

Maygan Schumacher

General Psychology

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Depression

Depression is something that not only can affect someone daily but can affect their life long term. Having depression can be very challenging for some people because doing everyday tasks such as getting out of bed or brushing their hair is very exhausting. What some people don't realize is that having depression is more than just being sad all the time, it's more about trying to find the motivation to just get up and go to work or school. It's like being on a rollercoaster because when the chemicals are balanced, it's not as hard to be happy and projective. When the chemicals aren't balanced, it is hard enough to just leave bed.

When becoming depressed, a common symptom is either an increased or decreased appetite. Sometimes the comfort of food can make a person feel some special way or satisfy a need while other times food is the last thing someone wants. Obviously there are more symptoms, "loss of interest in activities, insomnia or excessive sleeping, poor appetite, ..." (Moreh & O'Lawrence, 2016, 289). When becoming depressed the least exhausting thing to do is sleep because it requires no mental work, no physical work, nothing. On the other hand, not being able to sleep can also happen.

Moving on, depending on how bad the depression is, sometimes getting on medication is the best way to go. The hard part is when the person declines the medication because all the medication will do is balance out the chemicals so there are the good days more often than the sad days. Fluoxetine alone has a "61% "much or very much improved" by 28 weeks" (Thapar et

al., 2010, 340). There are hundreds of medications to take for depression but just for one medication to have an impact on lives, it is worth trying some sort of medication out.

References

- Moreh, S., & O'Lawrence, H. (2016). COMMON RISK FACTORS ASSOCIATED WITH ADOLESCENT AND YOUNG ADULT DEPRESSION. *Journal of Health and Human Services Administration, 39*, 28. <https://www.jstor.org/stable/44504679>
- Thapar, A., Collishaw, S., Potter, R., & Thapar, A. K. (2010, January 30). *Managing and preventing depression in adolescents, 340*, 5. <https://www.jstor.org/stable/25673877>

Interview Questions

- a. What is your name, what is the real-life issue or question you identified and researched, and how would you appraise the drawing, composition piece, or photograph you associated with it?

Hello my name is Maygan Schumacher, my real life issue I decided to research is depression. This is a very serious topic that needs to be brought up because it is becoming more common.

- b. What problem or side of the issue or question had you not considered before your research and why did you feel like it was an important problem or side of the issue for you to consider?

I didn't realize how many different symptoms there were to show depression. I felt this was important because everyone had different symptoms that we need to be aware about to be able to help.

- c. If you were to continue your research, what future directions would you anticipate it taking you in, what kinds of sources would you need, and how might you apply that research to some future ambition or project?

I would help advertise the importance of the treatment of depression. I would make social media posts, fliers, etc.