

## Supplemental Digital Appendix 1

### Screenshots of the Young Adults' Experiences of Depression in the U.S. Online Module Used in a Pilot Curriculum at the University of Wisconsin School of Medicine and Public Health, 2016-2017

Students were asked to search by "Topics" (right) or "People's Profiles" (below). Each video has a time marker indicating the length of the video and an option to read the transcript of the video clip.

**People's Experiences** Mental health > Young Adults' Experiences of Depression in the U.S. > Topics > Helping yourself: support, self-care, and feeling better > Depression and strategies for everyday life

## Young Adults' Experiences of Depression in the U.S.

Topics People's Profiles Resources & Information Credits

Previous Topic Next Topic

### Depression and strategies for everyday life

Young adults we interviewed described strategies they had created or been taught that make it easier to live with depression on a daily basis. As Sam put it, such approaches make it "... more comfortable going through day to day life and dealing with these symptoms of depression when they arise."

For many people short-term approaches to dealing with depression lay the groundwork for eventual healing and recovery. For some these approaches also connect to a broader sense of purpose. This part of the website, however, focuses on specific strategies that the young adults we spoke with developed to lessen the day-to-day impact of depression; why they think such strategies are important; and how they succeeded in creating them. (See links below to explore "Depression and healing" and "Having a purpose in life").

**Now Playing** [view profile](#)

Sam says his depression has not disappeared, but he has learned from books, other people and therapists some useful ways of dealing with his symptoms.

02:00

Show Text Version

Print transcript

**People's Experiences** Mental health > Young Adults' Experiences of Depression in the U.S. > People's Profiles > Men age 18-20

## Young Adults' Experiences of Depression in the U.S.

Topics **People's Profiles** Resources & Information Credits

Men age 18-20 (3)

Ryan

Teddy

Colin

Women age 18-20 (5)

Men 21-24 (6)

Women 21-24 (7)

Men 25 and over (7)

Women 25 and over (9)

### Men age 18-20

**Ryan**

Ryan's depression began when he was 8 and entered the foster care system. He was diagnosed...

**Teddy**

Teddy, age 18, began experiencing depression in middle school. He was diagnosed by a...

**Colin**

Colin, age 20, had depression in middle school. He has attempted suicide and has OCD. Non...