

Staff Guidance

Disability: Depression

Characteristics: Also known as Recurrent Depressive Disorder or Clinical Depression and is characterized by low mood, low self esteem, loss of interest in normally enjoyable activities and often suicidal ideation and behaviours. Treatment is commonly through antidepressants and Cognitive Behavioural Therapy. It significantly affects a person's relationships, work or school life, sleeping and eating habits, and general health. A student may also have Seasonal Affective Disorder (SAD) or Schizoaffective Disorder, with many similar characteristics.

Effects on self and study

Sleep disturbance and insomnia which may affect alertness in lectures and seminars and ability to concentrate.

Loss of appetite leading to difficulty concentrating and a lack of energy.

A large impact of Depression on a student's academic career is lack of motivation which can be disabling for even the smallest tasks.

Self neglect and social withdrawal leading to non-attendance of lectures and social engagements.

When very unwell may experience psychotic symptoms

Suicidal thoughts and ideation leading to risk for students' safety.

With SAD a student may have periods of difficulty during GMT which coincides with the majority of teaching contact.

Potential Reasonable Adjustments

- *Allowed to record lectures with digital recorder
- *Possible extensions to coursework or flexibility with hand in dates
- *Advisor to liaise with student and DOS if attendance to lectures drops
- *Access to lecture notes on Blackboard
- *1:1 Mentor to support in relation to guidance from DSA

Each student is an individual and as such may only require some of these adjustments or none at all. These are guidelines of things that could be considered however some courses may require more specific adjustments. It is advisable that students, academics and the MH Co-ordinator work together to achieve appropriate adjustments. Some courses involve Fitness to Practice requiring students to achieve professional competencies to qualify.