Out of the Blues:
Shaking Off Seasonal Affective Disorder
by Suzanne Womack Strisik

Science for Alaska Lecture Series 2009
A list of materials about this topic provided by Aldean Kilbourn,
Geophysical Institute Keith B. Mather Library

Internet Resources

General Information (all sites accessible as of 8 May 2009)

Dryden-Edwards, R., Stoppler, M.C. MedicineNet.com: What Is Seasonal Affective Disorder (SAD)?
<http://www.medicinenet.com/seasonal_affective_disorder_sad/article.htm>

FamilyDoctor.org: What is Seasonal Affective Disorder?
<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/267.html>

Healthline: Seasonal Affective Disorder Quiz
<http://www.healthline.com/sw/qz-seasonal-affective-disorder-quiz>


Mayo Clinic: Seasonal Affective Disorder (SAD)
<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

Medline Plus: Seasonal Affective Disorder

MentalHealthAmerica.net
<http://www.mentalhealthamerica.net/>
Enter in search box along top of menu bar: Seasonal affective disorder
Many links appear on Seasonal Affective Disorder

MyDepressionConnection.com: Understanding Seasonal Affective Disorder
<http://www.healthcentral.com/depression/understanding-seasonal-affective-disorder.html>

NAMI National Alliance on Mental Illness: Seasonal Affective Disorder
<http://www.nami.org/Content/ContentGroups/Helpline1/Seasonal_Affective_Disorder_(SAD).htm>

A United Kingdom site, but with many links.

SoundMedicine Indiana University School of Medicine: Seasonal Affective Disorder
<http://soundmedicine.iu.edu/segment.php4?seg=52>

Watkins, C.E. Seasonal Affective Disorder: Winter Depression.
<http://www.ncpamd.com/seasonal.htm>

WebMD Depression Health Center / Topic Overview / What is Seasonal affective disorder (SAD)?
<http://www.webmd.com/depression/tc/seasonal-affective-disorder-sad-topic-overview>
Available through UAF Rasmuson Library List of Journals or through Noel Wien Public Library; some also found using Alaska's Digital Pipeline EBSCO Host databases and Consumer Health Complete database through use of the search term “Seasonal Affective Disorder.”


Basic thrust of study: "Seasonal Affective Disorder (SAD) patients crave and eat more carbohydrates (CHO) in fall-winter when depressed, especially in the evenings, and feel energetic thereafter. Evening CHO-rich meals can phase delay circadian rhythms, and glucose increases retinal response to light."


Book Resources


Bellenir, Karen, ed. 2000. Mental Health Disorders Sourcebook. Detroit, MI: Omnigraphics,. Basic information, treatment, and therapy for each disorder; includes a section on S.A.D.; for general readers.


Lam, R.W. (ed.) 1998. Seasonal Affective Disorder and Beyond: Light Treatment for SAD and Non-SAD Conditions. Arlington, VA: American Psychiatric Press, 327 p. *Seventeen contributors, leading clinicians studying the effects and uses of light treatment, discuss the impact of light and light therapy on conditions such as SAD, premenstrual depression, circadian phase sleep disorders, jet lag, shift work disorders, insomnia, and behavioral disturbances.*


Partonen, T., Magnusson, A. (ed.) 2001. Seasonal Affective Disorder: Practice and Research. New York: Oxford University Press, 328 p. A reference book. Presents an evidence-based review to an understanding of SAD, focusing on clinical aspects and research issues. A short review of the history of the condition is followed by the first part of the book, which is clinical in emphasis, covering the presentation of the condition and its symptoms, the epidemiology, and the various options for treatment. Part two shifts the focus to examine research into SAD, covering the range of hypotheses put forward to explain the cause of the condition, and reviewing the experimental evidence for each theory.


Rohan, K.J. 2008. Coping with the Seasons: A Cognitive Behavioral Approach to Seasonal Affective Disorder. New York: Oxford University Press. 102 p. Do you find yourself becoming depressed as winter approaches? Do the "winter blues" affect your ability to get through the day? Do you experience a loss of pleasure in your daily life during the winter season? Does your mood lift with the return of spring? If so, you may be suffering from seasonal affective disorder or SAD. This workbook can help you learn strategies to overcome the "winter blues" this year and for years to come. It can be used as part of an individual or group cognitive-behavioral therapy (CBT) program, which may also be combined with light therapy. Rohan has also written a Therapist Guide to accompany this workbook.


**Teacher Resources**

National Institute of Mental Health Home Page: The Science of Mental Health Grades 6-8
<http://www.nimh.nih.gov/>
<http://science-education.nih.gov/customers.nsf/MSMental> (printed version)
<http://science-education.nih.gov/supplements/nih5/Mental/default.htm> (Web version)

Teens Health: Seasonal Affective Disorder
<http://kidshealth.org/teen/your_mind/mental_health/sad.html>