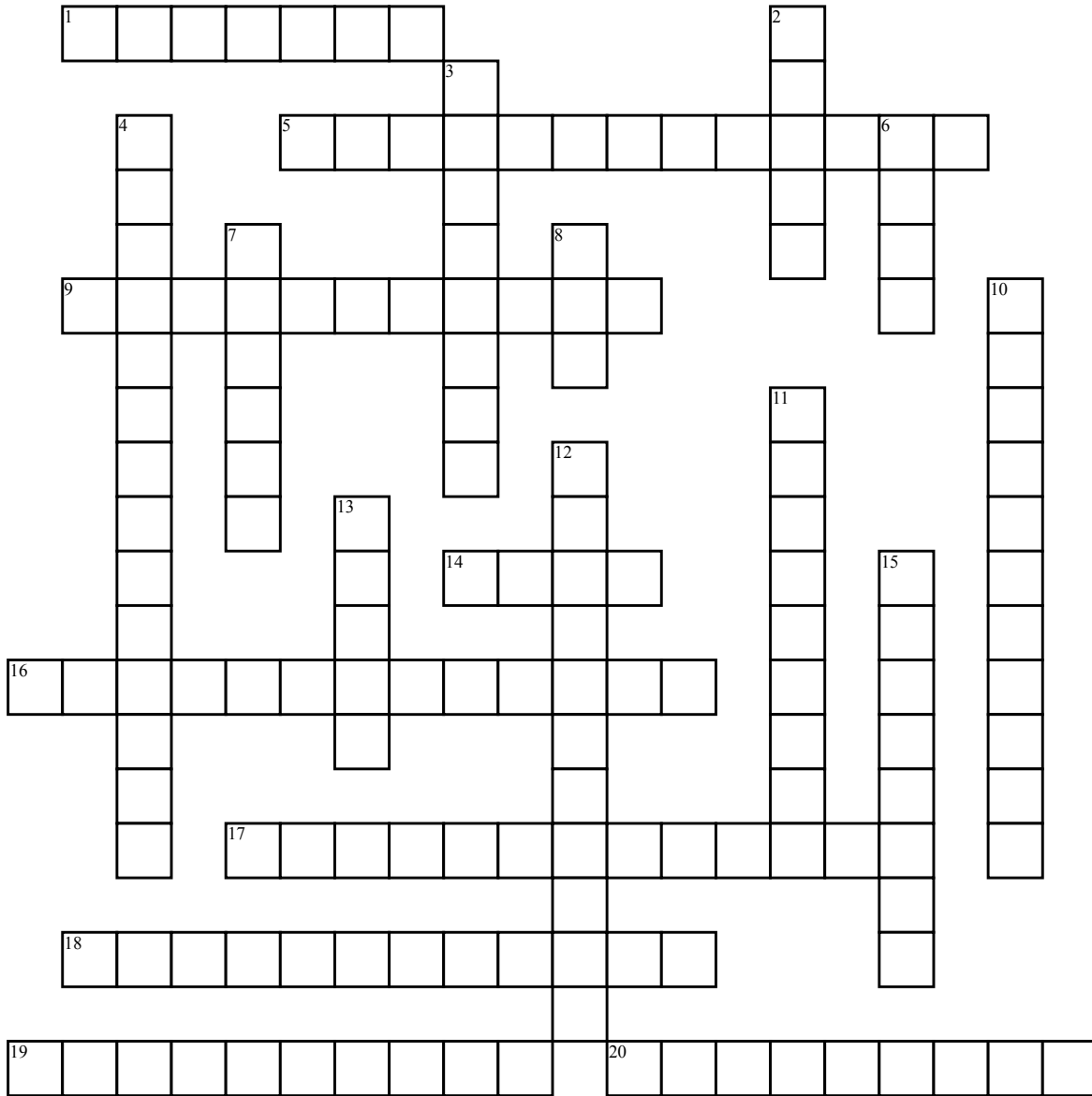


Depression and Hope Study Guide



Across

- 1. Depression ___ a person's ability to respond to the care that is offered at times of grief and can blunt the ability to express pain, thus prolonging and intensifying the period of grief.
- 5. ___ are not irritable or hard to live with on purpose; they do not have it in for their loved ones.
- 9. ___ affects the total human organism--cognition, physiology, interpersonal relationships, and behavior.
- 14. Over ___+ of those who experience one bout of depression will undergo another; more than 70% of individuals who have suffered two melancholic episode will have a third; and almost 90% of all who have had three episodes of depression will have another one or more.
- 16. Withdrawing from ___ relationships is one of the worst things the depressed can do.
- 17. ____, according to Ignatius, is not only about what we know in our minds but also about what we know in our hearts.
- 18. Depression is a disorder, not a disease like ___.

- 19. The common symptoms or characteristics of major ___ fall into four categories: interpersonal, physiological, cognitive, and behavioral disturbances.
 - 20. Melancholia Is a historical word for depression literally means
- Down**
- 2. ___ is a normal response to loss; it is not a mood disorder.
 - 3. ___ counseling can be of benefit to most individuals regardless of whether one's depression is due to environmental factors or to a physiological predisposition.
 - 4. Depressives also tend to be ___ to criticism, so listening to people who are "only telling you this for your own good" can cause the depression to spiral even deeper than before.
 - 6. According to Gregory, the best ___ for despair is an awareness of the possibilities of grace, a cultivated confidence in God's benevolence and ultimate benediction.

- 7. Many children who have problems in school or are brought for counseling are found to have a ___ who is depressed.
- 8. Neither is depression a mortal ___.
- 10. Depression is but one of the ___ symptoms of drug use, over use, and abuse.
- 11. From 10% to 20% of individuals who are ___ also experience panic disorder. Approximately 30% will exhibit symptoms of generalized anxiety disorders sometime during the depression.
- 12. If you sit in a worship service with roughly one hundred other people, chances are good that about ten of them will suffer from ___ at some point during the year.
- 13. How many dynamics of grief are there?
- 15. The depressed not only lose ___ in ordinary activities; their abilities to cope with practical everyday problems are impaired.