SEASONAL AFFECTIVE DISORDER
Kenleigh McMinn, PhD, Psychologist, Baylor Scott & White Health

{**ON CAM**}
WINTERTIME CAN BE AN EXCITING SEASON FOR MANY…
BUT IF YOU NOTICE YOUR MOOD TURNS SOUR AROUND THE HOLIDAYS… YOU
MAY BE SUFFERING FROM SEASONAL AFFECTIVE DISORDER.

{**TAKE VO**}
TRT:

FOR ABOUT FIVE PERCENT OF PEOPLE – THE DECREASE IN SUNLIGHT
DURING THE WINTER TRIGGERS MAJOR DEPRESSION. IT’S CALLED SEASONAL
AFFECTIVE DISORDER – OFTEN REFERRED TO AS ‘SAD.’
UNLIKE OTHER TYPES OF DEPRESSION – ‘SAD’ COMES ON DURING WINTER…
AND TYPICALLY LIFTS DURING SPRING… AS THE DAYS BRIGHTEN UP.
PSYCHOLOGIST KENLEIGH MCMINN SAYS THERE’S GOOD NEWS – SEASONAL
AFFECTIVE DISORDER IS TYPICALLY TREATABLE.

{**TAKE SOT**}
Kenleigh McMinn, PhD
Baylor Scott & White Health
TRT: 11
“You can do what's called light therapy. They actually make these special lights. That
you can just make sure that you're getting enough light exposure throughout the day,
and that can help kind of brighten your mood. You can also just make sure you're getting
enough exercise, getting enough time outside.”

{**ON CAM**}
ACCORDING TO DOCTOR MCMINN – MEDICATION AND THERAPY ARE ALSO
COMMON TREATMENT OPTIONS FOR SEASONAL AFFECTIVE DISORDER
SUFFERERS.