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## Self-Reporting, Recognition of Symptoms and Characteristics of Anxiety and Depression and Seeking Professional Help

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*University of Texas Permian Basin*

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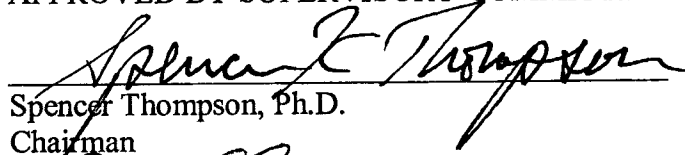
Brito, Eliana V., "Self-Reporting, Recognition of Symptoms and Characteristics of Anxiety and Depression and Seeking Professional Help" (2012). *College of Arts & Sciences*. 26.

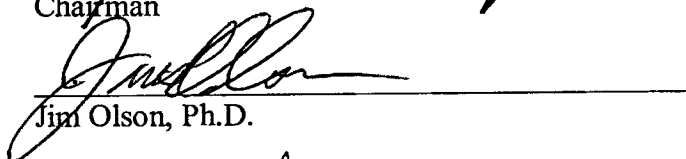
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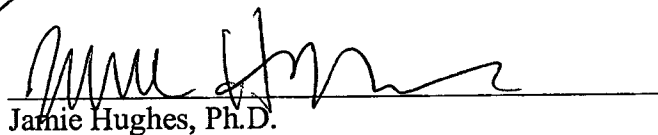
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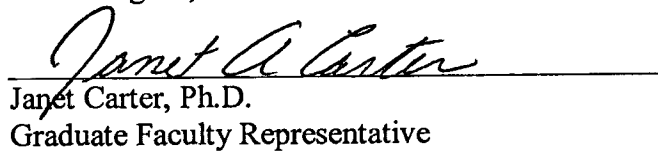
SELF-REPORTING, RECOGNITION OF SYMPTOMS AND CHARACTERISTICS  
OF ANXIETY AND DEPRESSION AND SEEKING PROFESSIONAL HELP

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SELF-REPORTING, RECOGNITION OF SYMPTOMS AND CHARACTERISTICS  
OF ANXIETY AND DEPRESSION AND SEEKING PROFESSIONAL HELP

By

ELIANA V. BRITO, B.A.

THESIS

Presented to the Graduate Faculty of Psychology

The University of Texas of the Permian Basin

In Partial Fulfillment

Of Requirements

For the Degree of

MASTER OF ARTS

THE UNIVERSITY OF TEXAS OF TEXAS OF THE PERMIAN BASIN

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## Abstract

This study examined whether adults (age 25 to 50) self-report symptoms of anxiety and/or depression and whether these individuals accurately identify the symptoms that are associated with Generalized Anxiety Disorder and Major Depressive Disorder. Do these individuals believe the symptoms associated with Generalized Anxiety Disorder and Major Depressive Disorder are severe enough to seek professional help? The participants included 30 females and 20 males. Zung's Self-Rating Depression (SDS; 1971) and Self-Rating Anxiety Scale (SAS; 1965) were administered. A third questionnaire was also developed to help identify if individuals are able to accurately identify symptoms, distinguish between the two disorders, and rate if the symptoms are considered severe enough to seek professional help. The results of a Pearson correlation indicated that there was a negative correlation between assessed anxiety or depression and one's ability to accurately identify the symptoms. Anxiety and depression were found to be highly correlated and a *t*-test showed significant differences between those who knew someone who sought professional help for anxiety and/or depression and those who reported they would seek help themselves if diagnosed with a mental health disorder.