

E&T Final Project Research Notes

Losing Empathy When Depressed: Here Is Why

Link: [Losing Empathy When Depressed: Here Is Why | OptimistMinds](#)

- Depression is linked to inability to differentiate self from others.
 - o Empathic distress
 - o Empathy fatigue as a defense mechanism

Empathy and Depression: What's the Link?

Link: [Empathy and Depression: What's the Link? | Psych Central](#)

- Potential link between depression, empathy, and antidepressants.
- Depression and some medications can lower empathy levels.
- 2017 Study
 - o Asked participants to rate how upset they thought someone felt.
 - o Participants going into the study with a low mood also thought the person in the video was more upset than participants going in with better moods.
- 2014 Study
 - o
- 2021 Study
 - o The link between empathy and depression may change with age.

A Link Between Empathy and Depression

Link: [A Link Between Empathy and Depression | Psychology Today](#)

- Being empathetic towards others is a matter of mentally placing yourself in the position of another person and imagining what your feelings in the position of that other person would be.
- Depression involves someone not allowing themselves to experience their feelings and blocking negative feelings
 - o May inhibit the ability to feel empathy towards others
 - If you can't allow yourself to feel your own emotions, you can't understand others
 - Empathy in practice may be difficult despite having an intellectual understanding of what it is and how to do it

Empathy Fatigue: How it Takes a Toll on You

Link: [Empathy Fatigue: How it Takes a Toll on You - Cleveland Clinic](#)

- On the flip side, empathy fatigue can cause people to show depressive symptoms

Low Moods Lead to Increased Empathic Distress at Seeing Others' Pain

[Low Mood Leads to Increased Empathic Distress at Seeing Others' Pain - PMC \(nih.gov\)](#)

- Abstract
- Introduction
- Materials and Methods
 - o Participants
 - o Procedure
 - o Data Analysis
- Results

Empathy in Adults with Clinical or Subclinical Depressive Symptoms

[Empathy in adults with clinical or subclinical depressive symptoms - PubMed \(nih.gov\)](#)

- Background
 - o Depression associated with problems in social functioning
 - Poor empathic abilities may be contributing to this association
 - o To what extent does depression affect someone's cognitive and affective empathy?
 - Is there a difference depending on gender?
- Methods
 - o PsycInfo and Medline
 - Systematic review of all studies on empathy and depression conducted on individuals diagnosed with major depressive disorder
- Results
 - o Depression is related to one type of affective empathy
 - High levels of empathic stress
 - Not related to abnormal empathic concern
 - Related to limited cognitive empathy
 - Poor perspective taking
 - Theory of mind
 - Empathic accuracy
- Limitations
 - o Self-report studies are subjective and vulnerable to bias
 - o Cannot establish absolute causality
- Conclusions
 - o Empathic abilities may be impaired for someone who is depressed

How Depression Affects the Brain

[How Depression Affects the Brain > News > Yale Medicine](#)

Depressed Brain: How It Affects You

[Depressed Brain: How It Affects You \(healthline.com\)](https://www.healthline.com/health/brain-depression)

- Depression may cause the brain to shrink
 - o Hippocampus
 - o Thalamus
 - o Amygdala
 - o Prefrontal Cortices
- When someone has depression and anxiety, their amygdala increases in size
- Brain inflammation
 - o Can reduce the functionality of neurotransmitters
- Structural Differences
 - o Neurotransmitters
 - Serotonin
 - Dopamine
 - Norepinephrine
- Oxygen Restriction

Depressed Brain vs. Normal Brain

[Depressed Brain vs. Normal Brain | Mental Health Blog \(banyanmentalhealth.com\)](https://www.banyanmentalhealth.com/brain-depression-vs-normal-brain)

- The Difference Between a Depressed Brain vs. a Normal Brain
- Grey Matter Abnormalities
- Brain Shrinkage
- More Active Amygdala

The Relationship Between Dimensions of Empathy and Symptoms of Depression Among University Students During the COVID-19 Pandemic: A Network Analysis

[The relationship between dimensions of empathy and symptoms of depression among university students during the COVID-19 pandemic: A network analysis - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/35811111/)

Association Between Children's Empathy and Depression: The Moderating Role of Social Preference

[Association Between Children's Empathy and Depression: The Moderating Role of Social Preference - PubMed \(nih.gov\)](#)

Reduced Social Connectedness and Compassion Toward Close Others in Patients With Chronic Depression Compared to a Non-Clinical Sample

[Reduced Social Connectedness and Compassion Toward Close Others in Patients With Chronic Depression Compared to a Non-clinical Sample - PubMed \(nih.gov\)](#)

Depressive Symptoms in Parents are Associated with Reduced Empathy Toward Their Young Children

[Depressive symptoms in parents are associated with reduced empathy toward their young children - PubMed \(nih.gov\)](#)

Empathy and Depression Among Early Adolescents: The Moderating Role of Parental Support

[Empathy and Depression Among Early Adolescents: The Moderating Role of Parental Support - PubMed \(nih.gov\)](#)

Antidepressant Treatment, Not Depression, Leads to Reductions in Behavioral and Neural Response to Pain Empathy

[Antidepressant treatment, not depression, leads to reductions in behavioral and neural responses to pain empathy - PubMed \(nih.gov\)](#)

Does Emotional Intelligence Fluctuate Within Clinical Depressive Condition?

[Does Emotional Intelligence Fluctuate within Clinical Depressive Condition? - PubMed \(nih.gov\)](#)

Effects of Mineralocorticoid Receptor Blockade on Empathy in Patients with Major Depressive Disorder

[Effects of mineralocorticoid receptor blockade on empathy in patients with major depressive disorder - PubMed \(nih.gov\)](#)
