

Civic Minds

Date: Friday, January 29, 2016

E-Edition Date: Wednesday, January 27, 2016

Article Title: Panel urges all U.S. adults be screened for depression

Section: Main, A2

Vocabulary:

Look up the definition of ***influential***. Please write the definition and create a new sentence, using your own words.

“All American adults should be screened for depression as part of their normal healthcare routine, an ***influential*** panel recommended on Tuesday.”

Comprehension Questions

1. All American adults should be screened for what, as part of their normal healthcare routine, an influential panel recommended on Tuesday?
2. The U.S. Preventive Services Task Force also singled out maternal mental illness for the first time by suggesting that women be screened when?
3. The new guidelines, updated for the first time since 2009 and published in the journal JAMA, are a recognition of what?
4. Researchers have noted a surge in diagnoses in recent years related to what 4 main areas?
5. The World Health Organization recently predicted mental illness would jump from the fifth leading cause of death and disability to _____ place by 2020.
6. The task force, an independent body appointed by the Department of Health and Human Services, noted that major depressive disorder is associated with what?
7. An estimated \$_____ billion was spent on depression treatment in 2009, it said, and lost productivity cost an additional estimated \$_____ billion in 2011.
8. What does a screening for depression involve? What types of questions are asked? What are the next steps if someone shows an elevated risk?
9. What risk factors are listed for maternal depression?

Class Discussion Questions and Essay Prompts:

- Have you had a personal experience with a family member or friend that suffers from depression? If yes, how has this affected your life? Your relationship with them?
- Have you ever felt depressed? How did you handle it? Did you ask for help? Why or why not?
- What statistics surprised you the most when you read this article?

“Depression has a major effect on quality of life for the patient and affects family members, especially children,” the group noted in its report.

- Do you agree with the above statement? Why or why not?

“In the United States, like many other economically developed nations, primary care practices represent the best place for implementation of these methods, because it is the only venue where both screening and, if clinically indicated, treatment can be provided,” Michael Thase, a professor of psychiatry at the University of Pennsylvania, wrote in an editorial accompanying the publication of the guidelines.

- Do you agree with this statement? Why or why not?

The report recommends screening each adult at least once, but notes the “optimal frequency of such screening has not been established.”

Thase suggested “for patients in generally good health who only see their primary-care physicians sporadically, it may make sense to screen at each visit” and possibly to “incorporate periodic Web-based ‘health checks.’ ”

- How often should children, teens and adults be screened for depression?

Essay

The World Health Organization recently predicted mental illness would jump from the fifth leading cause of death and disability to 2nd place by 2020.

- Why do you think there is such a staggering increase in mental illness deaths?
- Research points to stress of modern life, fears of terrorism, violence and poverty. Do you think there are other stressors? What else would you include on this list?
- What stresses you out? Your parents? Other family members or friends?
- How do you manage your stress?
- How are stress and depression different?
- Do you think check-ups with your doctor is the best way to solve this problem? Why or why not?

Newspaper-related CBA activity: U.S. Policy

How the United States government interacts with the world affects people across the globe. Analyze and evaluate the causes and effects of US foreign policy on people in the United States and across the world.

- Using The Seattle Times e-edition, find an article from this week that deals with world politics or foreign policy.
- What are the main points of view from someone living in that particular country? How is that “view” similar and different than your own opinion, regarding the specific issue the article is discussing?
- Why is it important to study and learn about foreign policy? How does it help you understand the world we live in, using current issues and events?

Civic Minds in The Seattle Times is posted to the Web on Friday. Please share the NIE program with other teachers. To sign-up for the electronic edition of the newspaper please call 206/652-6290 or toll-free 1-888/775-2655.