

## Seasonal Depression



### Seasonal Depression

Also known as Seasonal Affective Disorder (SAD), is a mood disorder that occurs at the same time each year, generally in the fall or winter

### Causes

Unknown, though some scientists suggest brain chemicals (such as serotonin), low vitamin D, or high melatonin levels are factors

### Risk Factors

- Age: Young adults at greater risk
- Being female
- Those with a family history
- Having major depression or bipolar depression
- Living far from the equator

### Symptoms (persisting for at least 2 years)

- Feeling depressed most of the day, most days
- Little interest in activities once enjoyed
- Less energy
- Fatigue
- Increased desire to be alone
- Trouble with sleep and/or concentration
- Changes in appetite or weight
- Hopelessness and/or suicidal thoughts
- Feeling agitated

### Treatments

Light therapy\*  
Medication  
Vitamin D  
Psychotherapy

\*Check with doctor first; not recommended for some such as those with Bipolar Depression.

**Sources:**

Seasonal Affective Disorder. (n.d.).

<https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>.

Goldberg, J. (2018, April 13). Seasonal depression (Seasonal affective disorder) symptoms, causes, treatments.

<https://www.webmd.com/depression/guide/seasonal-affective-disorder#1>.