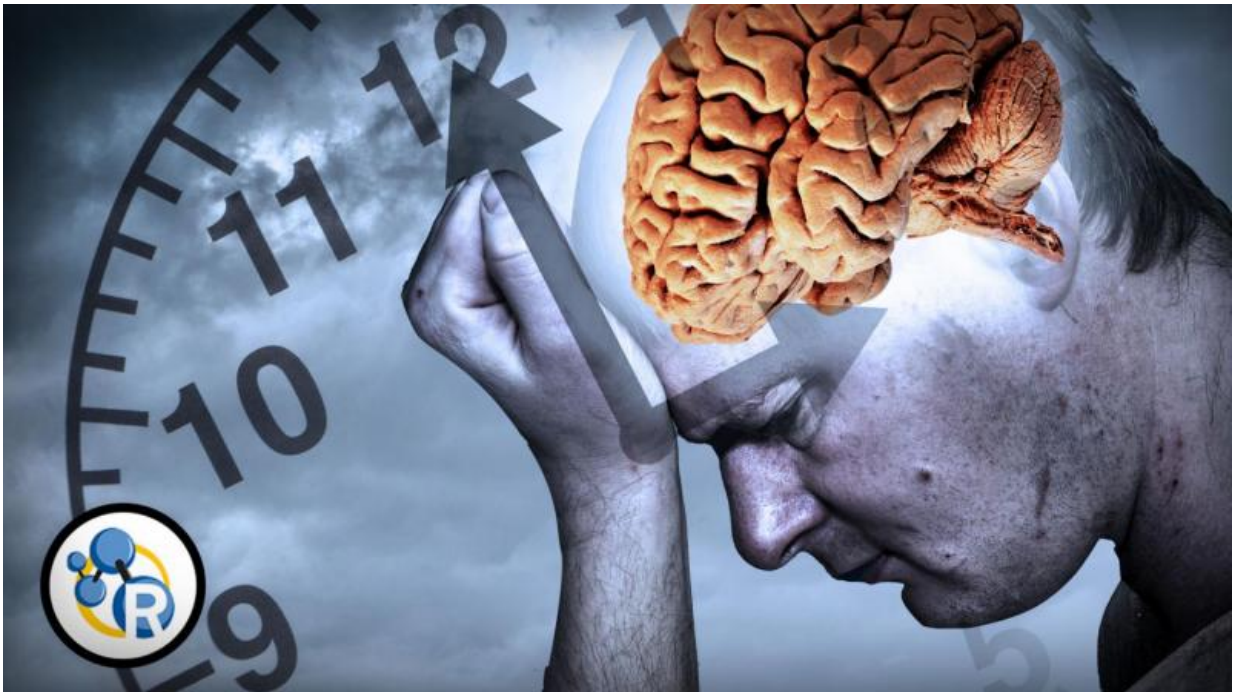


## Video: Seasonal affective disorder: More than just the winter blues

December 22 2015

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Credit: The American Chemical Society

As the days get shorter, darker and colder, people seem to be getting gloomier. For folks with seasonal affective disorder, the changing seasons can make them sadder than most, to the point of depression.

Why does this happen? What can someone with the condition do about it?

Reactions has the chemistry to explain this disorder and some possible treatments.

Check it out here:

Provided by American Chemical Society

Citation: Video: Seasonal affective disorder: More than just the winter blues (2015, December 22) retrieved 5 May 2024 from <https://medicalxpress.com/news/2015-12-video-seasonal-affective-disorder-winter.html>

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