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SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal Affective Disorder (SAD) is a common disorder associated with changing seasons and seasonal variations of light. Social withdrawal, sadness, anxiety and irritability are key features with associated depressive symptoms of increased sleep and lethargy and increased consumption of carbohydrates. There are a number of therapeutic approaches that are helpful in overcoming the symptoms of SAD. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.


