

Interview with Dr. Michelle Bengtson
“Hope Prevails: Insights from a Doctor’s Personal Journey Through Depression”

(All of these questions are appropriate, but if you have to limit the number of questions, those with an * seem to be the most important and resonate most with the questions people are already asking and needing answers for.)

1. Could you tell us what kind of doctor you are?
2. *You’ve written a book about depression, but from a different perspective. Would you share a little bit about that book with us?
3. *How prevalent is depression? How common is it?
4. It seems like depression is increasing in frequency. Is that true or is that a misperception?
5. How far do the effects of depression spread beyond the depressed person themselves?
6. Is it true that depression is more common in women?
7. What are the most common causes of depression?
8. *Is it possible that some people may not even know that they are depressed? And if so, then how can someone determine if they or a loved one are depressed?
9. What are the contributing factors in our daily life in the Western world, with the way our society has developed, that you see as particularly affecting people’s susceptibility to depression?
10. How does social media affect depression?
11. *How would you describe the difference between just not feeling good about myself and I’m feeling down about that, versus actual depression where I need to seek professional help?
12. *So far we’ve really been talking primarily about the person who is depressed, but there is another side to the issue, and that is the family or friend of the depressed loved one. What can you say to the family or friend who cares about someone who is depressed?
13. *In any conversation about depression, I think many are a bit afraid to bring up the issue of suicide, but it’s an important one. How should a friend or family member respond if they are concerned that their loved one might be having suicidal thoughts?
14. What is the best way to treat depression?
15. *In the book, you said that when you followed your own recommendations, it still was not enough. What did you normally recommend, and what was missing?
16. *When you talk about the spiritual dimension of depression, you say that believing lies is part of that. Where do these lies come from? Are they seeded in our early years?
17. You also talk about the importance of reading the Bible. How this is done, how should a depressed person should go about this? Can they just read a few verses and then stop taking their medication?

18. If someone says, "I want to believe this, but I don't know where to start?" What would you tell them? What are some things they can do? How did you begin?
19. What is the difference between happiness and joy?
20. What is the other side of depression is? What's in it for me if I say "I'm going to do the work"? Does it really get better? Is there an end to the depression?
21. *You include a music play list at the end of each chapter. Do you think music will actually help?
22. *For those considering getting a copy of Hope Prevails, what are they going to find in it, what are they going to take from it? How do you speak directly into their lives?