Do Now

• What do you think the difference is between having a bad day, a bad breakup, or something makes you feel bad; and true clinical depression?

• How often do you think it occurs, and can a person come out of it easily, in your opinion. Support your answer.
Anxiety and Depression
Major Depressive Disorder

- 7% of United States citizens have it
- Approximately 16 million people
- Characterized by a persistently depressed mood lasting for a minimum of 2 weeks
- Episode may be 5 to 6 months
- 20% of all cases become chronic
Depression and Grieving

• Bereavement exclusion
  • Psychologists cannot diagnose someone with depression within 2 months following the death of a loved one
  • Basically means that the normal morning period could be labeled pathological
  • It could result in a lifelong label
  • Unnecessary medications might be prescribed
Symptoms and Signs of Depression

- Suicide Attempts (In any form)
- Feelings of worthlessness, hopelessness, and helplessness
- Difficulty with simple tasks (not caring about things in general)
- Questioning meaning of life and existence
- Anger Toward Greater Power
- Exaggeration of negative feedback (believing it to be much worse than it actually is)
- Lack of personal hygiene; reduced appetite, sleeping changes, sexual drive changes