

Depressing Thoughts Effects on Vulnerable People

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ABSTRACT

Background: Human functioning reflects interaction with animate and inanimate surroundings. Individual feelings vary according to their relations with them, interests, and their construction.

Aim: Highlight the negative impact of depressing thoughts on vulnerable individuals.

Material & Methods: The author conducted a retrospective observational study in the community from 2008 to 2025 on the effects of varied thoughts on human functioning.

Findings: In November 2024, a patient aged 75 called the family doctor for a decline in her health, including vertigo, fatigue following minor physical activities, and prolonged insomnia.

Patient's health history: Type 2 diabetes: 1989; arterial hypertension: 1990; atrial fibrillation: 2010.

Patient's social history: 2010 - 2024: unwanted, distressed interactions with some members of her large family, preceding her three daughters' separation from their husbands.

Patient's family health history: parents, brother: arterial hypertension.

Actions taken: The physician scheduled a home visit for this patient. The patient's physical examination revealed signs of severe anemia, and she was recommended to undergo blood cell investigations. The patient's laboratory data confirmed her diagnosis, and transfusions were recommended.

An interdisciplinary team managed the patient's diseases in the hospital. No chronic bleeding was identified. Bone marrow control on blood cells was altered. Two months later, the patient's left clavicle was broken under a minor physical exercise. The patient was diagnosed, in addition, with multiple myeloma.

Results: In March 2025, the patient died in the hospital.

Conclusion: Persistent depressive thoughts seem to harm bone marrow function in vulnerable individuals.

Implications/Discussion: Family members vibrate with their loved ones' emotions. Failure in life causes them sadness, which declines their health.

For this patient, it seems that the emotional suffering of her daughters experiencing divorce determined her persistent distress, which impaired specific cell function in weak areas.

Depressing thoughts energy seems to alter genes where possible. Informative programs are required.

Keywords: Depressive thoughts, Psychoneuroimmunology, Emotional contagion, Multiple myeloma

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