



Social Studies Virtual Learning

Psychology

Lesson 25

April 24, 2020

Psychology:

Lesson #25: April 24

Depression

Learning Target: The learner will explain characteristics and treatments of depressive disorder.

Warm Up

Watch the video clip here as an introduction to depression and see what hints are provided about people dealing with this condition.

Case Study - Depression (2:27)

<https://www.youtube.com/watch?v=lgSVR54LZzY>

- What did you learn about characteristics of depression from the case study and interview with the woman in the video?
- In the interview she mentions, “I used to do quite well in ‘uni.’” This is referring to school -- the university. How does she describe the changes that took place in her school work?
- How did her depression affect her physically?

Lesson Activity

Read here about major depressive disorder and take a look at the statistics about depression in the United States on the source below from the National Network of Depression Centers.



https://nndc.org/facts/?gclid=CjwKCAjwhOD0BRAQEiwAK7JHmMoAs0QxIvi4I23xC5-3-Ug9SQe7_ZeqPN0Kj_YjigOsunkKFSTYnRoCg7EQAvD_BwE

Major Depressive Disorder

Individuals suffering from **major depressive disorder** spend at least two weeks feeling depressed, sad, anxious, fatigued, and agitated, experiencing a reduced ability to function and interact with others. The depression ranges from mild feelings of uneasiness, sadness, and apathy to intense suicidal despair. To be diagnosed as depression, these feelings cannot be attributed to bereavement (the loss of a loved one). This disorder is marked by at least four of the following symptoms: problems with eating, sleeping, thinking, concentrating, or decision making; lacking energy; thinking about suicide; and feeling worthless or guilty (American Psychiatric Association, 1994).

Lesson Activity

Watch the video clip here about the specifics regarding major depressive disorder then take out a sheet of paper for your assignment.

Signs, Symptoms, and Treatment of Depression (3:50)

<https://www.youtube.com/watch?v=mlNCavst2EU>

Assignment

Take out a sheet of paper for this assignment and title it:
Lesson #25 April 24 - Depression

1. Describe the feelings associated with major depressive disorder. -
2. List four of the symptoms that are associated with major depression. -
3. 80% of people treated for depression experience _____
4. According to the video, one sign of depression could be that people may lose interest in...
 - A) talking to a psychologist
 - B) activities that they normally enjoy
 - C) reading
 - D) watching TV
5. Describe common treatments that are effective with most people. -
6. Explain the first steps you should take if you have depression or suicidal thoughts. -

Reflection

Thinking Exercise:

- What are some major events in a person's life that could trigger a major depressive disorder?
- What do you think is a common perception (or misperception) about people with depression?
- Why do you think there is such a negative stigma associated with mental disorders?

Additional Resources

Check out these links for more information on this topic.

What is Depression? (4:28)

<https://www.youtube.com/watch?v=z-IR48Mb3W0>

Depressive and Bipolar Disorders: Crash Course Psychology #30 (9:59) * Watch (1:55 - 4:30 and 6:35 - 9:00) on Depression

<https://www.youtube.com/watch?v=ZwMIHkWKDwM>

Answers

1. Describe the feelings associated with major depressive disorder.

People experience feeling sad, depressed, anxious, fatigued, agitated and have a reduced ability to function or interact with others.

2. List four of the symptoms that are associated with major depression. - People have problems with eating, sleeping, thinking/concentrating, making decisions, they lack energy, feel worthless or guilty, and may have thoughts about suicide.

3. 80% of people treated for depression experience improvement in their symptoms within 4-6 weeks.

4. According to the video, one sign of depression could be that people may lose interest in...

B) activities that they normally enjoy

5. Describe common treatments that are effective with most people. - A combination of anti-depressant medication along with psychotherapy is effective for successful treatment with most people.

6. Explain the first steps you should take if you have depression or suicidal thoughts. - Telling friends, family, or someone you trust and finding a doctor or therapist are the first steps you should take.