# Seasonal Depression

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Are you S.A.D.?



**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 in 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>.