

# Seasonal Affective Disorder

## *Research Assignment*

Research the medical condition known as Seasonal Affective Disorder (SAD). Write an essay which summarizes your findings. Be sure to cover the questions/topics below:

- What is Seasonal Affective Disorder (SAD)?
- What are some of the most common symptoms of SAD?
- How common is SAD?
- What treatments are available for SAD?
- Where can someone find out more about SAD?

Please be sure to give credit to your sources. (APA format is preferable.)

Minimum length: one page (typed, no more than double spaced, with one inch margins)