

Damian Sclafani

Paige Pinkston

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English 102: Rhetoric and Composition

Annotated Bibliography and Project Proposal

Annotated Bibliography

“Being Aware of Depression and Anxiety in Kids and Teens.” *Curriculum Review*, vol. 60, no. 8, Apr. 2021, pp. 4–5. *Academic Search Complete*,
search-ebshost-com.pallas2.tcl.sc.edu/login.aspx?direct=true&db=a9h&AN=14998221
&site=ehost-live.

This source provides information about depression in kids and teens. The source provides statistics relating to depression in kids and teens along with giving likely symptoms they would experience. Due to it being published this year, April of 2021, this source will be relevant to my research paper and will be used to help me provide possible early symptoms for depression.

Bygstad-Landro, et al. "Risking existence: The experience and handling of depression." *Journal of clinical nursing*, vol. 27. no. 3-4, 2018, pp. e514-e522.

This article is about an experiment conducted to see how people suffering from depression manage life. The experiment collected data from 18 individuals with current or former depression. The experiment concluded with the main discussion being people suffering from depression are just trying to find where they belong. This source is reliable because it was

published in the Journal of Clinical Nursing, meaning the authors of this source are experts about this topic. This source will add to my research project since it provides proof of how people stuck in a state of depression think daily.

Castonguay, Jessica, et al. "Seeking help for depression: applying the health belief model to illness narratives." *Southern Communication Journal*, vol. 81, no. 5, 2016, pp. 289-303.

This source did an experiment among people with depression and interviewed them. This experiment sought the narratives behind individuals finding help during depression and proved that people suffering from depression often struggle to seek help and need guidance. This source was published in 2016, which makes this more relevant to how people are experiencing depression now. This article will be used in my essay since it proves that people suffering from depression have a huge difficulty with seeking help.

Dean, Angela J. "Are antidepressants addictive?." *Drug and Alcohol Review*, vol. 21, no. 4, 2002, pp. 317-319.

This source talks about antidepressants. The main topic addressed in this article is if antidepressants can be addictive. This article is credible since Angela Dean is a researcher in medical health. This will be used in my essay to add to my counter argument for antidepressants.

Hari, Johann. "This could be why you're depressed or anxious." TED, July. 2019,
https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious

Johann Hari provides a detailed explanation as to why people exactly experience depression. The speaker states that depression is not something that should be seen as an error, but it should be seen as a message that something needs to change. This source is relevant to now

due to it being published in 2019. Along with the time of being published, this talk also was made by a speaker who has put lots of research into this topic. The source also talks about depression and how the world now is shaping it versus what it used to look like. This source can be a huge point in my research paper. It will state that the method of dealing with depression most people are using now is wrong. This source also gives lots of valuable information I can use in my paper.

McCormack, James, and Christina Korownyk. "Effectiveness of antidepressants." 2018.

This article gives information about how well antidepressants work. It also talks about some of the slight shortcomings in antidepressants. This source is credible since both authors work in departments of the mental health field. I can use this source in my essay to add to my counter argument.

Petersen, Anders, and Ole Jacob Madsen. "Depression: Diagnosis and suffering as process."

Nordic Psychology, vol. 69, no. 1, 2017, pp. 19-32.

In this source, they performed an experiment by gathering a bunch of individuals of different age groups, teens or young adults, with a diagnosed depression and interviewed them. The conclusion reached in this experiment was that people's feelings when experiencing depression are very real to them no matter what situation they are in, making it harder to escape the feeling of depression. This source is credible when talking about mental health because it was published in the Journal of Nordic Psychology, which is a journal known for its research on psychology. This source provides useful information that I can use in my research paper since it gives more insight as to how people, in any age, who experience depression feel and why it is hard to escape it.

Robbins, Paul R.. *Understanding Depression*, McFarland & Company, Incorporated Publishers, 2008. *ProQuest Ebook Central*,
<https://ebookcentral.proquest.com/lib/southcarolina/detail.action?docID=1593709>

In this book, Paul Robbins provided lots of information about depression. This information includes causes, effects, and solutions. This information is credible since the author has held a number of research positions in various medical schools. I can use this in my research paper to give a lot of background information about the mental illness and how it originates.

Wilson, Clare. "Why Take Depression Pills If They Don't Help?" *New Scientist*, vol. 230, no. 3078, June 2016, p. 21. *Academic Search Complete*,
 doi:10.1016/S0262-4079(16)31086-7.

Clare Wilson talks about antidepressants and how they are not the best solution to depression. It explains that not only are antidepressants overly prescribed, but they also have a high chance of not working like they are supposed to. This article is relevant since it was published in 2016, this means that the content of this source has not changed much since then. I can apply this source to my research paper since it will give an explanation on why antidepressants are not the best option for treating depression.

Wurst, Amanda, and Erica Faulhaber. "Learn about mental health." *Retrieved February 10, 2018*.

The purpose of this source is to try and clear any misunderstandings about mental or emotional health. This source gives the reader basic information about what mental issues are while also providing some useful statistics relating to the issue. This source was written by therapists and clinical workers. Along with that, this source was also backed by the Centers for Disease Control and Prevention; this information makes sure this source is credible and is related to how people experience depression today. I will be able to use this source for my research

paper to provide useful statistics about mental health along with reasons as to why people resist seeking help when they have a mental health issue.

Project Proposal

For this project, I plan on making my stance on it to answer this question: what is the best way to help someone who currently has depression overcome that feeling? My method of communicating the answer will be to take a glance at various other methods of curing depression and to see which among those methods have the best outcome. For me to show which method is the best for helping an individual with depression, I will also have to explain about how people with depression feel and why it is such a struggle for them to get help. My thesis throughout this project will be: **Through researching the topic of depression, the best way to get help to someone suffering from depression is to allow therapy to be easier to access along with getting the individual the chance to reconnect with the world.** The main question that I have about this topic is how each method of help compares with each other. There are several methods out there to help individuals suffering from depression; however, which method is the best? The question I feel that most people have is how someone even starts with figuring out how to help someone diagnosed with this illness. There is lots of information floating around about this topic, so putting it all together is a difficult task for most individuals; it is especially difficult for those who are suffering from depression. To answer both questions, I plan on using the sources I have gathered to explain what depression is, how people suffering from depression think, and what is the best way to get someone who is suffering from depression the help they need. With all the sources I have gathered, and I plan on getting more, I have many different examples and experiment to help the reader grasp at how exactly people suffering from depression think. This topic has a lot of stakeholders; this means many people can be affected by this topic. High percentages of teens and young adults experience depression daily. I think that the term “depression” is easy to take in at a glance; however, I believe that I will need to go more in depth

about what it truly means to suffer from this looming feeling of hopelessness. Everyone has heard of depression before, but most people do not know exactly what it is like. I will also find sources to speak on how natural development can influence how the mind creates this illness. What I want the reader to get from this paper is the ability to know how to not only see when someone is truly depressed, but how to get help for the individual and have that help change their life for the better.