

DOES DEPRESSION PRESENT THE SAME?

No, depression can present in many different ways in everyone:

WOMEN: More likely to experience depression more often than men. Women with depression typically have symptoms of sadness, worthlessness, and guilt.

MEN: More likely to be tired, irritable, and sometimes even angry. They may lose interest in work or activities they once enjoyed, and have sleep problems.

OLDER ADULTS: May have less obvious symptoms, or may be less likely to admit to feelings of sadness or grief. They also are more likely to have medical conditions like heart disease or stroke, which may cause or contribute to depression. Certain medications also can have side effects that contribute to depression.

CHILDREN: May pretend to be sick, refuse to go to school, cling to a parent, or worry that a parent may die. Older children or teens may get into trouble at school and be irritable. Because these signs can also be part of normal mood swings associated with certain childhood stages, it may be difficult to accurately diagnose a young person with depression. Examine the effectiveness of your study skills.

WHAT TO DO IF I FEEL I AM DEPRESSED?

If you suspect or feel that you may be having symptoms related to depression reach out to a doctor or mental health professional.

- A doctor can examine and run tests if needed to rule out any other possible medical conditions that may be causing the symptoms that you are feeling. If needed, they can also prescribe medications to help manage or control your symptoms.
- A mental health professional can help in diagnosing your symptoms and work with you via psychotherapy to better manage and control your symptoms.
- Talk to friends and family. Reach out to your supports as having someone close to talk with can have a positive impact on how you may be feeling.

If you have any questions or would like to make an appointment please contact:

Ed Magalhaes, PhD, LPC

Director of Academic and Counseling Services
Virginia Campus
emagalhaes@vcom.vt.edu
540-231-1944

Or outside counseling services at the New River Community Services:

700 University City Blvd / Blacksburg, VA 24060
Phone: 540-961-8400
(Be sure to identify yourself as a VCOM student)

For emergency care, 24 hours a day, call ACCESS at 540-961-8400

Natalie Fadel, PsyD

Director of Academic and Counseling Services
Carolinas Campus
nfadel@carolinas.vcom.edu
864-327-9875

Or outside counseling services at Spartanburg Area Mental Health Center:

250 Dewey Avenue / Spartanburg, SC 29303
Phone: (864) 585-0366
(Be sure to identify yourself as a VCOM student)

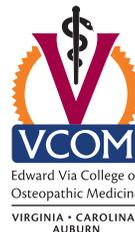
For emergency care, 24 hours a day Crisis Hotline: (864) 585-0366 or 1-800-277-1366

Mary Ann Taylor, PhD

Director of Academic and Counseling Services
Auburn Campus
mtaylor@auburn.vcom.edu
Room 214 // 334-442-4037

Or outside counseling services at Clinical Psychologists, PC:

248 East Glenn Avenue / Auburn, AL
Phone: 334-821-3350
(Be sure to identify yourself as a VCOM student)



Depression

The Center for Institutional,
Faculty, and Student Success



Edward Via College of
Osteopathic Medicine
VIRGINIA • CAROLINAS
AUBURN

Depression

WHAT IS DEPRESSION?

Depression is a serious illness that needs to be treated, as it could cause harm in one's daily living. However, everyone feels sad or low from time to time. Depression is when these feelings of sadness and feeling low persist over time, and may even intensify over time. So if you believe you are suffering from depressive symptoms speak to a counselor or physician near you.

WHAT ARE THE SIGNS AND SYMPTOMS?

- Feeling sad, empty, or hopeless
- Loss of interest in daily activities
- Significant change in weight (unplanned and more than 5% change)
- Increase or decrease in appetite
- Changes in your sleep (can't sleep or sleep too much)
- Fatigued or loss in energy
- Feeling worthless
- Diminished ability to think or concentrate
- Feeling angry, irritable, anxious, or guilty
- Thoughts of suicide, suicide attempts
- Aches or pains, headaches, cramps, or digestive problems

WHAT CAUSES DEPRESSION?

Several factors can contribute to depression:

- Genetics: studies have shown that family history of depression can predispose individuals to develop depression.
- Brain Chemistry: studies have shown that people with depression have different brain chemistry than those without the illness.
- Stress: loss of a loved one, a difficult relationship, or any stressful situation may trigger depression.

DEPRESSION SCREENING TOOL

If you suspect or feel that you may be having symptoms related to depression reach out to a doctor of mental health professional. The Patient Health Questionnaire (PHQ-9) is not a diagnostic tool, it is simply a screening tool to identify depression. Over the last two weeks, how often have you been bothered by any of the following problems?

(Circle your answer choice.)

| Questions | | Not at all | Several days | More than half the days | Nearly every day |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------|-------------------------|------------------|
| 1 | Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2 | Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3 | Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| 4 | Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| 5 | Poor appetite or overeating | 0 | 1 | 2 | 3 |
| 6 | Feeling bad about yourself – or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| 7 | Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| 8 | Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual | 0 | 1 | 2 | 3 |
| 9 | Thoughts that you would be better off dead, or of hurting yourself | 0 | 1 | 2 | 3 |
| Add columns: | | | | | |
| Total: | | | | | |

Interpretation of Total Score:

| Total Score | Depression Severity |
|-------------|------------------------------|
| 1-4 | Minimal depression |
| 5-9 | Mild depression |
| 10-14 | Moderate depression |
| 15-19 | Moderately severe depression |
| 20-27 | Severe depression |