

Project #3—Interview

Introduction

To understand depression, it helps to talk with someone who has experienced it. What can you learn about depression from interviewing someone who has it or who had it earlier?

Task

Interview someone who has had depression. Present what you learned to the class.

Skills

Listening, forming questions, interviewing, research, critical thinking, working in a group, making a presentation

Process

1. Review the case study.
2. Discuss the following in a group: Does anyone in the group know someone with depression? Does anyone have training or work experience with people who have depression? Share knowledge with the group.
3. Go to the Project Care website (<http://projectcare.worlded.org/depression/information.html#project3>). You will find helpful information that you can use in your project.
4. Think of questions to ask someone who has depression. Think of questions to help you understand how the person thinks and feels. For example: What were signs of your depression that family and friends did and didn't recognize? What did family and friends do that helped you the most? Each group member makes at least two questions.
5. Find someone with depression who is comfortable being interviewed. If your group doesn't know someone to interview, you can try contacting an advocacy/educational organization. Use an Internet search engine such as Google™ and search for "mental health state resources guide." Click on your state to find advocacy organizations to contact. If you have difficulty, ask health care professionals if they would talk about their experience helping others who suffer from depression. If you need help, ask your teacher.
6. Ask the interviewee if she or he prefers to be interviewed in class or outside of class. Alternatively, each student in the group can interview a different person. If the group will interview one person together, each group member asks at least two questions. If you will interview outside of class, take notes on the interviewee's answers.
7. Prepare a presentation on what your group learned from the interview about what it's like to live with depression. Each group member is responsible for an equal part of the presentation.
8. Give your work to the teacher to check, so that you can revise it if necessary.
9. Present to the class.