



WEEKLY

THIS WEEK'S TOP NEWS HEADLINES



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Fighting Depression: The Silence Killing Nigerians

Nigeria is a country that is growing and evolving at a rapid pace. For those who live and work throughout Nigeria, the change sweeping the country is both good and bad.

In terms of good, it can be seen in the perceived increased opportunities for students and professionals as well as, a growing marketplace that allows entrepreneurs to sell their goods in order to grow the new economy. On the flip side, the bad comes into play when people try to figure out how they fit into the new Nigeria and try to cope with the difficulties that arise with changes in their way of life; especially if it is unwanted.



The recent and unfortunate [suicide of Dr Orji](#), who jumped off the Third Mainland bridge in Lagos, was greeted with shock by many Nigerians. Here was a man who seemed to have it all, the right job, a car and other trappings which no doubt made him the envy of many. Since Dr Orji's suicide, numerous other cases of successful and attempted suicides across Nigeria have come to light: business women, students, showbiz personalities, professional men and women. All living in the silent hell unable to tell the world about their pain and helplessness.

Understanding and Accepting Depression

In Nigeria, the idea that depression is a clinical condition that requires treatment is almost unheard of. However, as the country's lifestyle continues to evolve, it is shown that [4 out of every 10 women and one out of every 10 men](#) are being diagnosed with some form of clinical depression.

The most common response to depression, [especially among Nigerian women](#), is that depressed people should "get over it" and "get on with life." This attitude represents a chronic misunderstanding of the difference between stress (which is generally emotional) and depression (which is clinical).

Depression is a recurring feeling of emptiness and loss that can become serious over time. Unipolar depression is characterised by long bouts of sleeplessness, anxiety and even suicidal thoughts that do not dissipate. Bipolar depression incorporates the same symptoms as unipolar depression but with added manic behaviours such as: violent mood swings, paranoia, substance abuse and unexplained aggression.

Stress is the mind's negative response to a seemingly, overwhelming amount of daily responsibilities. As Nigerian society advances, the stress people feel is also increasing. On a positive note, stress can be handled by simply focusing on important tasks or deciding to become more organised in one's daily life. Depression, on the other hand, cannot be “explained away” nor can it be treated by a simple to-do list. Depression affects the body chemically, emotionally and psychologically and only a trained expert can properly treat it.

The Real Face of Nigerian Depression

Depression can affect anyone; it does not discriminate based on: gender, religion, social status or geographic location. Take as an example the [true story of a Nigerian student named Gabriel](#), who seemed to have had the whole world in his hands. Gabriel's best friend tells the story of an ambitious, young man who was confident in himself; ambitious in his goals and was looking forward towards the future. Gabriel's friend started to notice changes in him when they both entered secondary school. Gabriel made indications that he was unsure of himself and was no longer enthused about the future. From the friend's point of view, something was wrong with Gabriel but no one could put their finger on it.

It wasn't until after Gabriel's diagnosis that his best friend learned that Gabriel was also suicidal. The shock of hearing this news caused Gabriel's best friend to rethink his perception of depression. The face of depression in Nigeria, in this case, is that of a young man with a bright future. If depression can strike Gabriel, it can strike anyone.

The Causes of Depression

Gabriel started to display the classic symptoms of depression that included: irritability, violent outbursts, inability to focus on his schoolwork and a constant feeling of confusion. Gabriel was prone to problems with typhoid and malaria and these recurring issues allowed Gabriel's friends and family to dismiss his mood swings and considered them to be a part of his medical challenges. However, things changed drastically when Gabriel was in university; he sought treatment for what he thought was salmonella. The doctor told Gabriel's parents that their boy was clinically depressed- the news hit everyone hard.

In Gabriel's case, his depression was caused by his confusion about his place in the world. This can be one of the most common causes of depression, especially in the 20 percent of the Nigerian population that has been diagnosed as being clinically depressed. As society changes, people no longer understand what is expected of them, this can lead them to the early symptoms of depression.

It is important to know that even people who are confident in who they are and what their future holds can become depressed. The growing Nigerian economy means that finding a job can be a challenge, even for people who spend years getting what they consider to be the right education for their professional futures. When people experience a significant failure, such as not being able to find the job they want, they can sink into a depression. People who are unhappy with their jobs, their current relationship or the events taking place within their family, can also start to experience depression.

In some cases, depression is a genetic condition. Some people are just prone to fall into that deep hole of depression and not being able to find their way out. Gabriel's example could very well be a case of genetic depression, as his problems seemed to come out of nowhere.

Anyone can get depressed for a short period of time but clinical depression can go on for weeks or even months. If you are depressed because your favorite sports team lost then that is something you will recover from within a few hours. Whereas, if you are clinically depressed, you will exhibit symptoms indefinitely until you are put into a treatment program.

The Symptoms of Depression

One of the biggest challenges for Nigerians who display symptoms of clinical depression is that the people around them often dismiss the symptoms as problems that everyone faces and has to deal with. It is true that the most common symptoms of depression happens to just about everyone- at some point but it becomes problematic and leads to clinical depression when those symptoms refuse to go away.



The most common symptoms of unipolar depression include:

- Unexplained episodes of crying
- Loss of appetite significant enough to lead to weight loss
- Episodes of pain or stomach cramps that do not respond to any type of treatment
- A consistent feeling of irritability
- Lack of energy
- Bouts of hopelessness and feelings of being emotionally empty
- Noticeable changes in sleeping patterns
- Lack of sex drive
- Inability to focus on work or make decisions of any kind
- Suicidal thoughts

Bipolar depression has the same symptoms as unipolar depression but with added manic episodes of:

- Talking too fast
- An excessive amount of energy
- Inability to relax
- Chronic denial of obviously bad situations
- Severe mood swings in short periods of time
- Inability to sleep
- Overestimating one's abilities
- Unexplained unusual behavior that lasts for long periods of time
- Sudden outbursts of aggressive behavior or the chronic use of profanity
- Noticeably poor judgment
- Unusually aggressive sex drive

Most people suffering from clinical depression will display one or more of these symptoms for weeks at a time. There can be moments of clarity but those moments neither last long nor occur very often. It is possible that a depressed person may seem to suddenly "snap out of it" for extended periods; however, the symptoms will reappear and may be stronger.

It is important to be able to discern symptoms of unipolar or bipolar depression from the unique characteristics of an individual. Some people just have poor judgment hence, it is important to observe as many symptoms as possible. People who only show signs of poor judgment are not necessarily clinically depressed but if they show other symptoms of depression along with their poor judgment then that would be a reason for concern.

Many people who are conscious of their symptoms will often try to hide them or avoid social contact so as to prevent people from noticing any problems. People who are normally sociable in some way and suddenly withdraw from contact with others, are showing another trait of clinical depression. When people withdraw from social contact because of depression, it can become extremely difficult to get them treatment.

How Your Individuality Affects Depression

People get clinically depressed for a variety of reasons and the manner in which depression affects them can be impacted by who they are. Women are susceptible to a form of unipolar depression called postpartum depression. This is a form of depression that can only occur in new mothers; it can lead to tragic results if not treated immediately. Women suffering from postpartum depression display many of the common unipolar depression symptoms and they also show little to no interest in taking care of their new child.

There is another common form of depression that strikes teenagers; it has more to do with their confusion about who they are and what they want to do with their lives. Gabriel experienced depression as he was entering his teen years which caused him to question his own future. The parents of Nigerian teens are also caught up in the sweeping changes that are happening in the Nigerian society, which makes it difficult to guide their teens into adulthood. This is forcing many Nigerian teens to try and figure out their place in life on their own, which further leads to an increase in teen clinical depression.

Nigerian women are also expected to act with grace and stability in spite of the increasing pressures of their daily lives. As a result of that it has created new levels of depression among women. Furthermore, older generations chastise the younger generations for trying to use clinical depression as an excuse to not remain pillars of strength; thus, creating a contributing factor that causes many young women to experience higher levels of depression.

From the very wealthy to the working poor, every economic class in Nigeria is affected by depression. While there are new opportunities opening up for the working poor throughout the country, the intense competition to take advantage of those opportunities is creating more cases of depression. The wealthy are finding it difficult to cope with a progressive society that no longer accepts the gap between the rich and poor to become what we call a normal part of everyday life.

Age, gender, religion and status all create different challenges for Nigerians when it comes to clinical depression. With a dynamic society, people tend to become more confused as change becomes more prevalent. With confusion comes depression and the constant need to remain competitive in a growing economy is also causing people to falter under the pressure in order to find their way in the new Nigeria.

Why do Nigerians Suffer in Silence?

When we say that 40 percent of women and 10 percent of men are diagnosed as clinically depressed, we recognised that those numbers are not all inclusive. Many Nigerians prefer to suffer with depression in silence as opposed to getting clinical help or even reaching out to their community for assistance.

The stigma attached to admitting clinical depression comes from this transitional stage that Nigeria is currently in. When someone shows signs of depression, many people attribute it to the effects of the mass who is suffering from many of Nigeria's working poor experience. Since everyone feels like they are suffering, no individual is allowed to single themselves out as suffering to a greater degree than others. It is the Nigerian's public's lack of understanding when it comes to the real dangers of clinical depression that force people to suffer in silence.

Nigerian doctors are now starting to understand how to properly identify and treat clinical depression. Treating depression is not a simple task and it takes dedicated medical experts to be able to offer the right kind of treatment for each individual case. It was not until recently that Nigerian doctors accepted the idea that clinical depression is not only real but it is also extremely dangerous.

As the medical community continues to take depression seriously, the hope is that depressed people are no longer forced to deal with their condition on their own due to the stigma attached to it. Clinical depression is not something a patient can handle on their own. When the misguided public opinion of depression causes sufferers to stay silent, the results can often be tragic.

How to Treat Depression

Depression can be treated in three primary ways: community support, psychological therapy and medication. In some cases, doctors will recommend a treatment regimen that includes all three of these options, while other cases can only be handled using the proper types of medication.

Community support can come from family members, friends and the local religious communities. More church groups and community support organisations around the country are recognising the importance of treating clinical depression and they are offering help in a variety of ways. The promising news is that most of these groups realise that treating depression is a delicate process; that is what has led to the inspiring the creation of a variety of support options.

Psychological therapy is something that should only be done by a licensed and trained professional. A professional therapist will work with the patient's primary doctor to help uncover the reasons for depression and then determine the right course for treatment. Psychological therapy can be an extremely complicated process but it can get results that medication and community support cannot get.

In some cases, medication is necessary to address physical elements that cause depression. The term "chemical imbalance" is common and is an accurate representation of what depression medication attempts to do. Furthermore, there are common medications that doctors use to address certain types of depression as well as, there are other medications that help to enhance the anti-depressants and give the patient the clarity they need in order to get past the physical side of their condition. In many cases, the use of medication is coupled with community support and/or psychological therapy so that the best results can be attained.

Nigeria's society is rapidly evolving and those changes are not easy for many people to handle. Stress comes from feeling overwhelmed with daily responsibilities and can be handled in a variety of simple ways. Clinical depression is a medical condition that requires professional treatment and emotional support for it to be handled properly.

In contrast, there is a stigma surrounding clinical depression that forces many Nigerians to suffer in silence. The public in general sees clinical depression as a way out of taking responsibility for one's obligations; that attitude makes it difficult for sufferers to seek out help. As Nigeria continues to evolve, there needs to be a movement to help depressed people to better be able to speak out comfortably about their condition as well as, to seek the help they need in order to become productive members of the new Nigeria.

This week's Top News Headlines In Nigeria

This week President Buhari launched the Economic Recovery Plan which has been set up to rescue Nigeria from the current instability. Gov Yari got slammed by Nigerians after allegedly attributing the meningitis outbreak to the sins of Nigerians.

- [President Buhari Launches Economic Recovery Plan](#)
- [Julius Agwu: I Almost Committed Suicide](#)
- [Nigeria Begins Mass Vaccination To Stop Meningitis Outbreak](#)
- [God Sent Meningitis To Punish Nigerians – Gov Yari](#)
- [40 Nigerians Deported From Italy](#)
- [Dino Melaye Stops Bill To Establish Institute of Fraud Examiners](#)
- [Gambian Lawyers Protest As Adama Barrow Appoints 4 Nigerian Judges](#)
- [Senator's Son Allegedly Rapes 7-year-old Girl To Death](#)
- [Abuja Airport Runway 75% Completed – Aviation Minister](#)
- [El-Rufai : I Pray Buhari Gets Well Enough To Contest In 2019](#)



[VIDEO: Samsung Galaxy S8 Overview In 60 Seconds](#)

5 Medical Test You Should Do Before You Get Married.

For most people, the joy of finding true love and deciding to enter into matrimony with a spouse usually knows no bounds. However, most people enter into this lifelong union without adequate knowledge of their partner's health status and so become disappointed and frustrated with marriage because of medical conditions that could have been identified and tackled before this lifelong commitment.



The knowledge of your intending partner's health status by no means implies that marriage is not possible, but provides an avenue to make informed consent and enables you and your spouse to seek proper medical care early to prevent unnecessary stress and burden during marriage. In this article, we will be looking at 5 medical tests you should do before you get married.

1. Test for HIV and other sexual transmitted diseases (STDs)

With the current prevalence of HIV and other STDs, it is important that spouses should request for their partners to be screened for these diseases before marriage. HIV, hepatitis B and C are lifelong conditions that, if not properly managed, can put serious strain on the marriage. The knowledge of your partner's status helps you to protect yourself/ seek adequate medical care if your partner turns out to be positive and you also decide to go ahead with the marriage. Lifelong care and support is needed for partners who are infected. Other STDs e.g. gonorrhea, syphilis, bacterial vaginosis and warts can be treated with proper medical care. This reduces the risk of infertility and miscarriages during marriage.

2. Test for blood group:

Knowledge of your spouse's blood group is important before marriage because of rhesus isoimmunisation/ blood group incompatibility that affects the fetus. This test is easy to perform and the result is usually ready within 30 minutes. Blood group is assigned to an individual as A, B, O and AB with another component known as the Rhesus factor, which is referred to as positive or negative. Women with rhesus negative blood group married to rhesus positive husbands have a greater chance of rhesus incompatibility, where the mother produces antibodies (body defense system) to target the red blood cells of the growing fetus (rhesus positive fetus), leading to intrauterine death and miscarriages. Knowledge of your spouse's blood group will alert your doctor to institute preventive measures which are used to prevent rhesus incompatibility reactions during pregnancy.

3. Test for sickle cell gene:

Sickle cell disease is a chronic and debilitating medical condition caused by a defect in red blood cells. As the name implies, these cells are shaped as a 'sickle' and this affects their ability to pass through tiny blood vessels to supply oxygen to cells and tissue. This accounts for most crises experienced by sickle cell patients. It is advisable for sickle cell patients (SS) not to marry a carrier of the sickle cell gene (AS) because of the 50% chance of having a baby with the disease in each pregnancy. However, a sickle cell patient (SS) can marry an individual with no trait of the disease (AA), as their offspring will only be carriers of the sickle cell genes.

4. Fertility Test

This may sound out of place or weird, but truth be told, a fertility test is another test that all intending couples should do before saying 'I DO'. This is important because fertility issues can be addressed as early as possible without the unnecessary biological, psychological, social and emotional trauma associated with barrenness. A fertility test typically includes seminal analysis for the men to assess for male fertility; hormonal assay for both couples e.g. FSH, LH, Prolactin, Testosterone, estrogen and progesterone. Test for ovulation for the women, a pelvic ultrasound scan, may also be needed to assess the internal reproductive organs for any congenital or acquired abnormalities.

5. Testing for possible genetic /chronic medical conditions:

Marriage is a lifelong commitment with both partners looking after each another. Knowledge of possible genetic or chronic conditions of your partner wouldn't be harmful, but it will go a long way in assisting both couples on how to best prepare for the challenges ahead. Early testing allows couples to seek medical care before the medical conditions arrive at a terminal stage. This test depends on the region and the common chronic/genetic condition seen in that populace. However, this test should include screening for diabetes, test for hypertension, certain cancers, kidney disease and test for thalassemia.

Advertisement



Top I.T Skills Every Nigerian Graduate Should Have

Every graduate's dream is to land a very rewarding job upon graduation. Nowadays, this dream seems to be a mirage for many Nigerian graduates, who in most cases are poorly equipped with the right technical skill to cope with the ever-changing demands and requirements of the labor market. Apart from your degree, what else can you bring to the table? How can you solve the current problem at hand and boost profitability? These are some of the questions on the minds of many employers of labor in the country.



Basic Programming Skills

Whatever you studied at university, you should, at least, be able to write basic HTML. The world is more interconnected with complex computing systems than ever before. When you interact with your counterparts overseas, you'd realise how obsolete your I.T knowledge is and that computer programming isn't just a thing for I.T engineers alone or the science inclined. Learning how to write basic HTML, which is the special format used for web pages and coding in general, will help you to stand you out from the crowd. It will propel your marketability in the eyes of potential employers.

Backing up to Cloud

Storing files offline is currently becoming a thing of the past these days. When files are backed up to a cloud-based service, they can be accessed remotely, provided you have an internet connection. This cloud storage knowledge allows you to remain productive while on the go. You could start fine tuning your cloud-based knowledge by utilising either iCloud or Dropbox services.

Converting File Formats

Nowadays, there are various file formats available. Having the requisite knowledge on how to handle them can help you carry out your job requirements efficiently. You might be required to convert MS Word to PDF, MP3 to WAV when trying to upload certain files online. In fact, potential employers require you to submit your resume in specified file formats and failure to do so will send wrong signals to your potential employers. You must understand these file formats and how to convert them as the situation requires. This will make the job that involves file formatting easy and ensure that your documents and files aren't rejected for using the wrong file format.

Social Media Marketing

Nowadays, when many Nigerian graduates hear about social media, they think it's all about chatting and hooking up with long lost friends. They fail to harness the opportunity it avails to generate leads. These days, a lot of companies are shifting their attention to social media because of the vast amount of reach they possess. Facebook, alone, receives more visits than the world's largest search engine, Google. You should learn how to target certain sections of your country's population to boost sales, as well as improve people's awareness of the brand you are representing. Companies love employees with the requisite knowledge to drive sales via social media.

Setting up and managing a Website

Thanks to the internet, the world, as we know it, is becoming increasingly interconnected. Nowadays, companies use sites to project their brand to the global community. Knowing how to setup a website is a plus, as most companies prefer using their workforce for jobs like these. You could also improve your knowledge of Search Engine Optimisation because many companies spend a fortune optimising their websites for search engines. Equipping yourself with skills in website building and SEO will improve your value in the eyes of potential employers. You could help them save funds that would have been spent elsewhere with your knowledge.

Online Research

In conclusion, the world is evolving at an alarming pace in the area of Information Technology. Any ICT skill you have acquired or learnt that is not being utilised at the moment isn't a waste, because you'll never know when you will be called upon to save the day. Companies are fond of skilled, versatile graduates and that's what they look out for during their recruitment exercises. To stand out from the rest of the pack, get yourself acquainted with the various I.T skills outlined above and watch as your employability and marketability spikes.

Recession: 6 Ways To Boost Your Savings

If you have not been saving regularly or have not been prudent with your spending before now, your bank account may suffer a serious drain during an economic recession.



1. Avoid credit card: Stay away from unnecessary loans or debts. A debit card will give you access to only the money you have in your account, but credit cards can cause you to spend more than you have in your account. So, use your credit card less to stay out of debt.

2. Transfer idle money to fixed deposit: Many people leave their idle funds in current accounts and pay heavy charges on it. If you know you won't need the funds very soon, look for banks with competitive interest rates where you can fix the funds and earn some interest.

3. Create emergency fund: Emergency fund is the money you save to help you adjust to your financial needs when you run out of funds. If your business goes down due to an economic recession or wrong financial decisions, you can fall back on emergency funds. You don't have to spend all your income. Build the habit of consciously saving part of your money in a bank account, which can be earning interest. This money can also be channelled into investment if you have a lofty idea later.

You could give yourself targets to save a specific amount every month so that if you run into any financial trouble, you don't have to start looking for loans or borrowing from friends.

4. Draft your budget: Draft a budget that is suitable for your income and which can allow you to still save after incurring your expense. Know how much you earn every month and how much you are saving. Create a list of preferences and spend according to the relevance on the list. Do not spend outside your budget in order to not violate your savings rule.

5. Avoid frivolous spending: During periods of abundance, you probably have a lot of money to throw away, but in periods of recession, you need to understand that you cannot be spending anyhow. You have to do away with things that can reduce your bank deposits like spending on parties, buying expensive things you don't really need just to please people around you.

6. Use your savings account more: Every savings you make will contribute somehow to your account. If you feel some money is not relevant and you continue to spend anyhow, overtime, you will discover it could have increased your bank balance.

Make regular deposits into your savings account so that it can yield a little interest and not attract charges. Withdrawing from your savings account will incur charges that may drain your account; allow the funds to stay longer in savings accounts if possible. Keeping your money in a current account will cause your bank to deduct regular charges from it.

8 Common Mental Disorders Affecting Nigerians

In Nigeria, awareness and knowledge of Mental Disorders is extremely low, making it difficult for people to access adequate and prompt medical attention. Furthermore, factors such as lack of health facilities, inadequately skilled mental health practitioners and low socioeconomic status further the number of patients getting proper mental health care.

Mental health, as defined by WHO is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community”. It includes how we feel about ourselves, how we feel about others and how capable we are of meeting the demands of life. Mental Disorder on the other hand, according to WHO is “collectively all diagnosable mental disorders or health conditions that are characterised by alterations in thinking, mood or behavior associated with distress and/or impaired functioning”. In this article, we will look at the 8 common mental disorders affecting Nigerians.

1. Schizophrenia

It is the most severe form of functional mental illness affecting most Nigerians and is also found to be the most common mental disorder worldwide. It is commonly described as a severe, chronic and disabling mental disorder characterised by psychotic episodes with recurring functional periods of disordered thought process. It mainly affects perception and thinking; hence, gives rise to a spectrum of clinical scenarios. Common symptoms of schizophrenia include delusions, hallucinations, disturbance of thought, disorganised speech, difficulty in concentration and poor memory.

2. Anxiety Disorders

This is a heterogeneous group of disorders with abnormal fear and stress as the main underlying disorder. Anxiety is said to be abnormal/a mental disorder when symptoms interfere with the individual's normal productive activities; furthermore, its harmful effects outweigh its benefits because fear and stress is necessary for human survival. An anxiety disorder involves an excessive or inappropriate state of arousal characterised by feelings of apprehension, uncertainty or fear. This Anxiety can be differentiated into Generalized Anxiety Disorders (GAD), Panic Disorder (PD), Obsessive Compulsive Disorder (OCD), Phobic Disorders (including social anxiety disorder), Post-traumatic stress disorder (PTSD) and Acute stress disorder, with each of them having distinct clinical symptoms.

3. Personality Disorders

Personality disorders are defined by the American Psychiatric Association (APA) as "an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the culture of the individual who exhibits it." The beginning of these patterns of behavior can typically be traced back to late adolescence and the beginning of adulthood, and, in rare instances, childhood. This deviation from personality is severe enough to affect the interaction of the patient with his/herself and the community.

Examples of personality disorders are Paranoid personality disorder (excessive pervasive distrust and suspiciousness of others), Schizoid personality disorder (detachment from social relationships and a restricted range of expression of emotions) and Schizotypal personality disorder (acute discomfort with reduced capacity for close relationships). Others are Obsessive-compulsive personality disorder, Antisocial, Histrionic (excessive emotionality and attention seeking), Narcissistic personality disorder (grandiosity in fantasy or behavior with need for admiration and lack of empathy), as well as Avoidant and Dependent personality disorders.

4. Premenstrual Tension

This is a collection of physical, psychological and emotional symptoms related to a woman's menstrual cycle and should be severe enough to interfere with some aspects of life. 80% of women, at one time or another experience have some of these symptoms during their menstrual cycle; however, only 2-5% meets the criteria for premenstrual tension. These symptoms are different from the discomfort associated with menstruation. It is due to the changing level of sex steroids accompanying ovulation during the menstrual cycle. Common symptoms are irritability, emotional liability, headaches, anxiety, depression, weight gain, breast pain, syncope and paresthesia.

5. Postpartum Blues

It is a very common mental disorder, as it occurs in about 50- 85% of women. Symptoms typically peak at about 4 - 5 days post-delivery. It may last for a few hours to a few days, resolving spontaneously by 2 weeks after child birth. Symptoms include mood liability, tearfulness, anxiety and irritability. Symptoms do not interfere with the woman's ability to function.

6. Postpartum Depression

Usually occurs within the 1st 2 - 3 weeks post-delivery, but may occur at any point after delivery. Milder depressive symptoms may have occurred during the pregnancy and are usually not observed by the patient, spouse or caregivers. Symptoms are similar to those of depression occurring at other times in a woman's life. It affects 5 -25% of Nigerian women. Common symptoms include depressed mood, tearfulness, feelings of guilt, feelings of worthlessness or incompetence, fatigue, sleep disturbance, change in appetite, poor concentration and suicidal thoughts.

7. Postpartum Psychosis

This is the most severe form of postpartum psychiatric illness affecting Nigerian women after childbirth. It is a Psychiatric emergency that needs urgent treatment by a psychiatrist and occurs in 1-2% per 1000 Nigerian women after childbirth. Its onset is usually with 48-72 hours after delivery. The majority develops symptoms within the 1st 2/52 post-delivery; onset is usually sudden and it is characterised by severe aggressiveness, loud cry/shouts, suicidal attempts to self and the baby.

8. Sleep Disorders

This is a spectrum of disorders affecting an individual's sleep. It can affect the quality, depth, pattern and rhythm of sleep. A bad night's sleep could produce: irritability, low efficiency and productivity at work, difficulty in school work, whereas health and relationships also suffer. Typically, there is difficulty initiating or maintaining sleep. Narcolepsy, which is the irresistible attacks of refreshing sleep occurs daily, accompanied by episodes of brief loss of muscle tone (cataplexy), sleep-wake schedule disorder and other abnormalities that can occur during sleep.

This Week's Top Job Vacancies

[PricewaterhouseCoopers \(PwC\): Company Secretary](#)

PricewaterhouseCooper (PwC) - Our client, an investment holding company with a controlling interest in a Nigerian Electricity Distribution Company, is recruiting to fill the position of Company Secretary

[DHB Solutions: Graduate Analyst Trainee](#)

DBH Solutions is an African Infrastructure and Information Technology company primarily based in Nigeria, West Africa. We are industry leaders in providing quality standards based infrastructure and technology solutions to a wide range of sectors.

[Unilever: Future Leader's Programme](#)

Unilever's Future Leaders Programme develops tomorrow's leaders, today. This 3-year Graduate Programme is designed to prepare Unilever's Future Leaders (UFL) by giving them challenging jobs/roles that prepare them for business leadership roles. The Programme encompasses rotations within and across functions in an accelerated learning environment.

[Wakanow.com: Senior Front-End Developer](#)

Wakanow.com is Nigeria's first and leading online travel company that provides customers with everything they need to research, plan and purchase a trip locally and globally. Wakanow.com offers travelers the cheapest available fares for flights etc

[Click here](#) - For more vacancies from Nigerian Bottling Company, Google, Diageo and Accenture

NB Weekly Quiz: Jude Chijioke Wins NGN10K

Attah Jude Chijioke, with username [@judex usufo](#) won last week's NB Weekly Quiz Lucky Draw and the first prize of NGN10,000

The two runners-up, Chukwuka Cherish [@chukwuka cherish](#) and Chris Mmadu [@Chris mmadu](#) also grabbed recharge cards worth NGN2,500 each

[Visit the competition hub](#) on Nigerian Bulletin for your chance to take part in the free weekly quiz. Terms apply.

NB Team and contact details

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