

SAD: More than a Case of Seasonal Blues - interview transcripts

SOT

Dr. Scott Hamilton, OSF HealthCare Psychiatrist

“People in the winter time, particularly in northern, far northern latitudes or far southern latitudes, farther away from the equator will tend to get kind of sluggish and maybe depressed, they start to have carbohydrate cravings, and it may be enough that it’s really a significant problem for them.” (:22)

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“These have a UV shield, full spectrum light, 30 minutes in the morning is how most studies were done with pretty good results. Pretty uniformly positive results in people that have wintertime depression, and people that don’t have winter depression, they do sometimes still help, but they’re not as likely to be helpful.” (:23)

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“I think trying that and getting more exercise and doing some healthy things first does make sense. If they get to the point where they can’t function or they get suicidal thoughts, things like that, then they ought to talk to somebody. Those would be the real red flags.” (:16)