



SPONSOR: Rep. Morrison on behalf of all Representatives &
Sen. Sturgeon on behalf of all Senators

HOUSE OF REPRESENTATIVES
151st GENERAL ASSEMBLY

HOUSE CONCURRENT RESOLUTION NO. 48

RECOGNIZING FEBRUARY 2022 AS SEASONAL AFFECTIVE DISORDER AWARENESS MONTH.

1 WHEREAS, Seasonal Affective Disorder, also known as SAD, is recognized by the Diagnostic Manual of Mental
2 Disorders (DSM-5) as a major depressive disorder; and

3 WHEREAS, SAD has been linked to a biochemical imbalance in the brain prompted by shorter daylight hours and
4 less sunlight in winter; and

5 WHEREAS, about 5% of American adults or about 17 million Americans experience full-blown SAD and another
6 10% to 20% of American adults experience a milder version of SAD; and

7 WHEREAS, the onset of SAD is often a serious blow to people just starting their adults lives, since its onset
8 almost always occurs between ages 18 and 30, usually when individuals are in their early 20s; and

9 WHEREAS, people with SAD experience serious and even debilitating symptoms like depression; loss of interest
10 or pleasure in activities once enjoyed; changes in appetite including intense cravings for carbohydrates and sugar, often
11 leading to weight gain; changes in sleep patterns (usually sleeping too much); loss of energy or increased fatigue despite
12 increased sleep hours; anxiety; difficulty thinking, concentrating, or making decisions (known as “fuzzy brain”); irritability;
13 becoming overly emotional or experiencing little emotion; slowed movements or speech; feelings of worthlessness or guilt;
14 and thoughts of death or suicide; and

15 WHEREAS, for most SAD sufferers, these symptoms last about 40% of the year; and

16 WHEREAS, SAD is largely unknown, misunderstood, or dismissed as simply “the winter blues” experienced by
17 many non-SAD sufferers; and

18 WHEREAS, women are about four times more likely than men to be diagnosed with SAD; and

19 WHEREAS, the stigma and shame associated with SAD, and its frequent dismissal by society as a serious mental
20 health issue, often prevents SAD sufferers from seeking help and treatment.

21 NOW, THEREFORE:

22 BE IT RESOLVED by the House of the 151st General Assembly of the State of Delaware, the Senate concurring
23 therein, that the State of Delaware acknowledges the month of February 2022 as Seasonal Affective Disorder (SAD)
24 Awareness Month.

SYNOPSIS

This Concurrent Resolution declares the month of February 2022 as Seasonal Affective Disorder Awareness Month.