



Illinois Wesleyan University
Digital Commons @ IWU

John Wesley Powell Student Research
Conference

1991, 2nd Annual JWP Conference

Apr 27th, 12:00 PM - 4:30 PM

Seasonal Affective Disorder: A Validation Study

Christopher M. Ballak
Illinois Wesleyan University

Wayne A. Dornan, Faculty Advisor
Illinois Wesleyan University

Sharon Eggers, Faculty Advisor
Illinois Wesleyan University

Follow this and additional works at: <https://digitalcommons.iwu.edu/jwprc>

Ballak, Christopher M.; Dornan, Faculty Advisor, Wayne A.; and Eggers, Faculty Advisor, Sharon, "Seasonal Affective Disorder: A Validation Study" (1991). *John Wesley Powell Student Research Conference*. 42.

<https://digitalcommons.iwu.edu/jwprc/1991/posters/42>

This Event is protected by copyright and/or related rights. It has been brought to you by Digital Commons @ IWU with permission from the rights-holder(s). You are free to use this material in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/ or on the work itself. This material has been accepted for inclusion by faculty at Illinois Wesleyan University. For more information, please contact digitalcommons@iwu.edu.

©Copyright is owned by the author of this document.

SEASONAL AFFECTIVE DISORDER: A VALIDATION STUDY

Christopher M. Ballak, Dept. of Psychology, IWU
Wayne A. Dornan*, and Sharon Eggers*

Recently, Seasonal Affective Disorder (SAD), has been the focus of intense interest. SAD is a syndrome commonly associated with annually recurrent depressions characterized by hypersomnia, carbohydrate craving and overeating. Hance et al.(1991), recently completed an epidemiological study of the prevalence of SAD in the Bloomington-Normal area. In the Hance et al. study (presented at this conference) 364 people were randomly interviewed using the Seasonal Pattern Assessment Questionnaire (SPAQ) which was adapted for telephone interviews. In that study, they report a 4.6% prevalence rate of SAD in the general population; this is similar to other recently published reports. The purpose of this study is to provide a measure of external validation for the Hance et al. epidemiological study. Twenty subjects were chosen at random and interviewed in order to establish a detailed psychological profile. Each subject was assessed with: 1. An additional SPAQ, 2. The Hamilton Rating Scale for Depression-SAD Version (Rosenthal et al.), 3. The Structured Clinical Interview for the DSM-III/R (SCID-P, Spitzer et al.). These were administered by three trained interviewers. Four subjects met criteria for disorders diagnosed by the DSM-III/R. One female met criteria for Bipolar Disorder, Generalized Anxiety Disorder and Adjustment Disorder; she also met the criteria for SAD-winter pattern on both SPAQ administrations. A Spearman rank order correlation coefficient revealed a significant correlation between the Hamilton Depression Rating Scale total scores and the Seasonality scores of the SPAQ ($r=.596$; $P<.005$). Although extrapolation from this data is limited, the results of this external validation study suggest that there is a specific relationship between Seasonal Affective Disorder and Depression. Clearly, future studies are necessary in order to fully delineate Seasonal Affective Disorder in the general population.