Depression is common among individuals today because of increased social media use, society promoting materialism, and ease of access to pharmaceutical antidepressants.

Social media users posting pictures of themselves "having fun" leads to the dissatisfaction of one's own life, increasing depression rate through a term called "Facebook depression."

Through pop culture and music, society is consistently idealizing a rich, materialistic lifestyle, pushing common individuals to feel melancholy towards their own possessions/life.

The ease of attaining antidepressants at this day-in-age presents the option of abusing prescribed medication and can potentially lead to one becoming more depressed.

Through social media, materialistic values, and easily accessible medication, depression is far too common within the public, and will continue to grow unless something is done.