

Harvesting Happiness

What Ag Women Need to Know about Stress and Depression

DR. CHRISTINE CHASEK LIMHP, LADC, NCC
 UNK ASSOCIATE PROFESSOR, DIRECTOR BHECN-KEARNEY
 PRESENTATION AGRABILITY NATIONAL TRAINING WORKSHOP
 APRIL 26, 2019


Where are we headed?

Define Agricultural Behavioral Health

Prevalence of Depression in Rural America


How to Recognize Stress and Depression Problems


Harvesting Happiness: Strategies



The Personal Nature of Agriculture

- Characteristics of Agricultural Communities and Culture
- Strong Core Values
- Behavioral Healthcare Issues Specific to Agricultural populations





What is Depression?

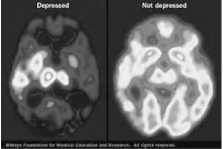
Can mean different things to different people.

Definitions of Depression

- Symptom
- Sign
- Diagnosable Disorder

“Causes” of Depression

- Stress
- Biology
- Psychology
- Social




Depressed: Hypothalamus, Amygdala, Prefrontal Cortex, and Hippocampus. Not depressed: Hypothalamus, Amygdala, Prefrontal Cortex, and Hippocampus.

Conditions Unique to Agriculture and Producers

UNIVERSAL ISSUES	WOMEN SPECIFIC ISSUES
Financial Pressure Succession Planning Overall Poor Health (inactive, overweight, irregular visits to the doctor) Isolation, Loneliness, Stress Disease Outbreak Lack of Access to Services; Lack of Health Benefits Weather, Government Policies, Poor Yields Overworking; never being able to 'leave work' Chemical Exposure (Cholinesterase-inhibiting pesticides such as organophosphates and carbamates have been linked to depression)	Worry about injury Family Caregivers for Elderly Relatives Women are the Family Counselors and Confidants Multiple Roles; mother, wife, financial planner, caregiver, employee, "Third Shift" Workers: work outside the home, care for the family, and work on the farm Lack of Recognition for work

Prevalence of Behavioral Health Issues in Rural and Agricultural Areas

- Depression rates have been found to be higher in rural areas as compared to urban areas
- Higher rates of suicide in rural areas especially among men
 - In the Midwest, Suicide is the 2nd leading cause of death for ages 15-34 and the 4th leading cause of death for ages 35-54
 - Why?



Assessment of Behavioral Health Issues

Am I
◦stressed,
◦depressed, or
◦over-blessed?



Zung Depression Screening

Zung Self-Rating Depression Scale

Patient's Initials: _____ Date of Assessment: _____

Please read each statement and decide how much of the time the statement describes how you have been feeling during the past several days.

Make check mark (✓) in appropriate columns.	A little of the time	Some of the time	Good part of the time	Most of the time
1. I feel down-hearted and blue				
2. Worrying is what I feel the most				
3. I have crying spells or feel like it				
4. I have trouble sleeping at night				
5. I eat as much as I used to				
6. I still enjoy sex				
7. I notice that I am losing weight				
8. I have trouble with concentration				
9. My heart beats faster than usual				
10. I get tired for no reason				
11. My mind is as clear as it used to be				
12. I find it easy to do the things I used to				
13. I am restless and can't keep still				
14. I feel hopeful about the future				
15. I am more irritable than usual				
16. I find it easy to make decisions				
17. I feel that I am useful and needed				
18. My life is pretty full				
19. I feel that others would be better off if I were dead				
20. I still enjoy the things I used to do				

HOLLAND AND RAHE STRESS SCALE

Hollander and Rahe found that a score of 100 gives you a 90-95 chance of developing an illness. A score of 1500 gives you a 95% chance of developing an illness. Having an accident or "missing an" notice that "you're losing" the company, marriage and divorce are stressful.

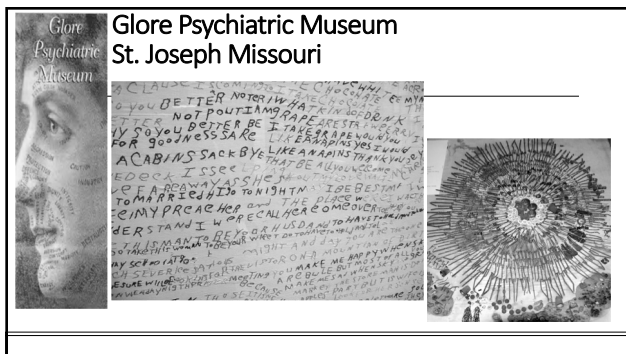
multiply event by the number of times you have experienced it in the last year

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1. MARRIAGE	50		
2. DIVORCE	75		
3. JAIL TERM	63		
4. DEATH OF CLOSE FAMILY MEMBER	63		
5. JUDICIAL PROSECUTION, SUIT OR SUSS	53		
6. JAIL TERM	53		
7. FINE FROM WORK	47		
8. MARITAL RECONCILIATION	45		
9. RETIREMENT	45		
10. MAJOR CHANGE IN HEALTH OF FAMILY MEMBER	45		
11. DEATH OF FRIEND	39		
12. SEX DIFFICULTIES	39		
13. CHANGE OF RESIDENCE	39		
14. DEATH OF NEAR FAMILY MEMBER	39		
15. MAJOR BUSINESS REORGANIZATION	39		
16. MAJOR CHANGE IN FINANCIAL STATE	39		
17. DEATH OF CLOSE FRIEND	39		
18. CHANGE IN PERSONAL LIFE OR HOME	39		
19. MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	39		
20. ACQUISITION OF NEW HOUSING	39		
21. FULFILLMENT OF DUTY OR OBLIGATION	39		
22. MAJOR CHANGE IN RESPONSIBILITIES AT WORK	39		
23. DEATH OF NEAR FRIEND	39		
24. CHANGE IN LIFE STYLE	39		
25. DATE/REMARKS PERSONAL, ACQUISITION	39		
26. DEATH OF NEAR FRIEND	39		
27. CHANGE OF RESIDENCE	39		
28. MAJOR CHANGE IN LIVING CONDITIONS	39		
29. CHANGE OF PERSONAL HABITS	39		
30. CHANGE OF RESIDENCE	39		
31. CHANGE OF RESIDENCE	39		
32. CHANGE OF RESIDENCE	39		
33. CHANGE OF RESIDENCE	39		
34. CHANGE OF RESIDENCE	39		
35. CHANGE OF RESIDENCE	39		
36. CHANGE OF RESIDENCE	39		
37. CHANGE OF RESIDENCE	39		
38. CHANGE OF RESIDENCE	39		
39. CHANGE OF RESIDENCE	39		
40. CHANGE OF RESIDENCE	39		
41. CHANGE OF RESIDENCE	39		
42. CHANGE OF RESIDENCE	39		
43. CHANGE OF RESIDENCE	39		
44. CHANGE OF RESIDENCE	39		
45. CHANGE OF RESIDENCE	39		
46. CHANGE OF RESIDENCE	39		
47. CHANGE OF RESIDENCE	39		
48. CHANGE OF RESIDENCE	39		
49. CHANGE OF RESIDENCE	39		
50. CHANGE OF RESIDENCE	39		
51. CHANGE OF RESIDENCE	39		
52. CHANGE OF RESIDENCE	39		
53. CHANGE OF RESIDENCE	39		
54. CHANGE OF RESIDENCE	39		
55. CHANGE OF RESIDENCE	39		
56. CHANGE OF RESIDENCE	39		
57. CHANGE OF RESIDENCE	39		
58. CHANGE OF RESIDENCE	39		
59. CHANGE OF RESIDENCE	39		
60. CHANGE OF RESIDENCE	39		
61. CHANGE OF RESIDENCE	39		
62. CHANGE OF RESIDENCE	39		
63. CHANGE OF RESIDENCE	39		
64. CHANGE OF RESIDENCE	39		
65. CHANGE OF RESIDENCE	39		
66. CHANGE OF RESIDENCE	39		
67. CHANGE OF RESIDENCE	39		
68. CHANGE OF RESIDENCE	39		
69. CHANGE OF RESIDENCE	39		
70. CHANGE OF RESIDENCE	39		
71. CHANGE OF RESIDENCE	39		
72. CHANGE OF RESIDENCE	39		
73. CHANGE OF RESIDENCE	39		
74. CHANGE OF RESIDENCE	39		
75. CHANGE OF RESIDENCE	39		
76. CHANGE OF RESIDENCE	39		
77. CHANGE OF RESIDENCE	39		
78. CHANGE OF RESIDENCE	39		
79. CHANGE OF RESIDENCE	39		
80. CHANGE OF RESIDENCE	39		
81. CHANGE OF RESIDENCE	39		
82. CHANGE OF RESIDENCE	39		
83. CHANGE OF RESIDENCE	39		
84. CHANGE OF RESIDENCE	39		
85. CHANGE OF RESIDENCE	39		
86. CHANGE OF RESIDENCE	39		
87. CHANGE OF RESIDENCE	39		
88. CHANGE OF RESIDENCE	39		
89. CHANGE OF RESIDENCE	39		
90. CHANGE OF RESIDENCE	39		
91. CHANGE OF RESIDENCE	39		
92. CHANGE OF RESIDENCE	39		
93. CHANGE OF RESIDENCE	39		
94. CHANGE OF RESIDENCE	39		
95. CHANGE OF RESIDENCE	39		
96. CHANGE OF RESIDENCE	39		
97. CHANGE OF RESIDENCE	39		
98. CHANGE OF RESIDENCE	39		
99. CHANGE OF RESIDENCE	39		
100. CHANGE OF RESIDENCE	39		



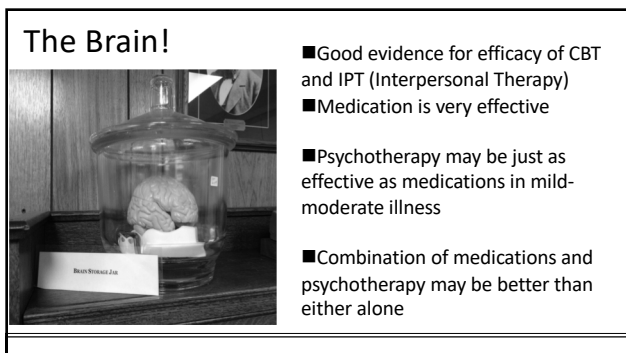
Harvesting Happiness

Strategies for Wellness



Glore Psychiatric Museum

St. Joseph Missouri



The Brain!

- Good evidence for efficacy of CBT and IPT (Interpersonal Therapy)
- Medication is very effective
- Psychotherapy may be just as effective as medications in mild-moderate illness
- Combination of medications and psychotherapy may be better than either alone

Practical Things to Do

- ❖ Social Support
- ❖ Eat Right
- ❖ Sleep
- ❖ Exercise
- ❖ Communicate
- ❖ Practice Gratitude
- ❖ Spirituality/Faith
- ❖ Self Growth and Esteem Building
- ❖ Live in a rural area!



Questions?



Contact Information:
Dr. Tina Chasek
chasekc1@unk.edu
308-865-8361
