

Depression Disconnect: New survey finds most people with depression feel deeply misunderstood

Partnership brings awareness to challenges of depression and its treatment

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Myriad Neuroscience

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NEWS PACKAGE

SUGGESTED TEASE

COMING UP, HOW BETTER UNDERSTANDING WHAT DEPRESSION FEELS LIKE CAN HELP YOU RECOGNIZE AND SUPPORT THOSE IN YOUR LIFE WITH THE DISORDER.

ANCHOR LEAD

DEPRESSION CAN BE AN OVERWHELMING BURDEN TO CARRY, ESPECIALLY WHEN YOU FEEL YOU'RE CARRYING IT ALONE.

AFTER A DIFFICULT YEAR OF ISOLATION AND STRESS, MANY ADULTS ARE MORE CONSCIOUS ABOUT MENTAL HEALTH CHALLENGES. HOWEVER, LESS THAN HALF SAY THEY ARE VERY CONFIDENT THEY CAN RECOGNIZE IF A LOVED ONE IS LIVING WITH DEPRESSION, ACCORDING TO A NEW STUDY.

BARB CONSGILIO HAS THE DETAILS ON THAT SURVEY, WHICH SUGGESTS THAT TRULY TRYING TO UNDERSTAND DEPRESSION MAY BE ONE OF THE BEST WAYS TO OFFER SUPPORT.

(PACKAGE START) -----

CG: Courtesy: Myriad Neuroscience, makers of the GeneSight test
:00 - :03

Shots of Amanda playing with her child at table

CG: Amanda Lange
Diagnosed with depression

Shots of Amanda with her kids (blur for graphic)

Graphic: 83% say life would be easier if others could understand their depression

Source: GeneSight® Mental Health Monitor

Shots of Amanda at home

(Nats - Sound) :02

WHEN AMANDA LANGE BEGAN FEELING DEPRESSED, SHE SAID IT WAS HARD TO EXPLAIN WHAT SHE FELT TO THOSE AROUND HER. :05

"This isn't who you are, it's this illness that's taking you over." :04

AMANDA'S NOT ALONE, IN A NEW GENESIGHT MENTAL HEALTH MONITOR NATIONAL SURVEY, EIGHTY-THREE PERCENT OF THOSE LIVING WITH DEPRESSION SAID LIFE WOULD BE EASIER IF OTHERS COULD UNDERSTAND WHAT THEY'RE GOING THROUGH.

HOWEVER, MOST REPORTED THEY ARE MORE LIKELY TO HEAR STATEMENTS THAT DEMONSTRATE A LACK OF UNDERSTANDING FOR WHAT THEY'RE EXPERIENCING. :16

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<p>Amanda Lange (CG'd earlier)</p> <p>Shots of doctor patient</p>	<p><i>"Someone told me that depression wasn't real and that it was all in my head." :05</i></p> <p>THE DEPRESSION AND BIPOLAR SUPPORT ALLIANCE AND GENESIGHT ARE WORKING TOGETHER TO HELP RAISE AWARENESS FOR HOW DEPRESSION FEELS.</p>
<p>CG: Michael Thase, MD Depression and Bipolar Support Alliance</p> <p>Shot of woman taking medication</p> <p>Graphic with survey results</p>	<p><i>"One of the best predictors of being able to recover from a bout of depression is to have caring others in your life." :08</i></p> <p>MORE THAN HALF OF THOSE DIAGNOSED WITH DEPRESSION INDICATED IN THE POLL THAT THEY STARTED A NEW TREATMENT SINCE THE START OF THE PANDEMIC AND HALF OF THOSE WITH DEPRESSION HAVE TRIED FOUR OR MORE MEDICATIONS. :18</p>
<p>CG: Michael Jablonski GeneSight</p> <p>Shot of cheek swab for GeneSight test</p>	<p><i>"It can be very frustrating for a patient that has to go through a trial of medication over a four to six week period only to find out that medication does not work for them." :11</i></p> <p>A GENETIC TEST MAY HELP DOCTORS BY PROVIDING INFORMATION ABOUT HOW A PATIENT'S GENES MAY AFFECT THEIR OUTCOMES WITH CERTAIN MEDICATIONS USED TO TREAT DEPRESSION, ANXIETY AND OTHER CONDITIONS. :07</p>
<p>Shots of Amanda outside with her kids</p>	<p>(NATS - Amanda playing with her kids) :01</p> <p>AMANDA SAYS SHE NOW FEELS LIKE HERSELF AGAIN. :04</p>
<p>Amanda Lange (CG'd earlier)</p>	<p><i>"Feeling your kids hug you or your husband hug you and being able to accept the hug and know that somebody does love you and care about you is beautiful." :10</i></p>
<p>Shots of Amanda with her kids (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>IN CINCINNATI, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>OFFERING SUPPORT BY ASKING QUESTIONS LIKE 'HOW CAN I HELP?' OR 'DO YOU WANT TO TALK?' ARE SOME OF THE MORE HELPFUL WAYS TO BE THERE FOR SOMEONE LIVING WITH DEPRESSION.</p> <p>FOR A BETTER UNDERSTANDING OF DEPRESSION AND TREATMENT, VISIT KNOW-MENTAL-HEALTH-DOT-COM.</p>

SOCIAL MEDIA

 **Share it! Suggested tweet:**

A new survey by [@GeneSight](#) finds those with depression believe life would be easier if those around them understood how depression feels. This disconnect can lead to misunderstanding and potentially cause people not to get the treatment they need.
<https://bit.ly/3xwwK9a>

 **Suggested post:**

According to the [CDC](#), the pandemic has caused a spike in those reporting depressive symptoms. A new survey by [GeneSight](#) finds the vast majority of those diagnosed with depression would feel more supported if those around them understood how depression feels. Learn how you can experience common symptoms of the disease for yourself: <https://bit.ly/3xwwK9a>

EXTRA BITES

**CG: Michael Jablonski
GeneSight**

Jablonski lists some symptoms of depression:
“Feelings of irritability, distractibility, not being able to accomplish the tasks that you want to accomplish. And while you might not have what you think of as a classical sign of depression, in reality those are depressive symptoms that could be impacting your quality of life.” :16

Jablonski says there are biological components to depression like many other diseases:
“It’s much like diabetes or cardiovascular disease. There’s genetic components of the disease. There’s heritability from your parents and your family members that results in depression or other mental health illnesses for individuals.” :16

Jablonski explains the frustration of those dealing with treatment trial and error:
“The patient attempts to utilize that medication, and through the course of four to six weeks has to battle side effects, multiple side effects, including things like GI distress and sleep disturbances. At the end of that four to six week period, may or may not see a response with that medication. Unfortunately, if they do not, that process starts all over again.” :24

Jablonski says understanding is important to providing support:
“An individual with depression already has feelings of helplessness, of hopelessness, and as a family member, as a friend being open to understanding those feelings can go an incredibly long way in actually getting the patient help.” :18

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<p>CG: Michael Thase, MD Depression and Bipolar Support Alliance</p>	<p>Thase says recognizing depression help encourage treatment: <i>“If you can get better on your own, great. But very few people do get better on their own, and working together collaboratively to make sure that it’s recognized and properly treated is really the best way that we can lessen the burden associated with this common but potentially devastating illness.” :17</i></p> <p>Thase says having support makes people more likely to recover from depression: <i>“One of the best predictors of being able to recover from a bout of depression is to have caring others in your life who are there and make a difference and help.” :11</i></p> <p>Thase says understanding what someone is feeling helps care for them: <i>“Anytime when you talk about improving the sensitivity of one person for another, being able to learn more about that person’s plight and circumstance to be able to know better does increase the ability to be empathic and care.” :19</i></p>
<p>CG: Amanda Lange Diagnosed with depression</p>	<p>Amanda says medication trial and error made her feel hopeless: <i>“It’s not easy to go back and try another medication and try another medication. It makes you feel hopeless. It makes you feel like you’re not going to have any solution.” :15</i></p> <p>Amanda explains how she felt after finding medication that helped her: <i>“I felt good enough to get up and do dishes and get up and clean my house and get up and go to the doctor with my kids. I felt good enough to have relationships with people. I felt good enough to smile again and not feel guilty about it.” :18</i></p> <p>Amanda explains how to offer helpful support to someone experiencing depression: <i>“I don’t necessarily think I’d come out and say, ‘Hey, you’re depressed, so you need to go to the doctor.’ I don’t think that that’s really necessarily helpful. But maybe trying to see, ‘Hey, you’re not yourself lately. I would be happy to go to the doctor with you if you want to talk to the doctor about what’s going on.” :20</i></p>

References

¹*Depression Disconnect*, April 28, 2021. Online: <http://knowmentalhealth.com/>

²Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020, Morbidity and Mortality Weekly Report - Centers for Disease Control and Prevention, Volume 69, Issue 32, Aug 14, 2020. Online: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

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