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Depression

Continued from Page 1

Many people go through periods of stress or self-doubt when they see things that are wrong with them, and yet they are not classified as clinically depressed. The difference between non-clinical and clinical depression is the severity level and duration of the condition.

"People who are clinically depressed are much more seriously depressed and feel that way for over a week. It gets to the point where it interferes with their ability to function," Lewinsohn says.

The most obvious emotional symptom of clinical depression is a general feeling of sadness. In addition, clinically depressed people might feel guilty and blame themselves for their difficulties or they may feel lethargic, and find it difficult to motivate themselves or even to get out of bed in the morning. They also have problems concentrating and are unusually preoccupied with themselves.

Typically, the clinically depressed person may experience some physical problems as well. They can have trouble sleeping or feel a loss of energy or appetite.

Another key symptom is a feeling of social isolation and withdrawal from interactions and activities. Clinically depressed people don't enjoy being with people and feel that people don't enjoy being with them. They often think they don't have any friends and that no one cares about them.

If people experience many of these symptoms, they "may feel so discouraged that they feel no one can help them," Lewinsohn says. "In other words, these people feel that their situation is hopeless. And that means that they're seriously depressed, and anyone who is in a position to help them and talk to them should do so."

Obviously, much tact and sensitivity is needed so as not to offend the depressed person.

"It's easy to want to give them advice, to say, 'Shape up, you've got a lot to live for. You're a freshman in college; a lot of people would give their right arm to be where you are,'" Clarke says.

However, according to Clarke, this could have the reverse effect. Depressed people might shut themselves off, thinking either, "This person doesn't understand me, so I won't come to him or her for help anymore," or "Well, everybody else would be doing great in my shoes, but I feel miserable. I must really be a failure."

Clarke says that instead of offering advice, a friend should "express concern and spend time listening, but only to a point. You can't provide all the help they need. You need to direct them to professional help."

But some people do not have friends whom they may turn to. "People may not have someone who knows them even in passing. They go to classes and go straight back home. That is a problem. In big colleges, people can get lost," Clarke says.

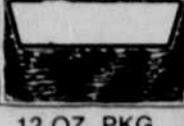
In these cases, the burden of detecting the depression and seeking treatment for it falls primarily on the person who is suffering from the condition. "It's difficult for most of us, and probably especially for males, to admit we need help, and so we have a way of sort of concealing it from other people and sometimes even from ourselves," Lewinsohn says.

"But if they (depressed people) are not able to overcome the symptoms within a week by themselves, then they need professional help and should go to the Counseling Center at the Student Health Center. Because it is a condition that we can help people with, so there is no reason why they should let it go on and on," he says.

Turn to Depression, Page 5

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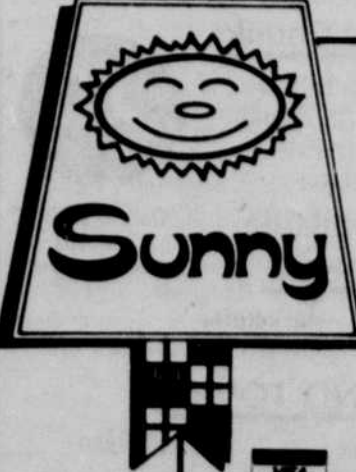
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