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Depression & Anxiety Representation on T.V. Shows and What Misperceptions They Create

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Abstract

The goal of this study was to research what is a good depiction of depression and anxiety on T.V.shows, as well as the effects it has on people who consume the depictions. Another purpose was to conclude whether my initial thoughts of if people could decipher a realistic depiction or not was supported.

Results

Overall, it can be concluded that most individuals have a grasp on negative and positive depictions of depression and anxiety, but have a difficult time differentiating the two in real life. For our examples, people could tell *BoJack Horseman* was an accurate depiction and *13 Reasons Why* was an exaggeration of the struggles. But, when it came time to translate the lessons to the real world, people still had misperceptions and false realities on the topics.

Methods

To conduct this study, a variety of resources were used to conduct studies revolving around depression, anxiety, and T.V. Their analysis involved the content, characters, and context-use of these illness' representation in shows such as 13 Reasons Why and BoJack Horseman, as well as, there effects on the audience of these programs.

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