



Harvesting Happiness


What Ag Women Need to Know about Depression

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 PRESENTATION TO THE WOMEN IN AGRICULTURE CONFERENCE
 FEBRUARY 24, 2017



Where are we headed?

- Define Agricultural Behavioral Health
- Prevalence of Depression in Rural America
- How to Recognize Stress and Depression Problems
- Harvesting Happiness: Strategies



The Personal Nature of Agriculture

- Characteristics of Agricultural Communities and Culture

- Strong Core Values

- Behavioral Healthcare Issues Specific to Agricultural populations





What is Depression?

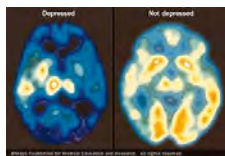
Can mean different things to different people.

Definitions of Depression

- Symptom
- Sign
- Diagnosable Disorder

"Causes" of Depression

- Stress
- Biology
- Psychology
- Social



Conditions Unique to Agriculture and Producers

UNIVERSAL ISSUES


- Financial Pressure
- Succession Planning
- Overall Poor Health (inactive, overweight, irregular visits to the doctor)
- Isolation, Loneliness, Stress
- Disease Outbreak
- Lack of Access to Services; Lack of Health Benefits
- Weather, Government Policies, Poor Yields
- Overworking; never being able to 'leave work'
- Chemical Exposure (Cholinesterase-inhibiting pesticides such as organophosphates and carbamates have been linked to depression)

WOMEN SPECIFIC ISSUES

- Worry about injury
- Family Caregivers for Elderly Relatives
- Women are the Family Counselors and Confidants
- Multiple Roles; mother, wife, financial planner, caregiver, employee,
- "Third Shift" Workers: work outside the home, care for the family, and work on the farm
- Lack of Recognition for work

Prevalence of Behavioral Health Issues in Rural and Agricultural Areas

- Depression rates have been found to be higher in rural areas as compared to urban areas
- Higher rates of suicide in rural areas especially among men
 - In the Midwest, Suicide is the 2nd leading cause of death for ages 15-34 and the 4th leading cause of death for ages 35-54
 - Why?



Assessment of Behavioral Health Issues

Am I

- stressed,
- depressed, or
- over-blessed?



Zung Depression Screening

Zung Self-Rating Depression Scale

Patient's initials: _____ Date of Assessment: _____

Please read each statement and decide how much of the time the statement describes how you have been feeling during the past several days.

Make check mark (✓) in appropriate column.	A little of the time	Some of the time	Good part of the time	Most of the time
1. I sleep almost every night and sleep				
2. I worry too much about the future				
3. I have crying spells or feel like I				
4. I have trouble sleeping at night				
5. I feel so much so I can't do				
6. I feel empty				
7. I notice that I am losing weight				
8. I have trouble with concentration				
9. My heart beats faster than usual				
10. I get tired for no reason				
11. My mind is as clear as it used to be				
12. I find it easy to do the things I used to				
13. I am nervous and can't keep still				
14. I feel hopeful about the future				
15. I am more irritable than usual				
16. I find it easy to make decisions				
17. I feel that I am peaceful and content				
18. My life is pretty full				
19. I feel that others would be better off if I were dead				
20. I still enjoy the things I used to do				







The Brain!



- Good evidence for efficacy of CBT and IPT (Interpersonal Therapy)
- Medication is very effective
- Psychotherapy may be just as effective as medications in mild-moderate illness
- Combination of medications and psychotherapy may be better than either alone

Practical Things to Do

- ❖ Social Support
- ❖ Eat Right
- ❖ Sleep
- ❖ Exercise
- ❖ Communicate
- ❖ Practice Gratitude
- ❖ Spirituality/Faith
- ❖ Self Growth and Esteem Building
- ❖ Live in a rural area!



Questions?