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EFFECTS OF A DEPRESSION SEMINAR
ON SELF-RATINGS OF SYMPTOMS
BY UNIVERSITY EMPLOYEES

by

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RESEARCH PROJECT REPORT

Presented to the Graduate Faculty of Behavioral Sciences

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ABSTRACT

Twenty-five female public university employees volunteered for a study examining the effects of a short-term intervention (seminar) on self-ratings of depression, as measured by Minnesota Multiphasic Personality Inventory (MMPI) Scale 2. Comparison of scores of the subjects, randomly assigned to groups, revealed that, in terms of group means, neither the participant nor the control group changed over the testing period. MMPI interpretative levels of depression reverted to the mean over pretest, posttest, and follow-up, with all participants finishing in either Normal or Moderate classifications. Above-normal depression levels of six subjects at pretest indicated some need for employee assistance in mental health, specifically depression. Discussion focused on employee mood fluctuation, confusion regarding Scale 2 items, and need of assistance; short-term intervention versus comprehensive employee assistance; and design flaws in the study.