

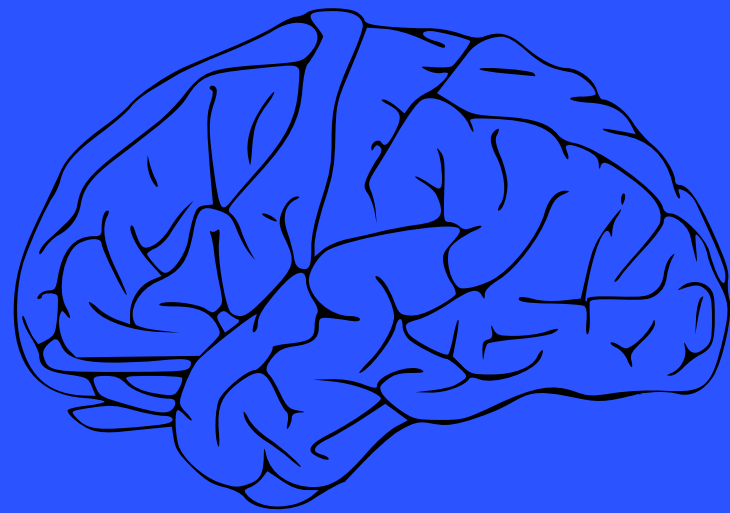
How Do I know If I Am Depressed??



by

Sandy Mizerak NCC, LMHC
SUNY Poly Senior Counselor

Diagnosing Major Depression

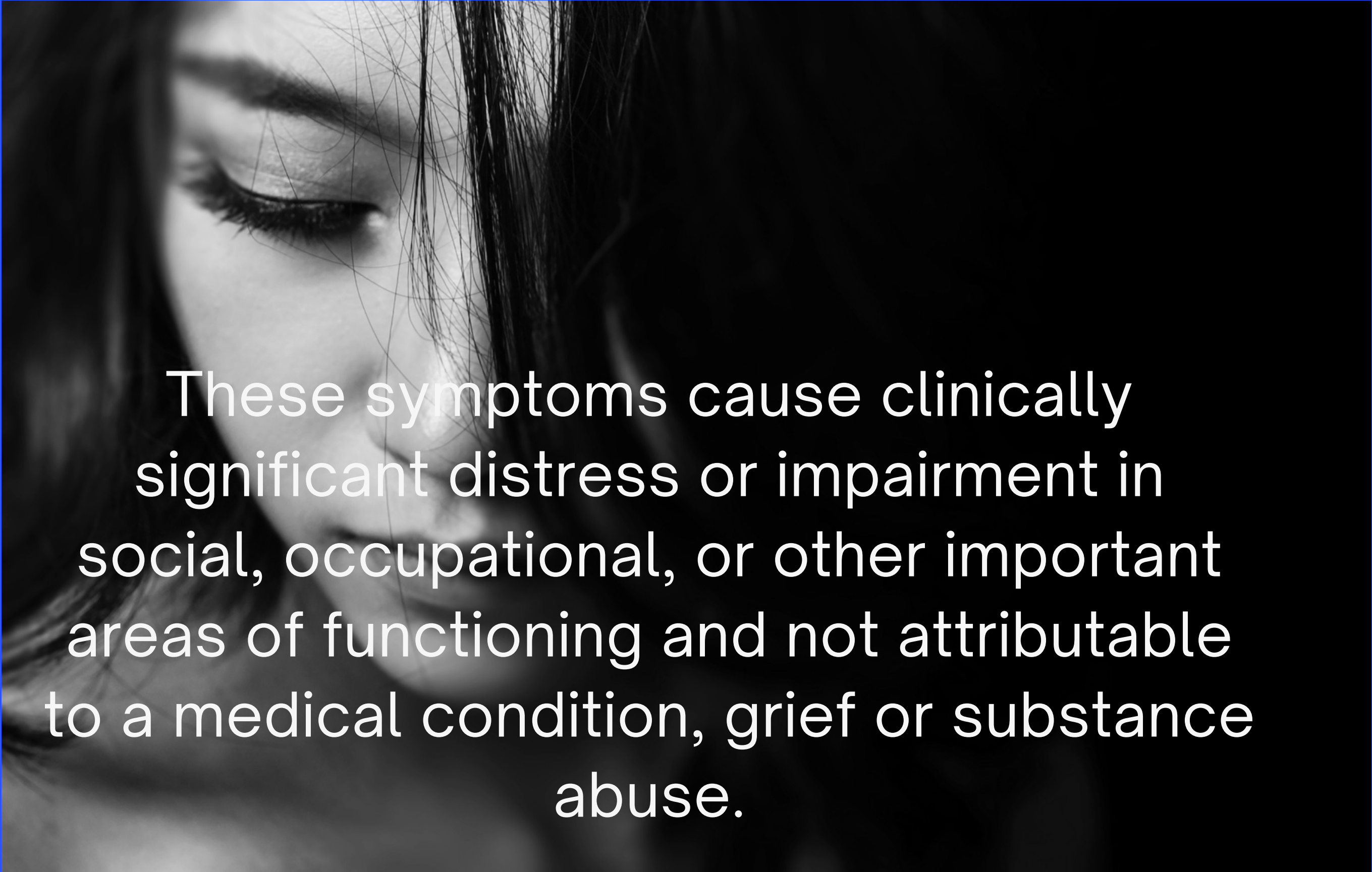


Diagnostic and Statistical
Manual of Mental Disorders 5th
Edition (DSM-5)

Diagnostic Criteria

5 or more of the following symptoms have been present during the same 2 week period and represent a change from previous functioning; at least one of the symptoms is either a depressed mood or loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day (feeling sad, empty, hopeless).
2. Decreased interest in most or all activities that use to bring you joy nearly everyday.
3. Significant weight loss when not dieting or weight gain or significant change in eating habits. (change in 5% of body weight in a month).
4. Insomnia or hypersomnia nearly every day.
5. Psychomotor agitation or retardation nearly every day.
6. Fatigue or loss of energy nearly every day.
7. Feelings of worthlessness or excessive guilt nearly everyday.
8. Diminished ability to think or concentrate or indecisiveness nearly every day.
9. Recurrent thoughts of death, recurrent suicidal ideation without necessarily a plan .



These symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning and not attributable to a medical condition, grief or substance abuse.

Who can diagnose depression

a psychologist

a psychiatrist

a primary care physician

a licensed mental health counselor

a licensed marriage & family counselor

a licensed clinical social worker

a psychiatric nurse practitioner

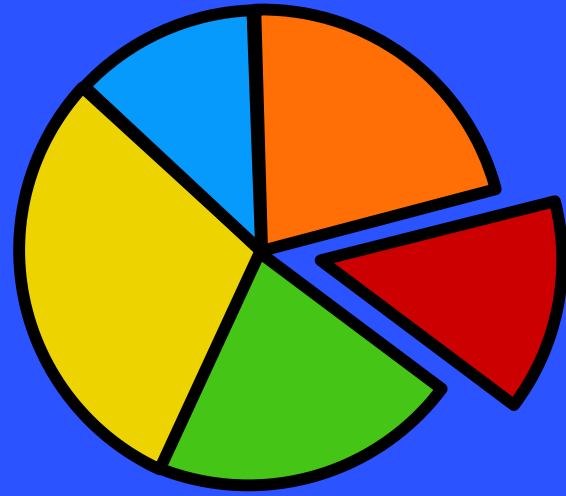
Sadness vs. Depression

Sadness

If you're sad because you lost your job, are going through a breakup, or lost someone in your life... it's certainly no fun, but it's also pretty normal. Sadness, even *extreme* sadness, is a natural reaction to events like these. That said, regular sadness can also *turn into* depression. If the feelings don't get better over time, or if your mood starts to get in the way of your daily life, you might be developing a case of depression.

Depression

Depression is about being sad, sure—but it's more than that. Depression is a mental illness that involves a lot of symptoms, like feeling exhausted all the time, losing interest in activities you normally enjoy, or thoughts of death and suicide. Episodes of depression last at least 2 weeks at a time. They can be **triggered** by a sad event or they can seemingly come of out of nowhere.



Statistics on Depression

World Health Organization, Jed Foundation & Active Minds

264 million people around the world are diagnosed with depression.

67% of people age 18 to 24 with depression do not seek treatment.

The rate of depression among college students has increased since the start of the pandemic.

According to the National College Health Assessment survey, 14.5% of college students reported having been diagnosed with or treated for depression than in the previous year.

Biology
Brain Chemistry
Hormones
Inherited Traits
Environmental Factors



Causes of Major Depression

Different types of mood disorders



Persistent Depressive Disorder (Dysthymia)

Depressed mood for most of the day, for more days than not for at least 2 years.

- Poor appetite
- insomnia/hypersomnia
- fatigue
- low self-esteem
- poor concentration
- feelings of hopelessness

Premenstrual Dysphoric Disorder

Symptoms must be present in the final week before the onset of menses and start to improve within a few days after the onset of menses.

- mood swings
- irritability
- anxiety and/or tension
- depressed mood, hopelessness or self-deprecating thoughts

Unspecified Depressive Disorder with seasonal pattern

Relationship between the onset of major depressive episodes in the fall/winter months.

How to treat Depression

Medications
Psychotherapy
ECT/TMS
Exercise
Healthy Diet
Meditation
Aromatherapy
Acupuncture
Light Therapy

Information sponsored by the:

National Institute on Mental Illness





Depression Treatment Options: A Quickstart Guide-What to do if you're diagnosed with Depression

Watch later Share

Depression Treatment Options



Poor Nutrition



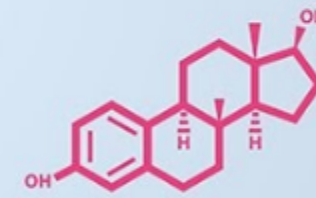
Brain Chemistry Imbalance



Stress



Drugs



Hormones



Traumatic Events



Physical Health Problems



Genetics and Biology

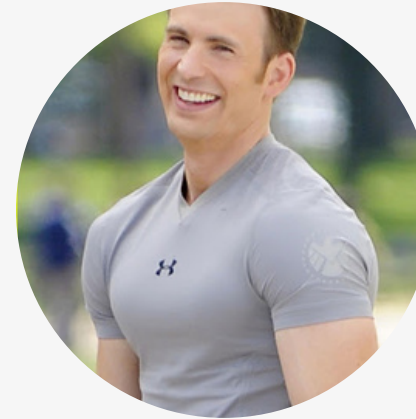


Celebrities diagnosed with depression



Kristen Bell

Actor/Anna from Frozen



Chris Evans

Actor/Captan America



Lady Gaga

Singer/actor



Michael Phelps

Olympic Swimmer



Wentworth Miller

Actor

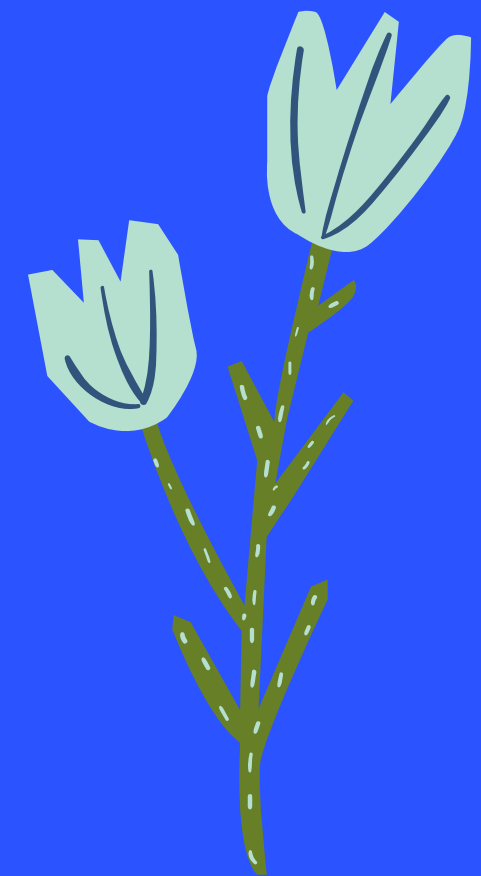


Big Sean

Rapper/singer/songwriter

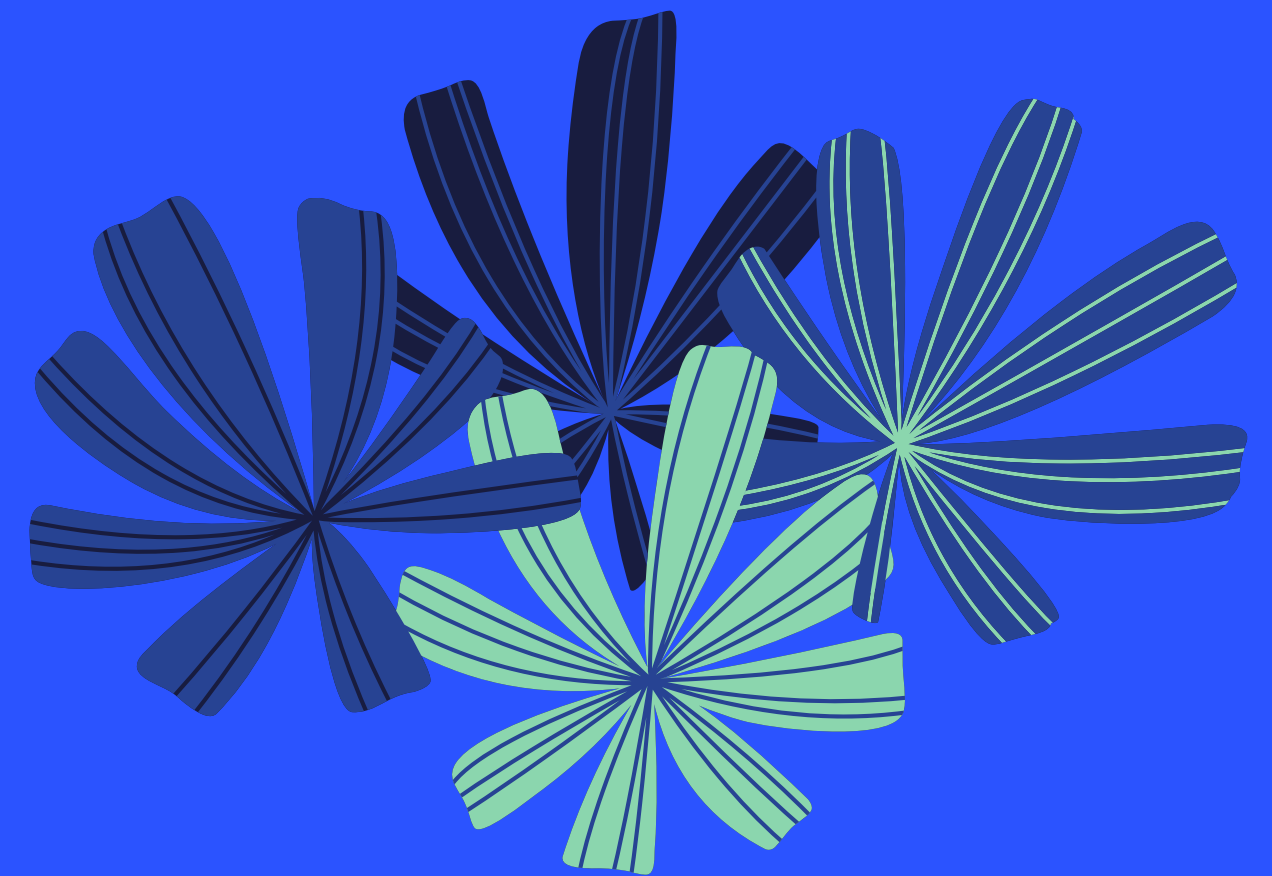
"You would never deny a diabetic insulin, but for some reason when someone needs a serotonin inhibitor they're crazy or something"

KRISTEN BELL



" I've suffered through
anxiety & depression my
entire life"

LADY GAGA





Half of Us - Getting Low




Watch later



Share



Watch on  YouTube



Helpful Resources



<https://www.bethe1to.com> (**BeThe1To**)

<https://www.jedfoundation.org> (**Jed Foundation**)

<https://nimh.nih.gov> (**National Institute of Mental Health**)

<https://www.halfofus.com> (**MTV's Half of Us**)

<https://afsp.org> (**American Foundation of Suicide Prevention**)

<https://www.activeminds.org> (**Active Minds**)

www.psychologytoday.com (**Psychology Today**)

www.tinybuddha.com (**Tiny Buddha**)

<https://www.thetrevorproject.org> (**The Trevor Project**)



ON CAMPUS RESOURCES

The Wellness Center: 315-792-7172

SUNY Poly CARE Team

Title IX: Katie Tynan

OFF CAMPUS RESOURCES

Mobile Crisis Assessment Team (MCAT): 1-315-732-6228

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line # Text Got5U to 741-741

Trevor Lifeline: 866-488-7386

Middle Earth Peer Assistance Program Hotline: [518-442-5777/confidential/SUNY Albany](https://www.middleearth.org/) Hours: 1:00pm-12:00 midnight Monday-Thursday and 24 hours beginning Fridays at 1:00pm through Sundays at 11:59pm when University at Albany classes are in session during the Spring semester.

