses.

What Isaac Newton wrote on this subject, in my free translation, reads: Until now I have not been able to discover the cause of these properties of gravity from phenomena, and I do not invent hypotheses. For whatever is not deduced from phenomena, we must call hypothesis; and hypotheses, whether metaphysical or physical, or based on occult values or mechanical, have no place in experimental philosophy. In this philosophy, individual sub-concepts are derived from phenomena and are later generalized by induction. [66]

However, we cannot even start experiments without theories or assumptions, and they are blind without theories. The amount of information is in the assumptions, not the experiment. The results of the experiment only confirm or reject the hypothesis.

In 2006, my colleague and me wrote a conceptual project for a nursing home for people who need this kind of care. According to the latest iteration, the nursing home would be both a treatment clinic and a research institute for the study of depressive and similar disorders<sup>27</sup>. [67]

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<sup>27</sup> In 2006, I sent the conceptual project by e-mail to Bill and Melinda Gates with a request to evaluate it and co-finance further work on project documentation and construction. The very next day, I received an answer that the idea was good, but that it did not meet their other criteria for accepting projects for financing, from which they do not deviate: our project was set up commercially, and they only finance non-profit projects in underdeveloped countries, and Slovenia is a developed country, as the intended beneficiaries are elderly people suffering from non-infectious diseases, and they then sponsored and financed the construction of appropriate facilities only for people suffering from AIDS (Acquired immunodeficiency syndrome) .

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