Annotated Bibliography

Brakowski, J., MD, Spinelli, S., PhD, Dörig, N., PhD, Bosch, O. G., MD, Manoliu, Andrei, MD, PhD, Holtforth, M. G., PhD, & Seifritz, E., MD. (2017). Resting state brain network function in major depression – depression symptomatology, antidepressant treatment effects, future research. Journal of Psychiatric Research, 92, 147-159. doi:10.1016/j.jpsychires.2017.04.007

This article explains how depression is best viewed as a disease whereby abnormal connections among different parts in the brain result in intensely negative thoughts, loss of energy, and sometimes self-harm. Treatments for this disease include antidepressants and a host of therapies (i.e. psychotherapy). This source would connect well with #suicideprevention by dispelling the misconception that true depression is anything other than a disease.

Davidson, J. E. , Zisook, S. , Kirby, B. , DeMichele, G. & Norcross, W. (2018). Suicide Prevention. JONA: The Journal of Nursing Administration, 48(2), 85–92. doi: 10.1097/NNA.0000000000000582.

This article describes HEAR (standing for Healer, Education, Assessment, Referral), a program designed to combat suicide rates among nurses. HEAR adopts two strategies: firstly, providing general information to nurses about burnout and depression, and secondly utilizing an anonymous web-based screening survey. Because this program resulted in a reduced suicide rate among nurses, I think HEAR will provide an example of how removing the stigma from depression can reduce rates of suicide. Therefore, I believe this program supports the conversation around #suicideprevention as having the potential lower suicide rates.

Erlich, M. D. , Rolin, S. A. , Dixon, L. B. , Adler, D. A. , Oslin, D. W. , Levine, B. , Berlant, J. L. , Goldman, B. , Koh, S. , First, M. B. , Pabbati, C. & Siris, S. G. (2017). Why We Need to Enhance Suicide Postvention. The Journal of Nervous and Mental Disease, 205(7), 507–511. doi: 10.1097/NMD.0000000000000682.

This article primarily called for more research to be done on postvention efforts. Postvention, or helping the family and friends of a victim of suicide to cope with their loss, is claimed to be an effective form of removing stigma from depression. I think this article would be helpful in my discussion of #suicideprevention by supporting the idea that Twitter users have the capacity to destigmatize depression.

Mann, J. J., Apter, A., Bertolote, J., Beautrais, A., Currier, D., Haas, A., . . . Hendin, H. (2005). Suicide prevention strategies: A systematic review. Jama, 294(16), 2064-2074. doi:10.1001/jama.294.16.2064.

This article presents various treatments for depression and their efficacy. However, the section that covers suicide education will be most pertinent to my topic. The article states that raising awareness about suicide is important for bringing to light the common signs of a major depression, yet studies conducted on the efficacy of large public awareness programs have garnered mixed results. The aspect I will focus on in my paper is the article’s claim that the media can inadvertently raise the rates of suicide through glamorizing this tragedy.

Mohammad, A. S., Saeed, P. S., Bahrami, N., Yaghoobzadeh, A., Allen, K. A., & Mohammadi, S. (2019). The relationship between anxiety, depression and risk behaviors in adolescents. International Journal of Adolescent Medicine and Health, 31(2) doi:http://dx.doi.org.libproxy.lib.unc.edu/10.1515/ijamh-2016-0148.

This article presented a study conducted on Iranian adolescents that concluded that there was a significant, positive relationship between risky behaviors and depression. Furthermore, the article claimed that the quality of the family as well as the presence of religious belief could reduce the effects of depression. The aspect I will focus on in my paper is the article’s claim that self-confidence can influence an adolescent’s anxiety and depression. I think this is especially applicable to social medias, such as Twitter, that encourage the comparison of oneself to other users.

Rajyogi Brahmakumar, N. j. (2017, Nov 16). Social media & depression. Free Press Journal, Retrieved from http://libproxy.lib.unc.edu/login?url=https://search-proquest-com.libproxy.lib.unc.edu/docview/2290774955?accountid=14244.

This magazine article explains the detrimental effects social media can potentially cause to mental health. By explaining that social media compels the user to compare the value of themselves to other users, this article fits well into my topic of Twitter and depression. Furthermore, Brahmakumar mentions a study conducted by the National Institute for Mental Health (NIMH) that found a noticeable correlation between social media use and depression. I will use this article in order to argue that Twitter can be both a detriment and aid to suicide prevention.

Ueda, M., Mori, K., Matsubayashi, T., & Sawada, Y. (2017). Tweeting celebrity suicides: Users' reaction to prominent suicide deaths on twitter and subsequent increases in actual suicides. Social Science & Medicine, 189, 158-166. doi:10.1016/j.socscimed.2017.06.032.

This article presents a study conducted in Japan that investigated the Werther effect (the media coverage of a celebrity’s suicide prompting an increase in the rates of suicide among the population). The study found that the Werther effect was much stronger when a suicide prompted a large reaction from Twitter instead of traditional media outlets. I will use this article as an example of the power that Twitter, and other forms of social media, have on the issue of depression and suicidality. This could also lend well into a discussion of the concept that Twitter can be both destructive (especially regarding cyberbullying) and constructive to suicide prevention.