

**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](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>>

Ivry, S. Seasonal Depression Can Accompany Summer Sun. *The New York Times*. August 13, 2002.  
Retrieved online 6 February 2009.

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

Medline Plus: Seasonal Affective Disorder  
<<http://www.nlm.nih.gov/medlineplus/seasonalaffectivedisorder.html>>

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](http://www.nami.org/Content/ContentGroups/HelpLine1/Seasonal_Affective_Disorder_(SAD).htm)>

Seasonal Affective Disorder Association. <<http://www.sada.org.uk/>>  
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."

- Booker, J.M. & Hellekson, C. 1992. Prevalence of seasonal affective disorder in Alaska. *American Journal of Psychiatry*, 149(9), pp. 1176-1182.
- Danilenko, K.V., Plisov, I.L., Hebert M., Kruchi, K., Wirz-Justice, A. 2008 Influence of timed nutrient diet on depression and light sensitivity in seasonal affective disorder. *Chronobiology International: The Journal of Biological & Medical Rhythm Research*, 25(1):51-64.  
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."
- Falcon, E., McClung, C.A. 2009 A role for the circadian genes in drug addiction. *Neuropharmacology*. 56(Suppl 1): 91-6. Epub 2008 Jul 3. (PMID: 18644396)
- Hansen, V., Skre, I., Lund, E. 2008. What is this thing called "SAD"? A critique of the concept of Seasonal Affective Disorder. *Epidemiologia e Psichiatria Sociale*. 17(2): 120-7.
- Kripke, D.F., Nievergelt, C.M., Joo, E.J., Shekhtman, T., Kelsoe, J.R. 2009. Circadian polymorphisms associated with affective disorders. *Journal of Circadian Rhythms*, 7(1): 2. [Epub ahead of print]
- Lansdowne, A. & Provost, S.C. 1998. Vitamin D3 enhances mood in healthy subjects during winter. *Psychopharmacology*, 135(4): 319-323.
- Low serotonin levels and seasonal affective disorder. 2009 *Mayo Clinic Health Letter*, 27(1): 4.
- Morin, G. D. 1990. Seasonal affective disorder, the depression of winter: A literature review and description from a nursing perspective. *Archives of Psychiatric Nursing*, 4(3): 182-187. Science Direct.
- Murphy, P.K., Wagner, C.L. 2008. Vitamin D and mood disorders among women: an integrative review. *Journal of Midwifery & Women's Health*, 53(5): 440-6.
- New treatment options for seasonal affective disorder. Possible alternatives to bright white light are under investigation. 2008. *Harvard Mental Health Letter*, 25(5): 6-7.
- Pjrek, E., Winkler, D., Konstantinidis, A., Willeit, M., Praschak-Rieder, N., & Kasper, S. 2007. Agomelatine in the treatment of seasonal affective disorder. *Psychopharmacology*, 190(4): 575-579. Springer-Verlag.
- Rohan, K.J., Roecklein, K.A., Lindsey, K.T., Johnson, L.G., Lippy, R.D., & Lacy, T.J. 2007 A randomized controlled trial of cognitive-behavioral therapy, light therapy, and their combination for seasonal affective disorder. *Journal of Consulting and Clinical Psychology*, 75(3): 489-500.
- Srinivasan, V., Pandi-Perumal, S.R., Trakht, I., Spence, D.W., Hardeland, R., Poeggeler, B., Cardinali, D.P. 2009. Pathophysiology of depression: Role of sleep and the melatonergic system. *Psychiatry Research*, 165(1/2) [PMID: 19181389 ePublished ahead of print]
- Tam, E. M., Lam, R. W., Levitt, A. J. 1995. Treatment of seasonal affective disorder: A review. *The Canadian Journal of Psychiatry*, 40(8): 457-466. Canada: Canadian Psychiatric Assn.
- Westrin, A. & Lam, R. W. 2007. Long-term and preventative treatment for seasonal affective disorder.



## Book Resources

- Barr, B. C. 2000. *Banishing the Blues of Seasonal Affective Disorder: Using Bright Light Therapy for the Successful Treatment of Winter-Induced Depression*. Seattle, WA: Indoor Sun Shoppe. 64 p.
- 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.
- Cooper, Primrose. 2001. *The Healing Power of Light: A Comprehensive Guide to the Healing and Transformative Powers of Light*. Newburyport, MA: Weiser Books. 192 p.  
Demonstrates how hard science and metaphysics merge to give an opportunity to live healthier lives. Opens to a broad range of thought, including a discussion of the pioneering work of Rudolf Steiner, and of Dr. Norman Rosenthal, who developed full-spectrum light treatment for SAD.
- Hayes, Lawrence. 2008. *The Light of Day: A Mindbody Approach to Overcoming Seasonal Affective Disorder*. Bloomington, IN: Trafford Publishing. 108 p.
- Izenberg, N., Dowshen, S. A. 2001. *Human Diseases and Conditions. Supplement 1: Behavioral Health*. Chicago, IL: Scribner, Gale Group. 463 p.  
"The first annual supplement to Human Diseases and Conditions contains 96 articles focusing on mental disorders and their therapies."
- 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."-publisher
- Marshall, F., Cheevers, P. 2003. *Positive Options for Seasonal Affective Disorder*. Alameda, CA: Hunter House. 160 p.
- 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.
- Paykel, E. S. 1992. *Handbook of Affective Disorders*. 2<sup>nd</sup> edition. Edinburgh: Churchill Livingstone. 699 p. (Part IV includes SAD.)
- 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.

Rosenthal, N.E. 1998. Winter Blues : Seasonal Affective Disorder : What It Is and How to Overcome It. New York: Guilford Press 354 p.  
Updated version of 1984 seminal research on SAD.

Smith, L.L., Elliott, C.H. 2007. Seasonal Affective Disorder for Dummies. Hoboken, NJ: John Wiley & Sons. 333p.

Taylor, C., Levinson, R. K. 1998. If You Think You Have Seasonal Affective Disorder. New York: Dell. 208 p.



## **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](http://kidshealth.org/teen/your_mind/mental_health/sad.html)>