

DEPRESSION

A SAMPLE INFORMATIVE SPEECH

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TOPIC, THESIS AND BASIC OUTLINE

INFORMATIVE SPEECH

DEPRESSION

TOPICS:

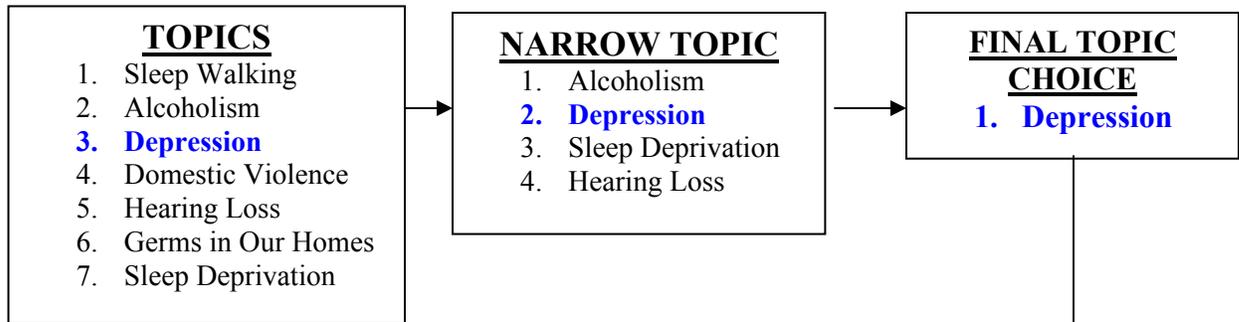
- ___ Foot Prints
- ___ Finger Prints
- ___ Sugar
- ___ **Depression**
- ___ How to Paint

Make a list of topics that might interest you. The more topics you list, the easier it will be to select one that will work for you.

LIST OF SUBTOPICS

- ___ World Wide
- ___ **USA**
- ___ California
- ___ Southern California
- ___ Old People and Depression
- ___ **Treatments**
- ___ **Who Gets Depression**
- ___ **When do they get it**
- ___ **What is depression**

When you have selected your topic, make a list of subtopics to cover. You might want to think in BROAD to NARROW terms. World wide might be too broad for your topic and Southern California may be too narrow. What would be a good demographic compromise? Next, list all questions you can think of. You are supposed to be an “expert” on this topic, so think about questions that others might ask and then go find the answers!



1. When brainstorming a topic, you should make a list of at least 6 – 10 topics you are interested in.
2. Your next step is to reduce your list to 3 – 5 topics you would really like to spend time researching.
3. Your final step is to select the topic that fits the type of speech you are doing: Informative, Persuasive, etc.. It is important that you make a decision about your topic at this point.
4. Your next step? Figure out what you already know about the topic and what is your Point of View (P.O.V.). In other words, what kind of information do you want to present to your audience?

THESIS STATEMENT

BRAINSTORMING YOUR POINT OF VIEW (P.O.V.) – THESIS STATEMENT

Brainstorming your thesis statement.

Depression is a debilitating disease that affects and cripples many people in the world. There are many causes for depression as well as treatments. Today, I will talk about this information.

This thesis statement is too broad. If you focus on the world's population your speech will be too long for the time limit. You should narrow your thesis statement down to a particular nation or group.

Narrowing your thesis statement

Depression is a debilitating disease that affects and cripples many people in the United States of America. There are many causes for depression as well as treatments. Today, I will talk about this information.

This thesis statement is narrower; however, it is still not concise enough for a speech. Below is an example of a perfect speech thesis statement. It gets straight to the point.

Final thesis statement

Today, I will talk about depression in the United States of America. I will talk about the background, the causes of this disease, the symptoms, and finally, the treatment and prevention of depression.

This thesis statement is concise. The speaker states what she will talk about (Topic), and then she breaks her topic down into the various parts for discussion.

Try filling in the blanks with your topic:

Today, we will look at _____. I will cover the following points: First, _____, second _____, next _____, and finally, _____.

Yes, it can be as simple as that. Once you get the hang of this format, you can try to expand or change yours in order to fit your style. However, remember you want to get to the point in a clear cut fashion. Don't get to wordy or you will lose your audience's interest.

BASIC OUTLINE

INFORMATIVE SPEECH

DEPRESSION

INTRODUCTION

Hooks Ideas:

1. Questions to ask audience – get them thinking.
2. Find out how many known people have suffered from depression - Ernest Hemingway one?
3. What is the estimated amount of people in the world who suffer? In the United State of America? Which one would be more specific?

Thesis Statement and Preview: What is the major purpose of the speech? What main points am I going to cover?

I. Background

A. What is depression?

- 1.
- 2.
- 3.

B. How many people are affected by depression?

1. One
2. Two

II. Causes of depression

- A. List some causes of depression.
- B. Who claims these are causes? What are their qualifications?

III. What are the Symptoms

- A. How would someone know if they were depressed?
- B. What do health professionals recommend?

IV. Treatment/Prevention

- A. What are some treatments available and are they successful?
 1. List treatments.
- B. What do health professional recommend?

CONCLUSION

1. List key points.
2. Leave audience with something to think about.

ACTUAL STUDENT SPEECH

INFORMATIVE SPEECH

DEPRESSION

by Linda Suy

INTRODUCTION

Hook:

How many of you are going through depression? Or do you have friends and/or family members who are going through depression?

Thesis Statement:

Today I will talk about depression. I will talk about the background, the causes of this disease, the symptoms and finally, the treatment and prevention of depression.

BODY

I. Background

- A. What is depression? According to the website www.health.yahoo.com, depression is a mood disorder that makes you feel sad or hopeless for a period of time. Depression can have a significant impact on the enjoyment of your life, your work, your health and to the people who care about you. Depression affects people differently. Some people feel down for a period of time and others feelings come and go. If you have short term depression you are still able to work and take care of daily activities. But if you have a long period of depression and don't seek any kind of treatment, you are more at risk of becoming even more depressed or becoming physically ill.
- B. According to www.nmha.org.com, depression has affected more than 19 million American adults each year. And yet, the non-reported sufferers of depression cannot be estimated. Depressive illness often interferes with normal functions of every day life, as well as, causing physical pain for those who suffer from depression. Serious depression can destroy family's lives as well as the person affected. A lot of people, who are depressed, do not seek help or treatment.

II. Causes of depression

- A. According to www.psychologyinfo.com, depression is often caused by a stressful life event, illnesses, or certain drugs or medication.
- B. Depression can be caused by a serious loss, relationship problems, work stress, family crisis, financial problems, or any unwelcome life change.

III. Symptoms

- A. Depression is more than just the normal, temporary feeling of sadness and hopelessness. It has other factors that your health care professional can help you with.
- B. According to www.bccco.uk.com, depression has other symptoms.
 - a. Depressive mood.
 - b. Not enjoying the daily activities in your life.
 - c. Problems concentrating.
 - d. Poor memory.
 - e. Having trouble making decisions.
 - f. Changes in eating habits.
 - g. Weight gain or weight loss.
 - h. Changes in eating habits.
 - i. Difficulty going to work or taking care of daily responsibilities.
 - j. Slow thoughts and speech.
 - k. Feeling guilt and hopelessness. Wondering if life is worth living.
 - l. Thoughts of death and suicide.

IV. Treatment/Prevention

- A. Depression is usually treated successfully with professional counseling and/or prescribed medication. People with depression can be treated as outpatients or in some cases a person has to be hospitalized.
- B. According to www.health.org.com, here are some ways to prevent you from becoming depressed.
 - a. Try to be with other people. It's better than being alone.
 - b. Participate in activities that may make you feel better.
 - c. Mild exercise.
 - d. Going to a movie, a ballgame, or participating in religious, social, or other activities that may help.
 - e. Most importantly let your family and friends help.

CONCLUSION

Even though depression is a very stressful and serious disease, we should always protect ourselves from getting it. Always ask your family and friends for help. They can be the most helpful people in your life. Get treatment as soon as you can. Remember your loved ones are there for you. Don't hesitate. Depression is a very dangerous disease that can affect your loved ones, and especially you.

ACTUAL STUDENT SPEECH WITH EVALUATION

INFORMATIVE SPEECH

DEPRESSION

Bold / underlined information represents the evaluation of the student's actual speech. These are some things to consider as you are developing and writing your own speech.

INTRODUCTION

Hook:

How many of you are going through depression? Or do you have friends and/or family members who are going through depression?

- **A hook is supposed to get your audience's attention. Asking your audience questions will get them thinking about your topic. Asking questions about what may be touching their own personal life can get audience member's attention because they may be looking for answers to this issue, or they are interested to see that you did your research and you know what you are talking about. Don't limit yourself to just asking questions, you can use examples, quotes and statistics to gain your audiences attention.**

Thesis Statement:

Today, I will talk about depression. I will talk about the background, the causes of this disease, the symptoms, and finally, the treatment and prevention of depression.

- **This thesis statement is direct and concise. You want to make sure that you are covering the topic as fully AS POSSIBLE. Remember that you have a time limit and that you will not be able to cover everything there is to know about your topic. You should cover the main points but know as many of the minor points as you can so that you can answer any questions that you might get after your speech. Some people may think that it is rather stupid to give a preview of their main points. But the speaker has to understand that the audience does not have a copy of their speech that they can use to follow along. The purpose of the preview is to make it easier for the audience to follow your speech.**

BODY

V. Background

- A. What is depression? According to the website www.health.yahoo.com, depression is a mood disorder that makes you feel sad or hopeless for a period of time. Depression can have a significant impact on the enjoyment of your life, your work, your health and to the people who care about you. Depression affects people differently. Some people feel down for a period of time and others feelings come and go. If you have short term depression you are still able to work and take care of daily activities. But if you have a long period of depression and don't seek any kind of treatment, you are more at risk of becoming even more depressed or becoming physically ill.
- B. According to www.nmha.org.com, depression has affected more than 19 million American adults each year. And yet, the non-reported sufferers of depression cannot be estimated. Depressive illness often interferes with normal functions of every day life, as well as, causing physical pain for those who suffer from depression. Serious depression can destroy family's lives as well as the person affected. A lot of people, who are depressed, do not seek help or treatment.

- **This author asked the question “What is depression?” The author did a great job at defining what depression is and how many AMERICAN ADULTS are affected. Notice that the author did not talk about the number of people in North America, English speaking countries, or the world population. The author stayed focused on a smaller population so she would not go over on time, yet the population was large enough to bring interesting statistics and additional information to her speech. However, the sources used are a bit vague. Try to be very specific when quoting or summarizing someone else's point of view. Don't be afraid to give the name of the expert you are quoting from. It is also important to find reliable sources. www.health.yahoo.com is not specific enough. Also, when giving websites for organization such as, www.nmba.org.com, it is vital that you explain what the site name stands for.**

****NOTE – It could be very interesting to many of your audience members, your instructor included, if you are able to state WHEN data started being collected on your topic. In other words, when did other people start to think about the topic as an issue?**

VI. Causes of depression

- A. According to www.psychologyinfo.com, depression is often caused by a stressful life event, illnesses, or certain drugs or medication.
- B. Depression can be caused by a serious loss, relationship problems, work stress, family crisis, financial problems, or any unwelcome life change.
 - **The author did a great job of being concise about the causes of depression. Your topic may not be this simple, however. Be sure you clarify any information that may be confusing or misconstrued. You don't want to lose your audience.**

III. Symptoms

- A. Depression is more than just the normal, temporary feeling of sadness and hopelessness. It has other factors that your health care professional can help you with.
- B. According to www.bccco.uk.com, depression has other symptoms.
 - a. Depressive mood.
 - b. Not enjoying the daily activities in your life.
 - c. Problems concentrating.
 - d. Poor memory.
 - e. Having trouble making decisions.
 - f. Changes in eating habits.
 - g. Weight gain or weight loss.
 - h. Changes in eating habits.
 - i. Difficulty going to work or taking care of daily responsibilities.
 - j. Slow thoughts and speech.
 - k. Feeling guilt and hopelessness. Wondering if life is worth living.
 - l. Thoughts of death and suicide.
 - **Here, the author could have been clearer about what is normal in 'A'. All that might be needed is re-writing the sentence: Such as: "Depression is more than the temporary feeling of sadness and hopelessness, which is considered normal – almost everyone has had these feelings from one time or another." Restructuring your sentence may help clarify your research.**
 - **Even though the internet provides a plethora of information, you should also attempt to find information in books and/or journals. You can work with the librarians at LBCC to find this type of information. Quoting a researcher's data can really make a significant impact on your speech. For instance, "Dr. John Smith asserts that, "Poor memory causes many people to feel depressed because they tend to forget, and thus miss out on important events." You can quote more than one source when you are making your points!**

IV. Treatment/Prevention

- A. Depression is usually treated successfully with professional counseling and/or prescribed medication. People with depression can be treated as outpatients or in some cases a person has to be hospitalized.
- B. According to www.health.org.com, here are some ways to prevent you from becoming depressed.
 - a. Try to be with other people. It's better than being alone.
 - b. Participate in activities that may make you feel better.
 - c. Mild exercise.
 - d. Going to a movie, a ballgame, or participating in religious, social, or other activities that may help.
 - e. Most importantly let your family and friends help.
- **In this section, the author could have brought in a quote from a health care professional to support point 'A'. It is important that you support your claims with your research. Even though this information is generally known, some audience members may not be inclined to believe your statements without some proof from a professional source. YOU HAVE DONE THE RESEARCH – USE IT AND GIVE YOUR SPECIFIC SOURCES WITHIN THE SPEECH! WHAT ARE YOU SAVING IT FOR?**

CONCLUSION

Even though depression is a very stressful and serious disease, we should always protect ourselves from getting it. Always ask your family and friends for help. They can be the most helpful people in your life. Get treatment as soon as you can. Remember your loved ones are there for you. Don't hesitate. Depression is a very dangerous disease that can affect your loved ones, and especially you.

- **Your conclusion is just that – YOUR CONCLUSION. What did you learn from this exercise? You should restate your thesis in the beginning of your conclusion because your audience may not remember what you said you were going to cover. For example, “Today, I have informed you about depression. I covered the background, the causes of this disease, the symptoms, and finally, the treatment and prevention of depression.” Then continue with the rest of your conclusion.**

FINAL SPEECH EXAMPLE

INFORMATIVE SPEECH

DEPRESSION

Highlighted information represents changes that have been made to the original speech.

INTRODUCTION

Hooks:

1. How many of you are going through depression? Or do you have friends and/or family members who are going through depression?
2. Did you know that one of America's greatest writers, Ernest Hemingway, is believed to have been depressed when he committed suicide in 1961?
3. From the internet encyclopedia, Wikipedia, the alphabetical list of people who were reported to have suffered from depression is rather large. A few of the names and occupations are "Buzz Aldrin, American astronaut, the second man to set foot on the moon – Terry Bradshaw, American Quarterback – Jim Carrey, Canadian actor and comedian – Michel Foucault, French philosopher – John Hinckley, Jr, American would-be assassin of Ronald Reagan – Kool Keith, American hip hop artist – Robert Oppenheimer, American physicist 'father of the atomic bomb'", just to name a few.

Thesis Statement and Preview:

Today I will talk about depression. I will talk about the background, the causes of this disease, the symptoms and finally, the treatment and prevention of depression.

BODY

I. Background

A. What is depression?

1. According to Dr. Jane Doe from www.health.yahoo.com, "Depression is a mood disorder that makes you feel sad or hopeless for a period of time". Dr John Doe states in his article, *The People Who Suffer from Depression* that "Depression can have a significant impact on the enjoyment of your life, your work, your health and to the people who care about you". Depression affects people differently. Some people feel down for a period of time and others feelings come and go. If you have short term depression you are still able to work and take care of daily activities. But if you have a long period of depression and don't seek any kind of treatment, you are more at risk of becoming even more depressed or becoming physically ill.

- B. How many people are affected by depression?
 - 1. According to the health professionals at, www.nmha.org.com “Depression has affected more than 19 million American adults each year. And yet, the non-reported sufferers of depression cannot be estimated. Depressive illness often interferes with normal functions of every day life, as well as, causing physical pain for those who suffer from depression. Serious depression can destroy family’s lives as well as the person affected. A lot of people, who are depressed, do not seek help or treatment”.

II. Causes of depression

- A. Dr. Jane Doe and Dr. John Doe state, on their website, www.psychologyinfo.com, that “Depression is often caused by a stressful life event, illnesses, certain drugs or medications”.
- B. Depression can be caused by a serious loss, relationship problems, work stress, family crisis, financial problems, or any unwelcome life change.

III. Symptoms

- A. Depression is more than just the normal, temporary feeling of sadness and hopelessness. It has other factors that your health care professional can help you with.
 - B. Dr Jane Doe claims “Depression has other symptoms”. Her article on www.harvardmedical.com, provides many examples of symptoms. Here are a few from her list:
 - 1. Depressive mood.
- IV. Not enjoying the daily activities in your life.
- 1. Problems concentrating.
- V. A person lacks the ability to focus on projects, reading, even listening to others.
- 1. Poor memory.
- VI. A person has difficulties remembering to pay bills, do homework, or taking care of other responsibilities.
- VII. Some people have problems with short-term memory- they forget what was being said, or what they were saying.
- 1. Having trouble making decisions.
 - 2. Substantial changes in eating habits.
- VIII. A good example of this is when a person usually eats health food but suddenly changes to eating fast food or high calorie/sugar based foods.
- 1. Substantial weight gain or weight loss.
 - 2. Difficulty going to work or taking care of daily responsibilities.
 - 3. Slow thoughts and speech.
- IX. This is when someone speaks or thinks slower than what is normal for them.
- 1. Feeling guilt and hopelessness.
- X. The person wonders if life is worth living.
- 1. Thoughts of death and suicide.

XI. Treatment/Prevention

- A. Depression is usually treated successfully with professional counseling and/or prescribed medication. People with depression can be treated as outpatients or in some cases a person has to be hospitalized.
- B. According to Dr. John Doe, the President of the California Association of the National Alliance for the Mentally Ill, here are some ways to prevent you from becoming depressed.
 - 1. Try to be with other people. It's better than being alone.
 - 2. Participate in activities that may make you feel better.
 - 3. Mild exercise.
 - 4. Going to a movie, a ballgame, or participating in religious, social, or other activities that may help.
 - 5. Most importantly let your family and friends help.

CONCLUSION

Today I've talked about depression. I've given you the background, causes, symptoms, and treatment options available for depression. According to the American Psychiatric Association, at least 3 in 10 people will become depressed in their lifetime. That means at least 30% of you could suffer from depression. Even though depression is a very stressful and serious disease, we should always protect ourselves from becoming depressed. If you feel that you, or someone you know, have any of the symptoms I mentioned, you should get treatment as soon as you can. If you are possibly depressed, ask your family and friends for help because they can be the most helpful people in your life. Remember your loved ones are there for you, but don't hesitate getting professional help. Depression is a very dangerous disease that can affect your loved ones, and especially you.