



<p>CG: Jonathan Flint, MD UCLA Professor of psychiatry and biobehavioral sciences</p>	<p><i>“Even if we do recognize the condition and we get them into treatment, we know that we’re only going to see a response in about half our cases after three months of treatment.” :10</i></p>
<p>Shots of counseling session</p>	<p>SO A MAJOR CAMPUSWIDE EFFORT IS UNDERWAY AT UCLA TO RADICALLY TRANSFORM DEPRESSION RESEARCH AND TREATMENT.</p>
<p>Shots of Dr. Freimer working in office</p>	<p>AND THEY’RE STARTING BY LOOKING AT THE DISEASE FROM NEW PERSPECTIVES, TAPPING INTO SCIENTIFIC EXPERTS ACROSS CAMPUS. :11</p>
<p>CG: Nelson Freimer, MD Director of UCLA’s Center for Neurobehavioral Genetics</p>	<p><i>“We really are trying to look at depression and attack it from every conceivable standpoint.” :05</i> <i>“Already over a hundred faculty from more than 20 departments across the whole breadth of the university are taking part.” :07</i></p>
<p>File shots of genetic testing</p>	<p>NEUROSCIENTISTS, ENGINEERS AND OTHER RESEARCHERS ARE COLLABORATING TO DEVELOP NEW DIAGNOSTIC TOOLS THAT IDENTIFY THE BIOLOGY BEHIND DEPRESSION AND TECHNOLOGY-BASED TREATMENT METHODS THAT FOLLOW A PATIENT’S PROGRESS. :10</p>
<p>Shots of students on smartphone</p>	<p>NEUROSCIENTISTS, ENGINEERS AND OTHER RESEARCHERS ARE COLLABORATING TO DEVELOP NEW DIAGNOSTIC TOOLS THAT IDENTIFY THE BIOLOGY BEHIND DEPRESSION AND TECHNOLOGY-BASED TREATMENT METHODS THAT FOLLOW A PATIENT’S PROGRESS. :10</p>
<p>Dr. Freimer (CG’d earlier)</p>	<p><i>“We’ll be continuously monitoring these kinds of symptoms so that we can see when people are starting really to get worse and can again intervene on a more immediate basis.” :11</i></p>
<p>Shots of student taking assessment</p>	<p>THE FIRST TO BENEFIT FROM THIS STRATEGY ARE UCLA STUDENTS, WITH VOLUNTARY MENTAL HEALTH SCREENINGS BEING OFFERED TO EVERY INCOMING STUDENT.</p>
<p>Shots of counseling session</p>	<p>MORE THAN TWENTY-SIX HUNDRED STUDENTS HAVE OPTED TO TAKE THE ONLINE ASSESSMENT SINCE SEPTEMBER, AND NEARLY 250 WERE IDENTIFIED AS LIKELY TO HAVE SEVERE DEPRESSION, SUICIDAL THOUGHTS OR MANIC BEHAVIOR.</p>
<p>Devika Chandramohan (CG’d earlier)</p>	<p>THOSE STUDENTS ALL RECEIVED FOLLOW-UP AND WERE OFFERED TREATMENT. :17</p>
<p>Shots of Devika with friends</p>	<p><i>“The entire UCLA faculty and student population really take it seriously, and I think it’s something that we can accomplish together.” :10</i></p>
<p>Shots of Devika with friends</p>	<p>AT UCLA HEALTH, THIS IS BARB CONSIGLIO REPORTING. :03</p>

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<p>(PACKAGE END) ----- ANCHOR TAG</p>	<p>UCLA IS CALLING THIS MAJOR EFFORT THE DEPRESSION GRAND CHALLENGE. THE UNIVERSITY'S GOAL IS AMBITIOUS: REDUCE THE BURDEN OF DEPRESSION BY HALF BY THE YEAR 2050.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Researchers @UCLAHealth are working together to fight depression with over 20 academic depts. collaborating on solutions. http://bit.ly/2h94l2L</p> <hr/> <p>Researchers at UCLA Health from over 20 academic departments are collaborating to look at everything from DNA to emerging technology to battle one of the largest health crises in the U.S.: depression. And the first to benefit from the major campus wide effort is UCLA students. Details: http://bit.ly/2h94l2L</p>
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EXTRA BITES

<p>CG: Nelson Freimer, MD Director of UCLA's Center for Neurobehavioral Genetics</p>	<p>Freimer talks about a lack of diagnostic tools for depression: <i>"We've never had things like x-rays or EKGs, not mention MRIs and CT scans, but we're just now beginning through these technologies to be able to get objective assessments of depression for the first time."</i></p> <p>Freimer talks about involving college students in the study: <i>"We felt that it was really our responsibility to do something about this really devastating problem that happens to people at this age, where if they become depressed, they can really go off course and have it affect the rest of their lives."</i></p> <p>Freimer says UCLA students are benefiting from the project: <i>"The very first day we started screening, we found we started finding students who were expressing thoughts of suicide and who had never come to any healthcare attention before. So they were immediately flagged as students who were in need of counseling and follow-up."</i></p>
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<p>CG: Jonathan Flint, MD UCLA Professor of psychiatry and biobehavioral sciences</p>	<p>Flint talks about finding the genetic roots of depression: <i>"We do now have the technology which would allow us to get to the genetic roots, and by that I mean we are in a position where we can identify which genes are involved in the disorder. Not easy, but it's tractable. We can do that."</i></p> <p>Flint says many people who have depression are overlooked: <i>"We know from careful studies that about half of the people who might respond to treatment are not getting it because they've just not been diagnosed."</i></p> <p>Flint talks about the varied resources UCLA is committing: <i>"What UCLA did was so important. They said you can't do this sort of study without having neuroscientists behind you. You can't hope to interpret the results of any investigations of the causes of this condition without having a lot of people who are also working on how the brain works. And that's exactly what's happening here."</i></p>
<p>CG: Devika Chandramohan UCLA student</p>	<p>Devika talks about the challenges of talking about depression: <i>"It's hard to recognize when you're dealing with something like depression or anxiety because you feel like you're so alone and you're the only person going through it. But in fact, most of us go through it."</i></p> <p>Devika says UCLA's commitment is important: <i>"It's not discussed enough. And so the fact that UCLA has promised to deal with this issue is really impressive and it's so uplifting to see that and to see that so many students have gotten involved with these programs."</i></p>

References

¹ *Depression and College Students*. National Institute of Mental Health, 2012. Online: <https://infocenter.nimh.nih.gov/pubstatic/NIH%2012-4266/NIH%2012-4266.pdf>

² *UCLA Grand Challenges: Depression*, Online: <https://grandchallenges.ucla.edu/depression/>

³ *Depression*, World Health Organization, 2017. Online: <http://www.who.int/mediacentre/factsheets/fs369/en/>

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