

LEARNING MADE EASY

100 Questions

& Answers

About Depression

for
dummies[®]
A Wiley Brand

Laura L. Smith, PhD



100 Questions & Answers About Depression

by Laura L. Smith, PhD

for
dummies[®]
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100 Questions & Answers About Depression For Dummies®

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Introduction

In the United States, depression is one of the more common mental health disorders. According to the Centers for Disease Control and Prevention (CDC), in 2024, 5 percent of American adults “regularly reported feelings of depression,” and in 2023, 40 percent of American high school students experienced symptoms of depression. I wrote this book to answer common questions about depression — what it is, what causes it, how it differs from everyday sadness, and the treatment options available.

About This Book

This book is a reference, which means you don’t need to read the chapters in order from beginning to end and you don’t have to remember anything — there isn’t a test at the end of it.

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