



# Toilet Talk

Manchester  
College  
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## Depression Awareness Month

What do Abe Lincoln, Hemingway, Van Gough, Harrison Ford, Sheryl Crow, and Rosie O'Donnell all have in common? Each has been diagnosed with clinical depression. Furthermore, they are far from being an isolated example – about 1 in 6 adults succumb to clinical depression during their lifetime.<sup>1</sup>

Although this condition is very common, it is also one of the most treatable. A recent large-scale study found that 74% of participants experienced significant improvement after treatment.<sup>2</sup> Counseling services at Manchester College offers free sessions to all students. There is also an **anonymous depression screening survey** on the **counseling services webpage** under the link **self tests**.

### References

1. Kessler RC, et al. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 2005;62:593–602.
2. Sidney Zisook, et al. Clinical correlates of the worsening or emergence of suicidal ideation during SSRI treatment of depression: An examination of citalopram in the STAR \*D study. *J Affect Disord*. 2009; 117:63-73.

Freedom is what you do with  
what has been done to you.

~Jean-Paul Sarte

## Health Fair – October 14<sup>th</sup>!

The Health Fair will be held in the PERC arena from 7am until 11 am on Thursday, October 14<sup>th</sup>. There will be free cancer screenings, massage therapy, hearing tests and more! There will also be blood work and flu shots available for a cost. If nothing else, you should stop by for the door prizes and free merchandise being offered! **The Health Fair is for all MC students, staff and faculty.**

## Importance of Peer Review

What is it that makes a journal a more viable source of scientific information than television? The difference is peer review, which means that every paper getting published must first be reviewed by experts within the field, who act as gatekeepers looking for validity, significance, and originality. Is it a perfect process that *guarantees* valid information? No, but it does offer a significant improvement over what you might read in a popular newspaper or see on television.

Some questions you should ask yourself the next time you see a new study appear in popular media should be: Was it from a peer-reviewed source? If not, then why not? If so, then take a look at the article for yourself, and compare what the scientists said to what was stated in the media. If they point to the same conclusions, then *kudos*, you've found a solid article! More often than not, however, you may discover that the journalist and the scientist are saying different things. Some good sites to access journal articles include *pubmed.gov* and *nejm.org*. Be part of the solution – check the original source, and then decide for yourself whether or not the new finding is going to impact your life.

For a wide host of discussion and debate on the peer-review process itself, feel free to peruse this webpage, which contains 22 articles relating to the topic:

<http://www.nature.com/nature/peerreview/debate/index.html>