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		Subject: English (Jornada Única)

Listening



Watch a TED-Ed lesson on Depression.

Watch this video to learn more about depression and how you can help to change the way people think about mental health.

Then, select the correct answer.

1. What is the leading cause of disability in the world?
   a. High cholesterol
   b. Depression
   c. Heart attacks
   d. Stress

2. How many people struggle with depression in the United States?
   a. Close to 10%
   b. 20%
   c. Almost 30%
   d. More than 40%

3. What can bring feelings of sadness?
   a. Getting a bad grade
   b. Having an argument
   c. A rainy day
   d. All of the above

4. How long can clinical depression linger for?
   a. A few hours
   b. One or two days
   c. A week
   d. At least two weeks

5. Which of these are symptoms of depression?
   a. Low mood, poor concentration and loss of energy
   b. Changes in appetite and sleep
   c. Feeling worthless or guilty
   d. Recurrent thoughts of suicide
   e. All of the above



6. What are the physical manifestations of depression?
   a. Smaller frontal lobes and hippocampus volumes
   b. Abnormal transmission or depletion of certain neurotransmitters
   c. Changes in the REM and slow-wave parts of your sleep cycle
   d. Hormone abnormalities
   e. All of the above

7. How long does the average person suffering with mental illness take to ask for help?
   a. A week
   b. A month
   c. A year
   d. Over 10 years

8. What are the most effective treatments to deal with clinical depression?
   a. Painkillers
   b. Chocolate and ice cream
   c. Medications and therapy
   d. Tea and friends

9. How can you help a person with depression?
   a. Talking about depression openly
   b. Encouraging them to seek help
   c. Looking up therapists in the area
   d. Making a list of questions to ask a doctor
   e. All of the above

10. How can we help to erode stigma about depression and mental illnesses?
    a. Talking about it openly
    b. Comparing it to when we feel sad
    c. Avoiding talking about suicide
    d. Calling people *crybabies*

LIVEWORKSHEETS