

Title:

A Season of Depression

Word Count:

523

Summary:

From the months of November to February, the days are shorter and colder, and the nights longer.

Keywords:

depression

Article Body:

Don't be surprised when some of your friends seem to be grumpy or irritable these past few days. Based on statistics released by the SAD Association, 500,000 people in the United Kingdom had winter depression last year. Norman E. Rosenthal is the US doctor who coined the term SAD in 1984. Winter depression has a number of causes. Light therapy, one of the most effective and clinically proven treatments for SAD, has been shown to be effective. The average domestic or office light emits a paltry 200-500 lux (a lux is a unit of illuminance). Using these measurements as basis, a number of specially designed light boxes have been invented. When it comes to treatment of SAD symptoms, light therapy could be the best approach to consider. According to statistics, the incidence of SAD increases dramatically as you go 30 degrees of latitude north. When you watch movies that feature warm, sunny, summery climates, marked improvements in mood are often reported. Watching outdoor sports like cricket or golf may produce the same mood-enhancing effect. On the

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