

# Annotated Bibliography of a Depressive Mind State

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English 102

Guan, Naijie, et al. “Financial Stress and Depression in Adults: A Systematic Review.” *PLoS*

*ONE*, vol. 17, no. 2, Feb. 2022, pp. 1–20. *EBSCOhost*

- Immense Factor of Financial Hardship
- “Two **reviews** published in 2013 and 2014 reviewed the literature on the relationship between debt and both mental health and physical health. They concluded that there was a significant relationship between personal unsecured debt or unpaid debt obligations and the increased risk of common mental disorders, suicidal ideation and so on” (Guan Para. 5).
- Partially Effective with Large Approach to Logos



Rullman, Kristin P., et al. “How Perceptions of Obstacles, Stress, and Different Mindsets May Impact a Student’s Self-Beliefs.” *Psi Chi Journal of Psychological Research*, vol. 27, no. 2, Summer 2022, pp. 105–12. *EBSCOhost*

- Academic Stress with Task Complexity
- “There are two different types of cognitive mindsets: fixed and growth. For example, a student with a fixed mindset may be more avoidant of some academic tasks in the fear of appearing unintelligent, as they interpret a lack of success as a reflection of their own, unchangeable ability” (Rullman Para. 6)
- Effective (Unrecognizable Pathos)



Wakefield, Juliet R. H., et al. “Longitudinal Associations between Family Identification, Loneliness,

Depression, and Sleep Quality.” *British Journal of Health Psychology*, vol. 25, no. 1, Feb.

2020, pp. 1–16. *EBSCOhost*

- From Isolation to Dejection
- “Another increasingly common cause of sleep problems is loneliness with up to one - third of people affected. The loneliness–depression link is well - established , with research showing that loneliness predicts depression over time, regardless of initial depression levels” (Wakefield Para .3)
- Effective with Great Emphasis on a Logical Appeal



Parthi, Komila, and Sheena Shivinder Kaur. “Rumination, Depression, Anxiety, Stress, Physical Health and Neuroticism in Young Adults.” *Indian Journal of Health & Wellbeing*, vol. 13, no. 1, Mar. 2022, pp. 29–34. *EBSCOhost*

- Ruminative Agitation
- “anxiety is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death.” (Parthi Para. 10)
- Outstanding Credible Appeal



# Comparative Narrative

- All Article Concur with Sympathetic Responses
- Indirect Approaches from Main Gist
- Depressive Effects Should Not Be Underestimated or Underanalyzed
- Openly Educate Mindful Descension



# Thank You!

Any Questions?