



# MAJOR DEPRESSION



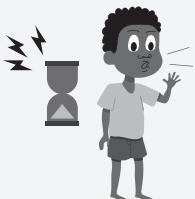
**7** out of every 100 people experience major depression at some point in their life.<sup>1</sup>

## DESCRIPTION <sup>2, 3, 4, 5</sup>

A person with this disorder has feelings of sadness that get in the way of eating, sleeping, working, or doing normal daily activities on most days for at least two weeks at a time.

## SIGNS AND SYMPTOMS <sup>6, 7, 8, 9</sup>

*There is a wide variation in the type and severity of symptoms people experience, but people with major depression have 5 or more of the following symptoms.*



**SLOW SPEECH AND  
MOVEMENT**



**APPETITE AND WEIGHT  
CHANGES**



**NO LONGER INTERESTED  
IN ACTIVITIES THEY  
ONCE ENJOYED**



**TROUBLE CONCENTRATING  
AND MAKING DECISIONS**



**PHYSICAL SYMPTOMS (SUCH  
AS MUSCLE PAIN, HEADACHES,  
OR STOMACH PROBLEMS)**



**UNUSUAL SLEEP  
PATTERNS**



**THOUGHTS OF DEATH  
OR SUICIDE**



**FEELING SAD**



**EASILY ANGERED OR ANNOYED  
(IN CHILDREN THIS MAY BE MORE  
PRESENT THAN SADNESS)**



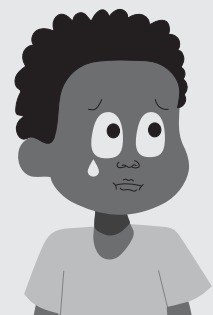
**TIRED**

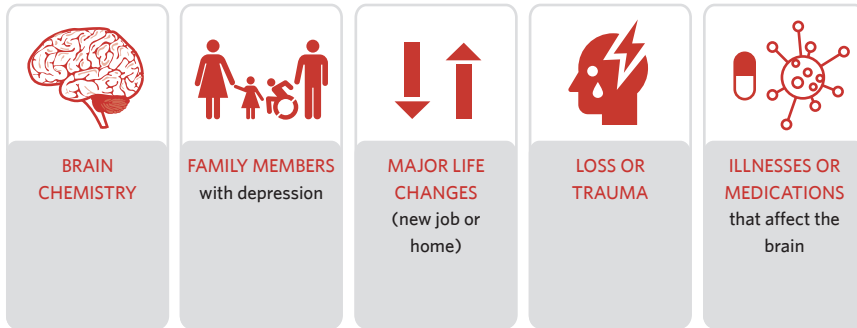


**FEELING NOT GOOD  
ENOUGH OR GUILTY  
WITHOUT REASON**

## STIGMA OF DEPRESSION <sup>10</sup>

*There are many negative cultural views associated with depression. These attitudes may make someone feel embarrassed or ashamed to be who they are and/or to seek help. Depression affects people regardless of their age, appearance, or success in life. It is a disease that is not always possible for a person to control. People with depression should receive help and compassion just like people with any other illness.*

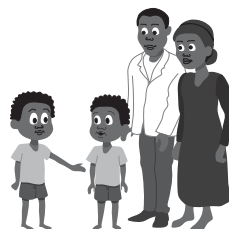


POSSIBLE CAUSES AND RISK FACTORS <sup>11, 12</sup>INTERVENTIONS <sup>13, 14</sup>

## Professional



## Family/Community

**KERRY** <sup>15, 16</sup>

Kerry Washington, an American actress, hasn't been shy about her past battle with depression.

In an interview with Essence magazine, she disclosed that much of her college experience revolved around a depression that including an "abusive relationship with food and exercise." "I used food as a way to cope," she said. "It was my best friend." It was only when a dance teacher intervened that Washington began what would become years of therapy and was finally able to end her routine of "eat, pass out, exercise for hours, feel guilty." More recently, Washington has worked closely with figures like Michelle Obama and Sarah Jessica Parker to call attention to the issue of depression, especially as it affects veterans. As she told Glamour magazine, "I think it's really important to take the stigma away from mental health."

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## NOTES

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3. "Depressive disorder (depression)," World Health Organization, last modified March 31, 2023, <https://www.who.int/news-room/fact-sheets/detail/depression>.
4. Navneet Baines and Sara Abdijadid, "Major Depressive Disorder," *StatPearls* (April 10, 2023). <https://www.ncbi.nlm.nih.gov/books/NBK559078/#:~:text=Major%20depressive%20disorder%20is%20a,in%20women%20than%20in%20men>.
5. American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders*, 160-161.
6. "Major Depression," National Institute of Mental Health.
7. "Depressive disorder (depression)," World Health Organization.
8. Baines and Abdijadid, "Major Depressive Disorder."
9. American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders*, 160-161.
10. "The Stigma of Depression," Talk Space Mental Health Conditions, accessed September 15, 2023 <https://www.talkspace.com/mental-health/conditions/articles/stigma-of-depression/#:~:text=Depression%20is%20a%20disease%20and,condemn%20us%20for%20being%20depressed%3F>.
11. "Mental Health Conditions: Depression and Anxiety," Centers for Disease Control and Prevention, last modified September 14, 2022, <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html#:~:text=The%20exact%20cause%20of%20depression,%2C%20environmental%2C%20and%20psychological%20factors.&text=Everyone%20is%20different%E2%80%9A%20but%20the,person%27s%20chances%20of%20becoming%20depressed%3A&text=Having%20blood%20relatives%20who%20have%20had%20depression>.
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13. "Mental Health Conditions: Depression and Anxiety," Centers for Disease Control and Prevention.
14. "Depression," National Institute of Mental Health, last modified April 2023, <https://www.nimh.nih.gov/health/topics/depression/>.
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16. Jami Ganz, "Kerry Washington shares phone number with fans: 'Text me. Really, really text me,'" Daily News, August 29, 2019, <https://www.nydailynews.com/2019/08/29/kerry-washington-shares-phone-number-with-fans-text-me-really-really-text-me/>.