Teacher Answer Key

Case Study

1. Leila felt persistently down, had trouble getting out of bed, lost interest in activities, and her grades and motivation dropped—signs of a more serious seasonal depression, not just mild annoyance with winter.

2. Her symptoms became worse in late fall and improved in spring, repeating over multiple years. That repeating seasonal pattern is a key clue for Seasonal Affective Disorder.

Multiple Choice

1. C

2. B

3. D

Matching

1-C, 2-E, 3-A, 4-B, 5-D

Fill-in-the-Blank

1) Affective, 2) circadian, 3) light

Short Answer (Sample Responses)

Q1: Shorter days and weaker daylight can lead to higher melatonin levels for more of the day, making a person feel sleepy and low-energy. At the same time, reduced light may lower serotonin activity, which is linked to depressed mood and loss of interest. Together, these changes can make someone feel tired, sad, and unmotivated in winter.

Q2: Helpful habits might include getting bright light in the morning (outside or from a safe light source), keeping a consistent sleep schedule, spending some time outdoors even on cloudy days, staying physically active, and maintaining regular social contact instead of isolating.

Q3: Many conditions can cause low mood, and online tools can't fully evaluate a person's health or safety. A better step is to talk with a trusted adult, school counselor, or health professional who can ask detailed questions, rule out other causes, and suggest appropriate support or treatment.