

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
- Methods
- Results
- Limitations
- Conclusions