**FQI Sheet**

**Topic:** ClinicalDepression

**MLA Entry:**

Belmonte, Joelle. "Understanding Depression: Signs, Symptoms, Causes, and Help." *Understand, Prevent and Resolve Life's Challenges*. Help Guide. Web. 11 Oct. 2010. <http://www.helpguide.org/mental/depression\_signs\_types\_diagnosis\_treatment.htm>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Depression makes you constantly feel irritable, sad, or angry. | What causes these feelings? | Letter from a psychologist |
| The key to recovery is to start small and take things one day at a time. Learning about depression—including its symptoms, causes, and treatments—is a good place to start. | How long does it take to recover from depression? | Informative essay |
| Suicidal thoughts are a major symptom of depression. Many kids who have attempted suicide (and survived) say that they did it because they mistakenly felt there was no other solution to a problem they were experiencing. | How many people have committed suicide due to depression? | Graph/Chart |
| Things like diet and exercise have been shown to help depression. | Are there certain foods that help cure depression? | Recipe |

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**HANDOUT 3D**

**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:**

Price, Prentiss. "Causes of Depression." *All About Depression*. International Society for Mental Health Online, 23 May 2010. Web. 07 Oct. 2010. <http://www.allaboutdepression.com/cau\_01.html>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| It is not fully known what exactly causes clinical depression for a particular individual. There are many theories about causes such as biological and genetic factors, environmental influences, and childhood or developmental events. | What is the most common cause? | Digital Story |
| The causes of clinical depression are likely to be different for different people. | Are there certain causes that affect a lot of women? Are there certain causes that affect a lot of men? | Descriptive Paragraph |
| While clinical depression usually occurs for the first time when a person is between the ages of 20 and 50, people over the age of 65may be especially vulnerable. | How many cases are there when younger kids had depression? | Chart |
| Women who are unhappily married, divorced, or separated, have high rates of major depression. The rates are lower for those who are happily married. | How many women who are divorced are depressed? | Graph |

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**HANDOUT 3D**

**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "Types of Depression - Definitions and Terminology." *Depression Help Resource*. 2006-2007. Web. 18 Oct. 2010. <http://www.depression-help-resource.com/types-of-depression.htm>.

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| Facts (with page #’s) | **Questions** | **Interpretations** |
| Major Depressive Disorder, Major Depression, and Clinical Depression all mean the same thing. When people refer to simply depression that also means the same thing. | Why do they have so many names for clinical depression? | Cartoon |
| A major depressive episode occurs with symptoms that last for most of the day, nearly every day for at least two weeks. | Why is the time indicator 2 weeks? | Poem |
| A symptom can be significant weight loss OR weight gain. | What do depressed people’s diet look like? | Recipe |
| There are several different types of depression. Often they are distinguished by their prevalent features, duration and severity of symptoms. | Does clinical depression have a lot of symptoms that are easily noticed? | Interview with psychologist |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "Recognizing the Warning Signs of Suicide." *WebMD - Better Information. Better Health.* 2005-2010. Web. 11 Oct. 2010. <http://www.webmd.com/depression/guide/depression-recognizing-signs-of-suicide>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| The best way to prevent suicide with clinical depression is to know the risk factors for suicide and to recognize the warning signs of suicide. | How would you approach someone who is thinking about committing suicide? | Obituary |
| Adverse or traumatic life events in combination with other risk factors, such as clinical depression, may lead to suicide. | How many people who committed suicide were diagnosed with clinical depression? | Newspaper Article |
| Exposure to suicidal thoughts can cause people to commit suicide or think about committing suicide. | Does the media play a role in this? | Suicide Note |

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**HANDOUT 3D**

**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "Depression (major Depression): Symptoms." *Mayo Clinic Medical Information and Tools for Healthy Living*. Mayo Foundation for Medical Education and Research. Web. 18 Oct. 2010. <http://www.mayoclinic.com/health/depression/DS00175/DSECTION=symptoms>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Slowed thinking, speaking, or body movements are symptoms of depression. | Are these symptoms really common? | Memory |
| For some people, depression symptoms are so severe that it's obvious something isn't right. Others people feel generally miserable or unhappy without really knowing why. | Is it more common to have severe symptoms? | Autobiography |
| Depression symptoms may not get better on their own — and depression may get worse if it isn't treated. | If it is left untreated can it lead to suicide? | Poem |
| A symptom of depression is reduced sex drive and sexual attractiveness to your partner. | Does this increase divorce rates? | Dialogue |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "Depression (cont.)." *Medicine Net*. MedicineNet, Inc. Web. 18 Oct. 2010. <http://www.medicinenet.com/depression/page6.htm>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Selective serotonin reuptake inhibitors (SSRIs) are medications that increase the amount of the neurochemical serotonin in the brain. | How many people use this treatment? | Story board |
| *Talking* therapies (psychotherapies) help patients gain insight into their problems and resolve them through verbal give-and-take with the therapist. | How affective is this treatment? | Newscast |
| *Behavioral* therapists help patients learn how to obtain more satisfaction and rewards through their own actions. These therapists also help patients to unlearn the behavioral patterns that may contribute to their depression. | Do a lot of people who are depressed go to behavioral therapist? | Radio broadcast |
| *Psychodynamic* therapies are sometimes used to treat depression. They focus on resolving the patient's internal psychological conflicts that are typically thought to be rooted in childhood. | Is this treatment popular or is it growing to be popular? | Bumper sticker |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "What Is Depression?" *EHealthMD*. Health Information Publications. Web. 11 Oct. 2010. <http://www.ehealthmd.com/library/depression/depression\_whatis.html>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Up to 90% of depressed people respond positively to one treatment or another. | Which treatment is the most popular? | Diary |
| Depression affects nearly 19 million Americans | How does this number compare to other countries? | Graph/chart |
| Clinical depression is very different from a temporary case of "the blues " triggered by an unhappy event or stressful situation. | Do a lot of people believe themselves to be depressed when they really aren’t? | One act play |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** Gazzaniga, Michael S., Todd F. Heatherton, and Diane F. Halpern. *Psychological Science*. New York: W. W. Norton &, 2010. Print.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Page 637: A person must have one of two symptoms to have depression: depressed (often irritable) mood or loss of interest in pleasurable activities. | Is it possible for a depressed person not to have these symptoms, and have the other kinds of symptoms? | Essay |
| Page 640: A symptom if depression is excessive sleeping and tiredness. Depressed people enter REM sleep more quickly. | How often do they sleep? | Documentary |
| Depression can last for many years. | If you start treatment right away can depression still last for years? | Poem |
| Depression is so common that is it sometimes called the “common cold of mental disorders.” | Why is depression so common? | Descriptive Paragraph |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "What Is Depression?" *Standford School of Medicine: Depression Research Clinic*. Stanford University School of Medicine, 2009. Web. 11 Oct. 2010. <http://med.stanford.edu/depression/depression.html>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Major depression is caused by imbalance of certain neurotransmitters (chemical messengers) in the brain. | How easy is it for doctors to detect this? | Illustration |
| The symptoms cause significant distress or impairment in the individual's life and his/her ability to function. | Besides the victim, are the families of victim greatly affected? | Diary |
| Antidepressants are successful in 60-80% of patients | Is there treatment that cures 100% of patients? If not, are they working on a treatment to do so? | Timeline |
| A symptom of depression is having feelings of retardation. | Do people’s grades suffer in school when they are depressed? | Report Card |

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**FQI Sheet**

**Topic:** Clinical Depression

**MLA Entry:** "Clinical Depression." *University Health Services Tang Center*. Tang Center at UC Berkeley. Web. 11 Oct. 2010. <http://www.uhs.berkeley.edu/lookforthesigns/clinicaldepression.shtml>.

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| **Facts (with page #’s)** | **Questions** | **Interpretations** |
| Individuals with clinical depression are unable to function as they used to. Often they have lost interest in activities that were once enjoyable to them, and feel sad and hopeless for extended periods of time. | What causes this? | Photo gallery |
| It can affect your body, mood, thoughts, and behavior. | Are physical symptoms just as common as the mental symptoms? | Collage |
| Clinical depression is not a sign of personal weakness, or a condition that can be willed away. Clinically depressed people cannot "pull themselves together" and get better. In fact, clinical depression often interferes with a person's ability or wish to get help. | How many people never seek help that have depression? | Monologue |
| People of all ages, genders, ethnicities, cultures, and religions can suffer from clinical depression. | Is there a specific ethnic group that suffers from depression the most? | Cartoon |

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