

**SEASONAL AFFECTIVE DISORDER**  
**Kenleigh McMinn, PhD, Psychologist, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

WINTERTIME CAN BE AN EXCITING SEASON FOR MANY...  
BUT IF YOU NOTICE YOUR MOOD TURNS SOUR AROUND THE HOLIDAYS... YOU  
MAY BE SUFFERING FROM SEASONAL AFFECTIVE DISORDER.

{\*\*TAKE VO\*\*}

TRT:

FOR ABOUT FIVE PERCENT OF PEOPLE – THE DECREASE IN SUNLIGHT  
DURING THE WINTER TRIGGERS MAJOR DEPRESSION. IT'S CALLED SEASONAL  
AFFECTIVE DISORDER – OFTEN REFERRED TO AS 'SAD.'  
UNLIKE OTHER TYPES OF DEPRESSION – 'SAD' COMES ON DURING WINTER...  
AND TYPICALLY LIFTS DURING SPRING... AS THE DAYS BRIGHTEN UP.  
PSYCHOLOGIST KENLEIGH MCMINN SAYS THERE'S GOOD NEWS – SEASONAL  
AFFECTIVE DISORDER IS TYPICALLY TREATABLE.

{\*\*TAKE SOT\*\*}

Kenleigh McMinn, PhD  
Baylor Scott & White Health  
TRT: 11

"You can do what's called light therapy. They actually make these special lights. That  
you can just make sure that you're getting enough light exposure throughout the day,  
and that can help kind of brighten your mood. You can also just make sure you're getting  
enough exercise, getting enough time outside. "

{\*\*ON CAM\*\*}

ACCORDING TO DOCTOR MCMINN – MEDICATION AND THERAPY ARE ALSO  
COMMON TREATMENT OPTIONS FOR SEASONAL AFFECTIVE DISORDER  
SUFFERERS.