

Podcast Episode Fact Sheet

Podcast Series	MedRaider A podcast series on health topics by and for college students
Episode Title	College Students and Depression
Personnel	Miguel Villarreal M.D. Jennifer Lindeman, Landon Wisser, Ashley Sanders, Danielle Ivey English 4365 Texas Tech University, Dr. Amy Koerber
Recorded	April 2, 2007 Texas Tech University English Department, Multi-Literacy Lab
Episode Description	Discussion of information and facts about depression in college students.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Gain facts about depression. 2. Recognize depression and seek help if needed. 3. Realize depression is common and affects many people.
Content Outline	A look at the definition of clinical depression, the signs and symptoms depression can cause, and ways to treat and prevent depression. The Podcast provides additional sources of information if you or someone you know needs help. You will also hear advice from Dr. Villareal, a family practitioner at the Texas Tech Health Sciences Center and Student Health Services.
References	<p>www.wikipedia.org</p> <p>www.nimh.nih.gov/publicat/depression Michigan Daily</p> <p>http://www.apa.org/topics/recover.html</p> <p>Voelker, Rebecca. "Stress, Sleep Loss, and Substance Abuse Create Potent Recipe for College Depression." <i>JAMA</i> May 12, 2004. v.291:no.18.</p> <p>Wei Meifen, Russell Daniel, and Zakalik Robyn. Adult Attachment, Social Self-Efficacy, Self Disclosure, Loneliness, and Subsequent Depression for Freshmen College Students: A Longitudinal Study. <i>Journal of Counseling Psychology</i>. v.52:no.4 pp.602-614. 2005</p>