

Edna Ferdinand
Professor Maret
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1. The definition of depression is having the constant sense of sadness or being unhappy, there are different types of depression. Some are clinical depression, bipolar depression, postpartum depression, etc. Mania is having high levels of emotions, energy and moods. Sometimes it can be inappropriate and distinguishable. The similarities between the two is that they can be associated with bipolar disorders and they can be acute or chronic. They also can be noticeable. The difference is that depression (low norepinephrine and serotonin) and mania (higher chemical levels) have different types of emotions.

18. Some Major signs of depression are being withdrawn from your family, friends, work and life. Sadness, questioning yourself and situations, change of appetite, difficulty of sleep, hard time concentrating, etc. I think his mother committing suicide when he was ten played a big role of Steve's depression. I also assumed that it could be a genetic factor since his mother had depression and now he has depression. He mentioned that after his 13th birthday things went downhill so I am assuming that long term stress and on top of his mother's death had negatively impacted him.

15. Electroconvulsive Therapy (Ect) was by accident and it is less harsh or severe nowadays due to the negative effects it has. As in memory loss, confusion, seizures, etc. It's more expensive now to take this treatment and the way the doctors perform this procedure. This is a session that takes a couple of weeks that treats depression. The patient takes medication for them to be relieved during the treatment. And most of the patients have improved from this treatment since it targets electrical stimulation.

7. Gender plays a role in depression, women are more likely to get depression than men because of the hormones (and the changing of the hormone) that women have to deal with is more compared to men. To add on, women deal with more stress due to society and having pressure on how they should look, what they should do, etc. But men do deal with depression and it can be more severe and can be more deadly.

21. A suicidal individual's mood is relevant because they produced low serotonin levels which can affect the mood. They often feel hopeless, sadness, anger, anxiety, shame, and the list goes on. In which this can affect their ability to perform their work and things they need to do. Edwin Scneidman has mentioned the term psychache to describe the intolerable pain a suicidal individual feels.

29. Stress is one out of many factors why a person could commit suicide. The more stress an individual faces the more likely they will attempt suicide, but it depends with what the stress is and how long that stress has been there. Stress can vary and is situational, some examples can be: loss of a loved one, financial loss, environmental, mental stress, job occupation, illness, etc. All of these factors in regards to stress can cause an individual to end their life.

33. The fear of losing the thing he had worked hard for, the michelin stars, the review, etc could be the reason why Loiseau was depressed. I think the pessimistic style he had was the fear and

him overthinking constantly, along with what the press thought of him. I'm not sure if his suicide was inevitable because I don't know what he has done to help relieve his pain (if he tried). But I think if he got professional help and maybe taken a break in his career to spend time doing other things that could have brought him joy, it could have stopped his suicide. Some forms of therapy could be Cognitive behavioral therapy, Electroconvulsive Therapy, etc.

26. The five goals that the Los Angeles Suicide Prevention Center have to handle the call they receive are to: establish a positive relationship, which means to have trust, understanding, and a respectful relationship with the caller. Understand and clarify the problem, so it can be clear and are addressing the right problem. Assess suicide potential, so you can evaluate. Assess and mobilize the caller's response, so it can be clear and understand what the caller is saying. And formulate a plan to help prevent the suicide.