

## Depression Homeworks

### Homework #1

Read pgs. 643 (bottom) – 645, and 647 (bottom) – 652 and complete the following. Blue Box on 650-651 optional...

1. List the 5 major symptoms of depression.
2. Write down some basic info about depression:
  - a. Percent of women and percent of men who will suffer from depression.
  - b. Age of onset
  - c. Women vs. men in terms of seeking treatment.
3. In a sentence or two, what is the cycle of depression?
4. What are patterns you might be able to identify in someone who is at risk for suicide?
5. What is the connection between Bipolar disorder and creative pursuits?
6. What are the characteristics of a manic phase?

### Homework #2

Part I: Think of an experience where a situation was bad and there was NOTHING you could do to change the situation. No matter what you did, no matter how hard you tried, the situation would remain bad. If possible, have this be an experience that you would be willing to share with the class.

- Could be in an activity, an experience with a certain teacher, coach, or even friend or group of friends, etc.
- Write down the details of this experience

Part II: Read pgs. 645-647. NOTE: Very short answers for questions 1-4 are fine!

1. To what extent is there a genetic link to depression?
2. What neurotransmitters are involved with depression and mania?
3. What is cortisol, and how is this related to depression?
4. What part of the brain is less active in people who are depressed?
5. What is Sigmund Freud's theory of depression?
6. What is learned helplessness, and how was this demonstrated in an experiment with dogs?
7. How do people who are depressed see themselves, the world, and the future differently from the non-depressed person?