

ASB 462: Medical Anthropology

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## Module 5: Paper Project Assignment: Final Project: Detailed Paper Outline (70 points)

Download, fill in, and turn in this form. Read through the instructions to the end before you get started. Be sure to **use complete sentences where indicated**, and maintain this document's 1-inch margins, single-spacing, and 11-12pt font.

**Name:**

Instructions:	Your work:
<p>(1) <b>Introduction</b> (15 points) Write your introduction in <u>paragraph form</u>.</p> <p>Important!</p> <p>Include the following:</p> <ul style="list-style-type: none"> <li>• Comment leading into the general topic to generate interest</li> <li>• Present research question</li> <li>• Present thesis statement</li> <li>• Summarize the specifics of your main points</li> </ul>	<p><b>Your introductory paragraph</b></p> <p>Human beings possess two defining traits distinguishing us from other species: bipedalism, the ability to walk upright on two legs, and our significantly large brains. These traits have evolved over millions of years, allowing us to develop complex cognitive abilities, advanced communication skills, and a profound understanding of ourselves and the world around us. Our brains have increased in size and improved their ability to send chemical signals throughout the body, which has been crucial for survival and adaptation (Nemeroff, 2020). This evolutionary progress has also enabled us to explore and understand mental health conditions such as depression, identifying their manifestations in the brain and body.</p>
<p>(2) <b>Body Paragraph #1</b> (25 points total for at least four body paragraphs)</p> <p>Important!</p> <ul style="list-style-type: none"> <li>• Write in complete sentences.</li> <li>• Use an outline form. Review this <a href="#">outline of an outline</a>. Fill in the example to the right.</li> <li>• Use your own words as much as possible. If you use phrases taken directly from another source (i.e., not your own), these should be placed in quotation marks. Your</li> </ul>	<p>Evolution of Human Cognitive and Emotional Capacities</p> <p><b>Development of Advanced Cognitive Abilities</b></p> <p>i) Our brains have evolved to become larger and more complex, enabling advanced cognitive functions like reasoning, problem-solving, and emotional regulation (Vanderlind et al., 2020).</p> <p>ii) These cognitive abilities have allowed humans to thrive and adapt to various environments, but they have also made us susceptible to mental health disorders.</p> <p><b>Evolutionary Significance of Emotions</b></p>

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<p>outline will be reviewed with plagiarism software.</p> <ul style="list-style-type: none"> <li>• Include citations and page numbers within the outline for all information and ideas that are not your own. This is an excellent habit to form as it will help you recall where your information is from and prevent plagiarism in the final version.</li> </ul>	<p>i) Emotions play a crucial role in human survival by guiding behavior and social interactions. For instance, fear can trigger a fight-or-flight response, while happiness can reinforce social bonds (Patel et al., 2020)</p> <p>ii) The complexity of human emotions, while beneficial, also means that we can experience a wide range of negative emotions, contributing to the development of conditions like depression (Mongelli et al., 2020)</p>
<p>(3) <b>Body Paragraph #2</b> (see instructions given in Body Paragraph #1)</p>	<p>Advances in Scientific Understanding of Depression <b>Investigation of Depression's Causes and Effects</b></p> <p>i) Advances in neuroscience have allowed researchers to study the brain's structure and function in individuals with depression, providing insights into the disorder's underlying mechanisms.</p> <p>ii) Technologies like functional magnetic resonance imaging (fMRI) have enabled scientists to observe brain activity and identify depression-related patterns.</p> <p><b>Identification of Depression Symptoms</b></p> <p>i) Symptoms of depression include persistent sadness, hopelessness, loss of interest in activities, sleep disturbances, and suicidal thoughts. These symptoms vary in severity and impact each person differently (Giosan &amp; Giosan, 2020)</p> <p>ii) Understanding these symptoms and their corresponding brain activity helps researchers develop targeted treatments and interventions.</p>
<p>(4) <b>Body Paragraph #3</b> (see instructions given in Body Paragraph #1)</p>	<p>Factors Influencing Depression <b>Biological Factors</b></p> <p>i) A family history of depression can indicate a genetic predisposition, suggesting that biological</p>

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	<p>factors play a significant role in the development of the disorder.</p> <p>ii) Chemical imbalances in neurotransmitters like serotonin, dopamine, and norepinephrine affect mood regulation and contribute to depression's emotional disturbances (Faucher, 2016)</p> <p><b>Social and Emotional Factors</b></p> <p>i) Social stressors, such as financial difficulties, relationship problems, and traumatic events, can trigger or exacerbate depression.</p> <p>ii) Challenging emotional bonds, like the loss of a loved one, also play a crucial role in the onset and persistence of depression symptoms.</p>
<p>(5) <b>Body Paragraph #4</b> (see instructions given in Body Paragraph #1)</p>	<p>Challenges and Solutions in Treating Depression</p> <p><b>Variability in Treatment Responses</b></p> <p>i) Common treatments for depression include medication and therapy, but individuals respond differently to these interventions, complicating the treatment process (Fried et al., 2022).</p> <p>ii) Personalized treatment plans that consider the unique factors contributing to an individual's depression are essential for achieving the best outcomes.</p> <p><b>Addressing Medical Inequality</b></p> <p>i) Many individuals do not seek help due to stigma, lack of awareness, or limited access to medical care, leaving them without necessary treatment.</p> <p>ii) Efforts to raise awareness, reduce stigma, and improve access to mental health services are crucial for ensuring that more people receive the help they need.</p>

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<p><b>(6) Conclusion (15 points)</b> Write your conclusion in <u>paragraph form</u>.</p> <p>Important!</p> <p>Include the following:</p> <ul style="list-style-type: none"> <li>• Restate your research question and thesis statement.</li> <li>• Concluding statements</li> </ul>	<p>In conclusion, the evolution of human cognitive and emotional capacities has allowed us to explore and understand mental health conditions like depression (Mongelli et al., 2020). Advances in science have provided valuable insights into the causes, symptoms, and treatments of depression, helping us comprehend the complex interplay between the brain and body. By investigating the variations in brain activity patterns associated with different types and severities of depression, researchers can develop more personalized and effective treatment strategies, ultimately improving the lives of individuals affected by this widespread mental disorder. Continued research and efforts to raise awareness and improve access to mental health services are essential for addressing the challenges posed by depression and enhancing the well-being of those who suffer from it.</p>
<p><b>(7) Bibliography (15 points)</b> Your outline must include a complete bibliography with total bibliographic citations.</p> <p>Important!</p> <ul style="list-style-type: none"> <li>• Use at least <u>six</u> <u>scholarly journal articles</u> relevant to your research question.</li> <li>• Format your bibliographic citations in <u>APA style</u>. (See link and example below).</li> </ul>	<p>Faucher, L. (2016). Darwinian blues: Evolutionary psychiatry and depression. <i>Sadness or Depression? International Perspectives on the Depression Epidemic and Its Meaning</i>, pp. 69–94.</p> <p>Fried, E. I., Flake, J. K., &amp; Robinaugh, D. J. (2022). Revisiting the theoretical and methodological foundations of depression measurement. <i>Nature Reviews Psychology</i>, <i>1</i>(6), 358–368.</p> <p>Giosan, C., &amp; Giosan, C. (2020). <i>Cognitive evolutionary therapy for depression</i>. Springer.</p>

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	<p>Mongelli, F., Georgakopoulos, P., &amp; Pato, M. T. (2020). Challenges and opportunities to meet the mental health needs of underserved and disenfranchised populations in the United States. <i>Focus, 18</i>(1), 16–24.</p> <p>Nemeroff, C. B. (2020). The state of our understanding of the pathophysiology and optimal treatment of depression: Glass half entire or half empty? <i>American Journal of Psychiatry, 177</i>(8), 671–685.</p> <p>Patel, S., Akhtar, A., Malins, S., Wright, N., Rowley, E., Young, E., Sampson, S., &amp; Morriss, R. (2020). The acceptability and usability of digital health interventions for adults with depression, anxiety, and somatoform disorders: Qualitative systematic review and meta-synthesis. <i>Journal of Medical Internet Research, 22</i>(7), e16228.</p> <p>Vanderlind, W. M., Millgram, Y., Baskin-Sommers, A. R., Clark, M. S., &amp; Joormann, J. (2020). Understanding positive emotion</p>
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	deficits in depression: From emotion preferences to emotion regulation. <i>Clinical Psychology Review</i> , 76, 101826.
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Example of an APA-style citation of a journal article from this [handout](#) on the APA website:

Lachner, A., Backfisch, I., Hoogerheide, V., van Gog, T., & Renkl, A. (2020). Timing matters! Explaining between study phases enhances students' learning. *Journal of Educational Psychology*, 112(4), 841–853. <https://doi.org/10.1037/edu0000396>

From American Psychological Association. (2021). Common reference examples guide. <https://apastyle.apa.org/instructional-aids/reference-examples.pdf>