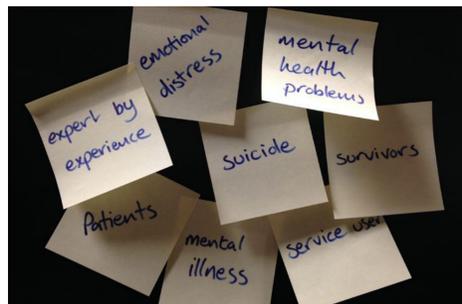


Introduction

Purpose: Analyzing researchers’ studies of whether or not the term *depression* is used too loosely, creating a stigma and negatively affecting various aspects of society.

Concept:

- There is an estimated “13.3% of the U.S. population aged 12 to 17” are affected by major depressive episodes, however there is an even bigger population that uses the term colloquially (NIMH 2017).
- Misusing medical terms marginalize, alienate and stigmatize the millions of people with serious mental health needs.



Methodology

I used extensive research analysis of peer reviewed studies on the impact of the colloquial use of the word ‘depression’ on society collectively. The research conducted analyzes the researchers’ studies of whether or not the term *depression* is used too loosely and how it negatively affects society.

Discussion

- Dr. Zsofia Demjen discusses how using technical terminology to describe mundane experiences can lead to a strong association to simpler, more diluted terms.
- Howell states that due to people using mental health terms colloquially, there are many others who grow uncomfortable with speaking about their mental health challenges.



- Bowers (2016) claims that she often overhears “someone say, ‘Gosh, I’ve had the worst week, I have such bad depression’.” This behavior will lead to others being influenced and obtaining similar mannerisms.
- Ewens explains how there is a vast population who use media to unintentionally desensitize the severity of clinical depression.



Conclusions and Future Research

- There is a wide population of people who continue to utilize their assumptions about the illness to self diagnose or exaggerate their negative emotions on a daily basis.
- People’s use of language in the media desensitizes the severity of medical conditions and normalizes this behavior.
- Researchers encourage people to remember the power of language.
- There needs to be further research of the long-term effects this issue has on society and how to improve this problem.



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