






## MYTHS AND FACTS ABOUT DEPRESSION

Common thoughts on depression	Is this true or false?	Explanation
<i>Everyone is equally as likely to be diagnosed with depression</i>	<b>FALSE</b> 	Before puberty, boys and girls develop depression with about the same frequency (boys are a bit more likely to be depressed). Once puberty hits, everyone becomes more susceptible to depression, but women are reported to experience depression twice as much as men.
<i>People with mild depression may benefit from focusing on the positive and increasing pleasurable activities.</i>	<b>TRUE</b> 	Remaining positive but not unrealistic is very important for being happy. The more positive, optimistic and outgoing you are, the easier it is to deal with problems that may come your way.
<i>Diet and exercise do not have an effect on how hopeful and optimistic I feel.</i>	<b>FALSE</b> 	If you eat healthy, exercise regularly and get good nights sleep you will find it easier to be positive even when life does not look so good.
<i>Chronic stressors such as a prolonged illness or chronic pain are risk factors for depression.</i>	<b>TRUE</b> 	People who have chronic pain are at a higher risk of developing depression. This is why it is so important to learn the skills to think and act positively.
<i>Alanis Morissette, Drew Barrymore, Jim Carey and Robin Williams are all celebrities who have been very depressed.</i>	<b>TRUE</b> 	These musicians, actors and comedians have all been diagnosed with clinical depression. However, they have not let their diagnosis get in the way of their success.