

## CWSF 2014 - Windsor, Ontario



### Keely Haight

#### Depression

**Challenge:** Health

**Category:** Junior

**Region:** St. James-Assiniboia

**City:** Winnipeg, MB

**School:** Bruce Middle School

**Abstract:** Depression is one of the largest problems our society faces today. Researchers aren't really sure what causes depression or how it really came to exist. There are many types of depression, such as Major Depressive Disorder, Bipolar Disorder, and Dysthymia. Antidepressants are used to help treat depression, but doctors are trying to use a cognitive approach.

#### Biography

Hello, my name is Keely. I am 13 years old, I'm in grade 8, and I attend Bruce Middle School in Winnipeg, Manitoba. I really enjoy things like singing, writing, ringette, and just generally making people happy. I am someone who is strongly into psychology, hence why I had chosen this project. I want to continue learning psychology in the future, and use the knowledge I gather about it at my young age to become a psychiatrist when I'm older. I chose depression out of all the psychological things to choose from because I thought depression is right now a huge problem in our world, and I feel someone needs to speak about it and tell everyone how important this topic really is. My recommendations on if you plan to do a project is the dedication. Become inspired in what you're doing so you don't grow bored with your topic, and so you actually care about what you're doing. The more you care, the better the project!

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