

## **Depression: Out of the Shadows Worksheet**

You need to watch the first 8 parts (about 52 minutes). You will watch most of this in class, but what is not finished from the first 8 parts needs to be finished at home. You can find this video on youtube – just type in the title.

**Note: Pay attention to the words and phrases that the various people use to describe what the experience of depression is like...**

Take notes on the following questions...

### ANDREW SOLOMON

1. Tell about Andrew Solomon. What specific symptoms of depression stood out to him as he reflected on the onset of the illness? And what were some of the phrases that he used to describe what depression was like?
2. What negative event initiated his depression?

### EMMA

3. How did Emma describe her depression?
4. At what age did she start to experience symptoms? Why did it take as long as it did for her to be diagnosed?

### HART LIPTON

5. What type of mood disorder did Hart suffer from?
6. What were some of the specific symptoms / behaviors of depression that Hart demonstrated?

### ELLIE ZULKY

7. What specific type of depression did Ellie suffer from?
8. What were some of the specific symptoms she suffered from?

### SHEP NEWLAND

9. What were the difficult experiences in Shep's life that undoubtedly contributed to his depression. And what was the major event that plunged him into the disorder?

### DESHAUN "JAWE" MORRIS

10. How was Deshaun's life path a compensation for the experiences of his early childhood?
11. How aspects of his criminal behavior are seen as signs of depression?

### TERRY WILLIAMS

12. What type of depression did Terrie suffer from?
13. What specific symptoms/behaviors of depression did Terrie demonstrate?
14. How did race play a role in the unrealistic expectations she placed on herself to endure her condition without help?

### BACK TO ANDREW SOLOMON

15. How effective is medication combined with talk therapy in curing depression?
16. What sort of brain damage is associated with depression? And what measures can reverse this damage?
17. How did FDA warnings affect the prescription of anti-depressants? What effects did this have on the treatment of depression?
18. What drug was discovered to have immediate positive effects on depression?